



Module 2: Time Management

Suggested Class Format: Icebreaker □ Core Lesson □ Application Activity □ Reflection

Purpose: Designed to help students develop practical strategies for managing their time effectively in college. Emphasizes the importance of planning, prioritizing, and maintaining balance to enhance academic performance and reduce stress.

Core Lesson Objectives:

- Document their semester schedule and articulate an effective strategy to approach academic work
- Articulate their unique concerns, fears, challenges, and barriers to success
- Explore extracurricular activities at FSC and consider opportunities that will enhance their experience at FSC

Sample Application Activity Part I: Build Your Weekly Plan

- Students pair up or work in small groups
- Use a printed [Minimal Weekly Schedule Planner.png](#) or FSC Planner
- Fill in key categories: class, study, rest, meals, social
- Identify one challenge and brainstorm how to overcome it
- Share one takeaway with the class

Sample Application Activity Part II: Time Wasters Challenge

- In groups of 3-4, list 3 common time-wasters
- Brainstorm and write 1 realistic strategy to manage each
- Share out top ideas to foster discussion

Closing

- Share the next class's agenda briefly.
- Ask: "What's one thing you'll try this week?"
- End with: *Remember to focus on your progress in time management not perfection.*

Action Items:

- [Reflection #2 "Building My Ideal Week?"](#) due next class