

<p>Unit #1 Title: Tick-Tock Goes The Clock</p> <p>Lesson Title: Time Is On My Side! AGAIN! Lesson: 2 of 3</p> <p>Grade Level: 4</p> <p>Length of Lesson: 30-40 min.</p> <p>Missouri Comprehensive Guidance Standard: AD.4: Applying Skills Needed for Educational Achievement</p> <p>Grade Level Expectation (GLE): AD.4.A.04.a.i: Apply study skills and test taking strategies to improve academic achievement. AD.4.B.04.a.i: Apply time management and organizational techniques necessary for assignments and/or task completion.</p> <p>American School Counselor Association National Standard (ASCA): Academic Development A: Students will acquire the attitudes, knowledge and skills contributing to effective learning in school and across the life span.</p>
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Materials (include activity sheets and/ or supporting resources)

Overhead template or Paper template of a weekly self management schedule—attached
 Frantic Fred Case Study for group use—attached
 Blank time schedule for each group—attached

Show Me Standards: Performance Goals (check one or more that apply and identify relevant process standards)

X	Goal 1: Gather, analyze and apply information and ideas 1. Develop questions and ideas to initiate and refine research. 6. Discover and evaluate patterns and relationships in information, ideas and structure. 8. Organize data, information and ideas into useful forms.
X	Goal 2: Communicate effectively within and beyond the classroom 3. Exchange information, questions and ideas while recognizing the perspectives of others.
X	Goal 3: Recognize and solve problems 1. Identify problems and define their scope and elements. 3. Develop and apply strategies based on ways others have prevented or solved problems. 7. Evaluate the extent to which a strategy addresses the problem.
X	Goal 4: Make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions. 5. Develop, monitor and revise plans of action to meet deadlines and accomplish goals.

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)		Specific Skill(s)
X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas.
	Mathematics	
X	Social Studies	7. The use of tools of social science inquiry.
	Science	
X	Health/Physical Education	2. Principles and practices of physical and mental health.
	Fine Arts	

Enduring Life Skill(s)

X	Perseverance	X	Integrity	X	Problem Solving
	Courage		Compassion		Tolerance
	Respect	X	Goal Setting		

Lesson Assessment (acceptable evidence):

**Assessment should relate to the performance outcome for goals, objectives and GLE's.
 Assessment can be question answer, performance activity, etc.**

Students will work in small groups to develop a weekly time management schedule based on a case study.

Lesson Preparation

Essential Questions:

How are your current study skills/test taking strategies/self management/organizational techniques working for you?
 How can one improve in the use of these skills?

Engagement (Hook):

Counselor posts the class-generated schedule for Busy Betty and encourages student reflections about process they used to develop a daily/weekly schedule for Betty.

Procedures

Instructor Procedures:	Student Involvement:
1. Following the hook the counselor asks students to describe the work done for Busy Betty. 2. Counselor reviews the elements of planning and self management: a. Scheduled tasks/activities that we have to do b. Unscheduled tasks/activities that we have to do c. Tasks/activities that we want to do	1. Students listen. 2. Students listen.

<p>“Trying to fit all of those tasks/activities into a week can be a challenge, as we have seen. Today, you are going to work in small groups to come up with a workable plan for Frantic Fred.”</p> <ol style="list-style-type: none">3. Divide students into groups of 4. Each group is given the case study Frantic Fred. Counselor asks students to first color-code the activities:<ol style="list-style-type: none">a. Tasks/activities that are scheduled that Fred must do (blue)b. Tasks/activities that are unscheduled that Fred must do (red)c. Tasks/activities that Fred wants to do (green)4. Counselor assists groups as needed.5. After 15 minutes, bring the groups together to discuss results. Counselor makes a “master schedule” for Fred.6. As a closing, have student volunteers tell one thing that they learned from this lesson.	<ol style="list-style-type: none">3. Students follow directions given, and work with their group.4. Students complete task in groups.5. Groups explain their schedules for Fred.6. Students offer suggestions, with others giving thumbs up if they also learned the lessons cited.
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Teacher Follow-Up Activities

Teacher encourages/guides students in the use of their planners/agenda. For extra credit students may write list of those new skills that they learned in the lessons, and how they plan to put them to use.

Counselor reflection notes (completed after the lesson)

CASE STUDY FRANTIC FRED'S WEEK

Fred is frantic because he has so much to do! He is a 4th grade student, and has many activities each week. This week, here are all of the activities on Fred's "To Do" list:

Soccer practice (Monday and Wednesday from 4-5 p.m.)

Games (Saturday from 9-10 a.m. and 1-2 p.m.)

4-H meeting (Monday from 7-8:30 p.m.)

Math Test (Thursday)

Church School (Wednesday from 6:30-7:30 p.m.)

Social Studies Project (due on Monday)

Daily chores that take 30 minutes

Wants to get to a new level on his Game Cube before he sees his cousin on Sunday

Additional Information about Fred:

School is from 8 until 3 p.m.

He must be at the bus stop at 7:00 a.m.

Bedtime is 9 p.m.

His mom insists that the family always eat dinner together.

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 a.m.							
6:00 a.m.							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 noon							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
9:00 p.m.							
10:00 p.m.							
11:00 p.m.							