

# Academic Lesson Plan

**Advisory**  
**Subject: Prioritizing**

**Lesson Date: April 10, 2017**

<b>Lesson Objective:</b> Explain how self-knowledge can relate to achieving goals.	<b>Students work individually to set goals, then communicate those to peers for constructive critique.</b>
Materials needed: glass vase, big rocks, small rocks, sand or rice	

TIME	INSTRUCTIONAL SEQUENCE
2 min	Watch <a href="https://youtu.be/j6m9WnNdpSw">https://youtu.be/j6m9WnNdpSw</a>
2 min	Discuss what it means to put first things first.
1 min	Today we will look at strategies that will help you better manage your time. We are talking about defining priorities.
10 min	Give everyone three post it notes and have them write down three big rocks. Have them pair share and get feed back from their buddy if they agree that the task/activity selected is a BIG ROCK. (Big rocks are activities that mean the most to you & your future goals.) Assess their understanding by walking around as they share.
5 min	In planner, write down your to do list for today. School and non-school. Circle the most important. These are your big rocks.
5 min	Ask them to relate this BIG ROCK concept to the quadrant activity we did before the break. Liken someone dropping on of their big rocks onto their lap. Which quadrant would this be? What if something urgent and important pops up, like a funeral. How does this shift how you prioritize your time? (Quadrant I)
Wrap up	The big rocks are what are important, the pebbles are things that really matter, and the sand is everything else. If you spend all your time and energy on the small stuff, the sand, you will never have room for the things that make you happy. Set your priorities. The rest is just sand. How you manage your time will make a difference in the quality of your life.
	Restore