

<p>Unit #1 Title: Successful Students!</p> <p>Lesson Title: My Time to Shine! Lesson: 2 of 2</p> <p>Grade Level: 5</p> <p>Length of Lesson: 30-40 min.</p> <p>Missouri Comprehensive School Counseling Big Idea: AD.4: Applying Skills Needed for Educational Achievement</p> <p>Grade Level Expectation (GLE): AD.4.B.05: Demonstrate ability to complete assignments and/or tasks accurately within a specified time frame.</p> <p>American School Counselor Association (ASCA) Mindsets and Behaviors: Academic Development</p>

Materials (include activity sheets and/ or supporting resources)

<p>Visual template and Paper copies of a <i>Weekly Time Management Schedule</i>—attached <i>Your Busy Week Sheet</i>--attached Glass Cup (approximately 2 cup clear measuring glass) Enough garden rocks to fill up the measuring glass Dry corn or beans (1 cup) Sand (1 cup) Bottled water</p>
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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 Measurable Learning Objectives:

The student will name three methods/strategies for completing assignments on time.

Lesson Formative Assessment (acceptable evidence):

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

The student will work individually to develop a personal weekly time management schedule for use.

Lesson Preparation

Essential Questions:
 Why are time management and organizational skills important for students to be successful?
 What types of time management and organizational skills do successful students utilize?

Engagement (Hook):
 Counselor brings the items listed in material list into the classroom and asks the students if they think the counselor can fit all of these items into the glass without it overflowing.

Procedures

Instructor Procedures/Instructional Strategies:	Student Involvement/Instructional Activities:
1. The counselor enters the classroom and asks the students if the counselor can fit all of the items into the glass? 2. Counselor asks the students in what order they think that they can get all of these items to fit into the glass.	1. Students offer responses. 2. Two or three students volunteer to respond to this question.

<p>3. Counselor asks what do you think the first thing is that you should put in? Second thing? Third thing?</p> <p>4. Counselor will put the sand in first, then the corn, and then the rocks.</p> <p>5. Counselor will say that “As you can tell not all of the rocks will fit in and neither will the water.”</p> <p>6. Counselor then starts putting the ingredients in the order that they will fit into the glass (rocks, grain, sand, water). Counselor will have to shake the glass to make it all fit. Counselor will say “Sometimes we have to shake things up (adjust) in order to get them all to fit.”</p> <p>7. Counselor will hand out “<i>Your Busy Week</i>” worksheet.</p> <p>8. Counselor reviews the concept of time management.</p> <p>a. Scheduled tasks/activities that we have to do</p> <p>b. Unscheduled tasks/activities that we have to do</p> <p>c. Tasks/activities that we want to do</p> <p>“Trying to fit all of those tasks/activities into a week can be a challenge. Today, you will develop your own personal time schedule for the next week.”</p> <p>9. Counselor asks students to brainstorm their activities and responsibilities for a typical week and record them on the “Your Busy Week” handout.</p> <p>10. Counselor passes out weekly schedule and helps students fill in their weekly schedule.</p> <p>11. As a closing, have student volunteers tell one thing that they learned from this lesson.</p>	<p>3. Students raise their hands and give their guesses.</p> <p>4. Students will observe the counselor putting the different ingredients in.</p> <p>5. N/A</p> <p>6. Students will observe the counselor putting the different ingredients in.</p> <p>7. Students receive the “Your Busy Week” worksheet.</p> <p>8. Students listen.</p> <p>9. Students follow directions given.</p> <p>10. Students fill out the “Your Busy Week” handout. Students receive and complete their weekly schedule.</p> <p>11. As individuals respond, the other students can do thumbs up if that is something new that they learned from the lesson.</p>
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Teacher Follow-Up Activities

Teacher encourages/guides students in the use of their planner/agenda.

Counselor reflection notes (completed after the lesson)

NAME: _____ DATE: _____

YOUR BUSY WEEK

Scheduled Things I Must Do:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Unscheduled Things I Must Do:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Things I Want To Do:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Name: _____

Date: _____

WEEKLY SELF-MANAGEMENT SCHEDULE

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.							