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**M3 Lesson 3: Time Management**

Core Competencies:

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| * Communication
 | * Thinking
 | * Personal & Social
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Big Ideas:

* Achieving our learning goals requires effort and perseverance

Curricular Competencies:

* Use self-assessment and reflection to develop awareness of their strengths, preferences and skills
* Set and achieve realistic learning goals with perseverance and resilience
* Apply decision making strategies to a life, work or community problem and adjust the strategies to adapt to new situations

Lesson:

As busy students, you may sometimes feel frazzled and stressed. The pressure of sports commitments, homework, social life, and family responsibilities can make it feel impossible to get everything done. It's a constant balancing act finding time for all your commitments and meeting your school deadlines. That's why learning the importance of time management when you're young is vital to helping prepare for the future demands of high school, college, and even adult life.

Here is a video that illustrates the many considerations a student like you has when deciding how to spend your time:

Video – the Mayonnaise Jar: <https://www.youtube.com/watch?time_continue=1&v=SqGRnlXplx0>

Next, we will look at this article offering some time management tips for students:

<https://www.apsi.edu.au/7-time-management-tips-students/>

Discuss with a classmate which of these tips you have successfully used in your own life.

Lastly, now that you have an idea about the importance of time management, complete this assignment where you reflect on your time management practices and imagine the ideal way you would budget time during the course of a week.

\*Time Management Assignment can be found as an attachment in the portal\*

Assessment

