Learning Strategies 10 - 12

Module 2 Organization

mreeves@nspes.ca

Part 1: Watch the following youtube video entitled: Your life In Jelly Beans

Link: <http://www.youtube.com/watch?v=BOksW_NabEk>

Answer the following Questions: (10 pts)

What does the very first bean represent?

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How many days will we be asleep in our lifetime?

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How many hours will we watch television in our lifetime?

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How many beans will we have left after all the “other” stuff is done?

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What colour is the jelly bean that represents your last day?

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In 5-6 sentences Answer the following: (10 pts)

Are you happy with how you have spent your time so far? (why or why not) How would you change it, what would you do differently?

Part 2: 20 pts

Fill in this chart as if it were a “typical” day for you, and how you would spend it.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Weekday | Weekend | Does it Make you Happy? (WD/WE-Y/N) | Will it Help you in the long run (WD/WE-Y/N) |
| 6am-7am |  |  |  |  |
| 7am-9am |  |  |  |  |
| 9am-11am |  |  |  |  |
| 11am-1pm |  |  |  |  |
| 1pm-3pm |  |  |  |  |
| 3pm-5pm |  |  |  |  |
| 5pm-7pm |  |  |  |  |
| 7pm-9pm |  |  |  |  |
| 9pm-11pm |  |  |  |  |
| 11pm-1am |  |  |  |  |

Part 3: Explain in 4-5 sentences the balance you have between things that make you happy, and if it will help you in the long run? What do you think that “really means”. Do you think you should try to do more things that will help you in the long run? (10 pts)