



Homeroom Virtual Learning

7th Grade Homeroom

April 8, 2020



7th Grade Homeroom Lesson: April 8, 2020

Objective/Learning Target:

How can I continue to be successful as a student in a virtual learning setting?

7th Grade Homeroom

Lesson: April 8th

Let's Get Started:

Watch Video:

[A Powerful Lesson on Time Management](#)

OR

You can print
the agenda/
to-do page.

You can use
your school
agenda.

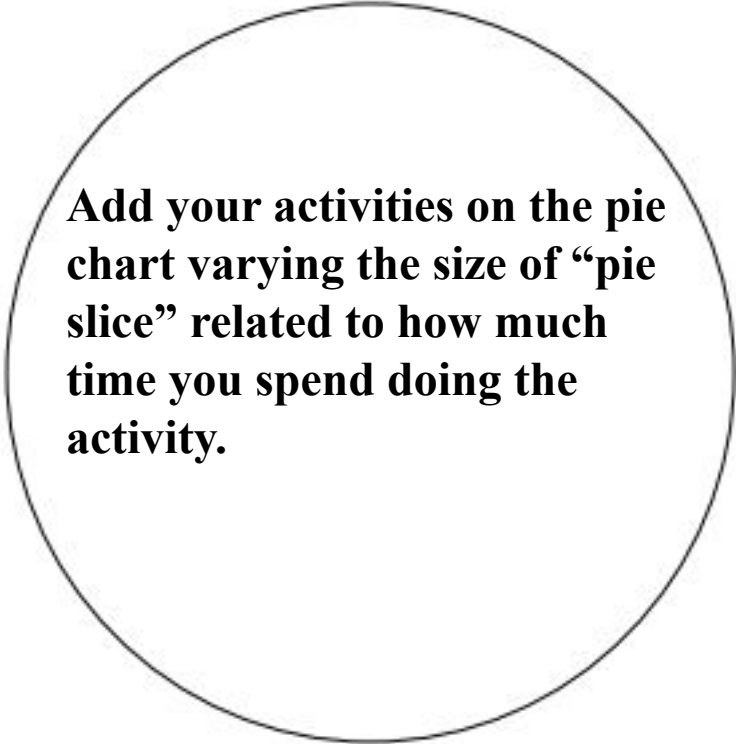
You will also
need a piece of
paper and a
writing utensil
for this activity.

How I Spend My Time

Where do I spend the most time?

Use this Pie Chart to display how you spend your time:

Key



Add your activities on the pie chart varying the size of “pie slice” related to how much time you spend doing the activity.

Make a list of activities that you usually do on an average day.

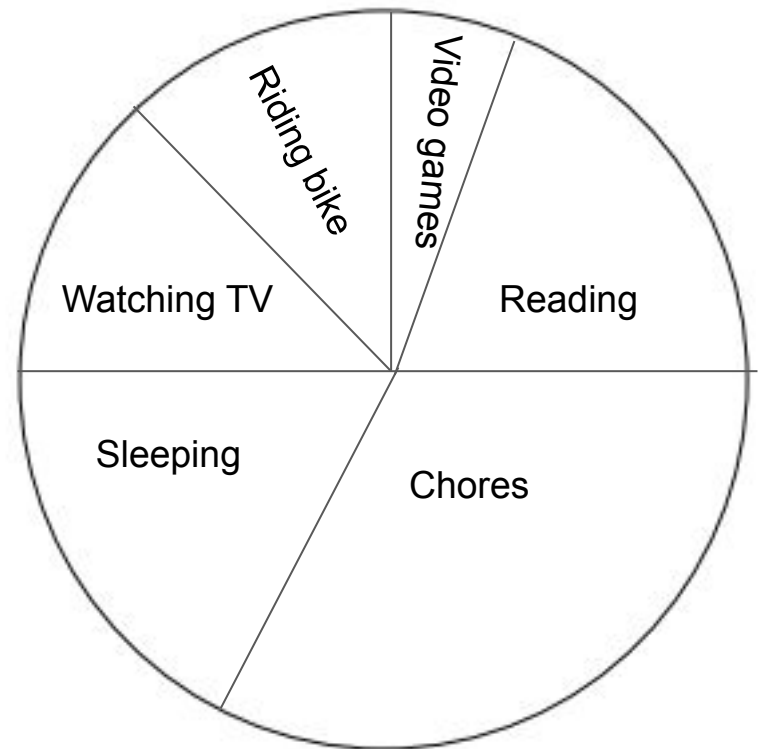
Example on next slide

How I Spend My Time

Where do I spend the most time?

Use this Pie Chart to display how you spend your time:

Key
Chores
Homework
Playing video games
Riding my bike
Reading
Watching TV
Sleeping



Fill this chart out to determine how you do spend your time and how you SHOULD spend your time:

Activity	Actual Time	Ideal time
Fill in the activities from your previous list. How much time do you actually spend on each activity during the day?		
What is a good amount of time you should spend on the activity?		

REFLECTION

What can you do to plan your time so that it reflects your most important priorities and so you feel good about the way you spend it?

What might be difficult in doing so?

Who can support you in managing your time well?



WHAT ARE YOUR ROCK PRIORITIES?



WHAT ARE YOUR PEBBLE PRIORITIES?



WHAT ARE YOUR WATER PRIORITIES?

LET'S MAKE A PLAN!

The following slide has a sample Agenda/To-Do list. You can also use your school agenda. Try making a list of your priorities today. Determine what are the most important activities you have to accomplish and create a plan of action.



THINK ABOUT...

How much time do you need to complete each task?

What happens if you have a setback?

How will you stay on track? Watch out for “digital distractions”.

TAKE TIME TO REVIEW THE SUCCESS TIPS ARTICLE FROM APRIL 6TH

PLAN FOR TODAY _____

8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	

TO DO LIST:

-
-
-
-

THINGS TO ASK TEACHERS QUESTIONS ON:

-
-
-
-

PHYSICAL ACTIVITY FOR THE DAY:

SELF-CARE FOR THE DAY: