



3.6 Get Connected–1: Would You Rather?... (with procrastination scenarios)



Lesson Booster Summary:
 The situations for this classic game are time management specific to help students think about the many ways that procrastination impacts their study habits.

- Read the situation and have students hold up 1 or 2 fingers to indicate which option they're choosing.

5 min +

3.6 Lesson Extension–1: Understanding Root Cause(s) (Handout 3.6.1)



Lesson Booster Summary:
 After students complete the Procrastination Treatment Plan in Handout 3.6 this is a good next step for them to self-analyze the WHY behind their procrastination tendencies.

Ask students to review the reflection questions within each procrastination style card and write a summary of what they think underlies the root cause(s) of their procrastination style and habits.

++ out of class

3.6 Lesson Extension–2: Applying the Pomodoro Method (Handout 3.6.2)



Lesson Booster Summary:
 This booster starts with SEL Alumni Benny sharing how the Pomodoro Method was an essential part of his study habits throughout high school and college. Italian for “tomato,” pomodoro is reminiscent of the six sections of a tomato and now known as an effective six-section time management plan. For every 30 minutes, the first 25-minutes is for focused study time followed by a 5-minute brain break.

- Play the Knowledge Hub video: Applying the Pomodoro Technique with SEL Alumni Benny.
- Use Handout 3.6.2 for students to identify good 5-minute brain breaks that would work for them.
- Ask students to consider how they will time manage their 25-minute study time and 5-minute break. (There are some good Pomodoro app options.)
- Have students experiment trying the Pomodoro Technique for three days and then answer the reflection questions.

++ out of class