

Title: Time Management

## Grade: 8

## Career Development Model:

Self-Awareness • Career Planning \& Management

## Nebraska Career Readiness Standards:

- Communicates effectively \& appropriately
- Makes sense of porblems \& perserveres in solving them
- Demonstrates innovation \& creativity
- Works productively in teams and demonstrates cultural competence
- Manages personal career development
- Attends to personal \& financial wellbeing


## Objective:

- Students will analyze how they use time and how it impacts their ability to achieve goals.


## Materials and Supplies Needed:

N/A

## Class Instructions:

1. Ask students what activity they think they spend the most time on every day; is it sleeping, being in school, watching TV, etc.?
2. Pass out the "How I Spend My Time" handout. Instruct students to fill out the handout with how many hours they think they spend doing each activity in an average day. They will fill out one for Monday - Friday and one for the weekend. Students should also rate on a scale of 1-5 how important they think each activity is.
3. Explain to students for the next week they should keep track of how much time they spend on these activities. At the end of the week they should average up the hours and fill in the remainder of the handout. Weekdays and weekends will remain separate.
4. When students finish the handout, facilitate a class discussion about their findings. Be sure to discuss the following:
a. Did they make accurate guesses of how they spend their time?
b. Was anything surprising?
c. How much time did they spend on the activities that they rated as important compared to those they rated less important?
d. Are they happy with the way they spend their time? If not, how could they change it?
e. When they get older, do they think the way that they spend their time will change drastically? How?
f. How does time management effect your ability to accomplish goals?

## Credits/Sources:

Making my
FUTURE
WORK
https://www.csuohio.edu/cehs/mmfw/making-my-future-work-0

## HOW I SPEND MY TIME

Instructions: Fill out the following table with your estimate of how much time you spend in a typical day on each activity. Your typical weekday and Saturday/Sunday should be separate estimates. The total for weekday hours and the total for weekend hours should equal twenty-four hours. You should also rate how important you think each activity is on a scale of 1-5.

## 1: Unimportant 2: Of little importance 3: Moderately Important 4: Important 5: Very Important

| ACTIVITY | WEEKDAY HOURS | WEEKEND HOURS | IMPORTANCE |
| :--- | :--- | :--- | :--- |
| School |  |  |  |
| Homework \& studying |  |  |  |
| Sleeping |  |  |  |
| Watching TV |  |  |  |
| Chores at home |  |  |  |
| Eating |  |  |  |
| Pursuing a hobby |  |  |  |
| Being with friends |  |  |  |
| Working |  |  |  |
| Being with family |  |  |  |
| Reading for leisure |  |  |  |
| Other |  |  |  |

Instructions: Keep track of how many hours you spend on each activity every day for a week. Fill in the following table and sum up your totals for each activity for Monday - Friday and Saturday/Sunday.

| ACTIVITY | MON | TUES | WED | THURS | FRI | TOTAL | SAT | SUN | TOTAL |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| School |  |  |  |  |  |  |  |  |  |
| Homework \& studying |  |  |  |  |  |  |  |  |  |
| Sleeping |  |  |  |  |  |  |  |  |  |
| Watching TV |  |  |  |  |  |  |  |  |  |
| Chores at home |  |  |  |  |  |  |  |  |  |
| Eating |  |  |  |  |  |  |  |  |  |
| Pursuing a hobby |  |  |  |  |  |  |  |  |  |
| Being with friends |  |  |  |  |  |  |  |  |  |
| Working |  |  |  |  |  |  |  |  |  |
| Being with family |  |  |  |  |  |  |  |  |  |
| Reading for leisure |  |  |  |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |  |  |

Instructions: Compute the average time you spend on each activity Monday - Friday and Saturday/Sunday. To calculate the average for Monday - Friday, take the total for each individual activity and divide that total by 5 . To calculate the average for Saturday and Sunday, take the total for each individual activity and divide that total by 2 .

| ACTIVITY | AVERAGE WEEKDAY <br> HOURS | AVERAGE WEEKEND <br> HOURS | IMPORTANCE |
| :--- | :--- | :--- | :--- |$|$| School |  |  |
| :--- | :--- | :--- |
| Homework \& studying |  |  |
| Sleeping |  |  |
| Watching TV |  |  |
| Chores at home |  |  |
| Eating |  |  |
| Being with friends |  |  |
| Working |  |  |
| Being with family |  |  |
| Reading for leisure |  |  |
| Other |  |  |

