Counselor Name: Jane Fitzgerald
Title of Lesson: Time Wheel
Audience: Classroom, Small Group
Level: Primary (K-2), Intermediate (3-5)
Target Grade: 5th

COUNSELING STANDARDS

ACADEMIC
1. Acquire knowledge and skills that contribute to effective learning in school and throughout life.
2. Complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
3. Understand the relationship of academics to life at home, in the community and the world of work.

CAREER
4. Acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
5. Employ strategies to achieve future career success and satisfaction.
6. Understand the relationships between personal qualities, education, training and the world of work.

PERSONAL/SOCIAL
7. Acquire the attitudes, knowledge, and interpersonal skills to help them understand and respect self and others.
8. Make decisions, set goals, and take necessary action to achieve established goals.
9. Understand safety and survival skills.

COUNSELING COMPETENCY(IES)
Recognize the importance of time management.

ARIZONA STANDARDS FOR:
Reading:
Writing:
Math:

MATERIALS/RESOURCES:
Time Management Wheel on paper or use small paper plates

ACTIVITY:
Introduce the concept of time management as a tool to improve study skills, complete homework, and improve grades. Ask students to brainstorm some activities they do during a typical day; such as sleeping, eating, going to school, watching TV, doing homework, playing video games, sports, etc. Ask which activities will help them do better in school. Pass out small paper plates, and ask students to divide them into six or eight sections. They may want to fold the plate first, then draw lines. Ask students to write/draw one activity in each section. Students then
add up their total hours to see if the hours exceed 24. Let students share their wheels, and help students change times or eliminate activities to fit study skills and homework completion. Encourage students to realize the importance of time management in academic success.

**EVALUATION:**

**Pretest/Posttest:**

How did the student change as a result of this lesson? Students will understand that they have the power to manage their own time.

**Information/Comments/Follow-up:** Follow-up by having students share how they have been able to manage time better.

REVISED 11/05/03