



October 2, 2011

*There is a time for everything, and everything on earth has its special season.
Ecclesiastes 3:1*

Do all you can to live a peaceful life. Take care of your own business, and do your own work as we have already told you. 1 Thessalonians 4:11-12

Teach us how short our lives really are so that we may be wise. Psalm 90:12 (A prayer of Moses, the man of God.)

Pre-questions:

1. What are some differences you expect between high school and college?

2. Which of these best describes how you make time choices now:
 - a. Carefully and according to my goals
 - b. Out of established habit and routine
 - c. Under pressure from others
 - d. By default or procrastination
 - e. By impulse or whatever feels good in the moment

Video – “The Time Trap” with Brian Raison & Dave Weber from SUCCEED, Youth Transition Network.

Discuss use of Calendars

Take-aways from the SUCCEED video:

“There’s a world of difference between high school and college when it comes to academics and time management. The reality is that, unlike your high school days, just about everything is optional if you don’t prepare to succeed – from getting out of bed or going to class to studying or dropping out. So if you tell yourself ‘I work better under pressure’ just know that’s usually code for ‘I have terrible time management skills!’

Dave assures students who intentionally prepare to succeed that ‘You really do have all the time you need’ – both to succeed academically and to have a fun, memorable college experience. It’s all about making simple choices to keep first things first. Even in the ‘season’ called college, there is ‘time for everything.’”

“...a realistic way to allocate your 168 hours every week [in college]:

15 hours in class (3 hours/day X 5 days/wk)
28 hours studying (4 hours/day X 7 days/wk)
21 hours eating meals (3 hours/day X 7 days/wk)
7 hours getting dressed (1 hour/day X 7 days/wk)
56 hours sleeping (8 hours/night X 7 nights/wk)

That leaves 41 hours free, discretionary, anything-you-want-to-do time!!
(Even with a 20 hours/week part-time job, you still have 21 free hours!!)”

“Practical Tips from the Video:

1. “Question: What’s the #1 most important thing you can do for success?
Answer: **Get a master calendar – and use it every week!**
That’s where you block out time:
 - ‘Be there’s!’ - class, labs, work, sports, meetings, appointments with profs and study groups
 - Critical dates – tests, papers, projects, mid-terms, exams
 - Appointments with yourself – study, research, reading, writing
2. Maximize your “appointments with yourself” time **by going dark** – unplugging, going offline, and using earplugs.
3. Use time slots in between classes for the appointments with yourself to study so your nights and weekends are more free.
4. Take great notes. Most professors test off the items discussed in class more than the reading.
5. Arrive five minutes early before each class and review the notes from the previous class. This cuts study time significantly when exams come because you have seen the material several times already when it was fresh in your head.

That still leaves *lots* of discretionary time(41 hours/week) for hanging out, ministry, dates, sorority/fraternity activities, sports, online, etc. ***So when it comes to time management, just remember that time flies – but you are the navigator/pilot!***”

Discussion questions:

1. How do you think life at college will be different from high school academically? In your use of time?
2. On a scale of 1-5 (1 = whatever..whenever..whoever and 5 = schedule freak) how do you rate yourself on wise use of time? Explain or give examples.
3. Go back to question #2 on page 1 of this handout. What did you select and why? How well do you think this will work for you in college?
4. How do you feel about “going off the grid” (i.e., no cell phone, TV, social networks, etc.) during your study/reading time? What are the pros & cons?
5. Do you think 41 hours/week of discretionary time is reasonable/enough for you as a college student? Why or why not?
6. Of the 5 major way to make choices, which do you use the most and in what kind of situations:
 1. Conscious choice
 2. Habit
 3. Pressure from others
 4. Default/procrastination
 5. Impulse

Oct. 9 – Faith in Action community service

Oct. 16 – No meeting

Oct. 23 – Time Trap part 2

Oct. 30 – No meeting

“Warming up for College” CHALLENGE:

Keep your calendar up to date and bring it back with you next meeting.