

Student Activity

Inspiration for Academics and Beyond

In the video, Rashard Boyd and Tyler Babb talk about the ESI programs at their school and how the programs helped them want to achieve more academically. They also explain how the programs inspired them beyond grades and test scores. Rashard says he has a new perspective about being a role model and “being there for his brothers.” Tyler says that people at his school are “like a big family.”

Consider these Self-Reflection and Discussion Questions:

- Tyler Babb says he learned that “you can’t just slack off and expect for things to come to you. You have to take them.” He goes on to say that the principal of his school is always saying, “**Closed mouths don’t get fed.**” What do you think this quote means?
- Rashard says he is striving to be a “model male in society.” How would you define “a model male?” What qualities would such a role model have? Which of those qualities do you think you have? What qualities, if any, do you wish you had or plan to develop as you grow?

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Making Time for What’s Important

Do you ever wish you had more time in your day to get things done, hang out with friends, or just do something for fun? In the video, Tyler Babb says an important skill he is learning from the ESI programs at his school is time management. Time management simply means making the best use of your day. It’s not just an vital skill to learn for your school life; managing your time can help you in almost every area of your life – work, school, family, sports, relationships, and activities you like to do after school or on the weekends. For example, when you learn to manage your time, you will:

- **Be more in control of your life**, instead of life controlling you. You won’t be rushing around, forgetting assignments or schedules, or doing things at the last minute.
- **Accomplish more**. When you prioritize the things you need to do and the date by which you need to do them, you’ll be surprised by how much you can fit into your day.
- **Feel less stressed**. Putting things off can make you feel anxious and stressed. But when you have an organized plan for your day or week, you’ll feel more relaxed and confident, knowing what you are going to accomplish and when.

Weekly Planner. Fill in your school schedule and the commitments you have each week. If a reading assignment is due at the end of the week, for example, make the days that you will read until the assignment is complete. Write down homework, bus schedules, team practices, work days, family commitments, and anything else you need to schedule for the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8							
9							
10							
11							
12 Noon							
1							
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7							
8							
9							
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11							
12am							
1am							

“You can't make up for lost time. You can only do better in the future.” -- Author Ashley Ormon