



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?

Student Activity

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 it 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.

Well wh	nat do vou spend vour tim	e on? Cor	nplete the chart below. (See some	evamnle filled in	ı – add v
vvcii, vvi			g TV, on the computer, hanging out	•	•
se the ch	nart below to fill in everyt	hing you sp	pend your time doing in a given day	/night; if you wa	nt to
mplete	the chart for few days so	you can ac	count for sports practices, work and	l other commitm	nents, fee
ee to ma	ake a copy of the chart and	d complete	it for more than one day.		
		Hours		Estimated	
	How I spend my time	spent	How I'd like to spend my time	hours	
	Studying				
ļ	Working				
	Texting/talking on phone				
	Volunteering/helping				
	others				_
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Many people use a to-do list to help them use their time wisely and to accomplish the activities that are most important to them (priorities) each day. Use the list below and the chart on the following page to practice the habits of good time management and see if you can fit more of your "want-to-do" activities into your life.

<u>To-Do List</u>. Write down what you need to accomplish today. Circle the ones that are most important (the highest priorities). Keep this with you and add activities/tasks as they come up. Cross off the tasks accomplished; transfer to a new list the tasks you still need to do.

To-Do List	Date	//	/
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	21/ /21
Things to Do	Done? Yes/No

<u>Weekly Planner.</u> 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							
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5							
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7							
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9							
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11							
12am							
1am							

"You can't make up for lost time. You can only do better in the future." ${ ext{--}}$ Author Ashley Ormon