

12 3.6: Balancing My Social Life & Responsibilities

PHASE OVERVIEW

Pairs will explore how connections and networks can lead to career opportunities. They will map their current networks and think about when and how we all need to ask for support. Mentees will learn about professional emailing and pairs will revisit career mapping.



LESSON OBJECTIVE

SWBAT understand the importance of balancing their social life with their responsibilities.

PURPOSE

Once on their post-secondary journey, students tend to lean into extremes. They either sacrifice their social life for their responsibilities or ignore their responsibilities to prioritize their social life. This lesson explores the importance of balancing both elements in order to reduce stress.

AGENDA

10 min	<i>Do Now: My Responsibilities</i>
20 min	<i>Learn and Engage: Balancing My Social Life</i>
10 min	<i>Mentor Connection</i>



KEY TAKEAWAY

It's important for me to have a social life after high school. It will allow me to create a strong network of support. However, I must balance my social life with my responsibilities.

NOTES:

The podcast is embedded in the presentation. Clicking on the speaker icon on slide 8 should launch the podcast. We recommend that you download the original podcast file, in case you run into technology issues during class.

MATERIAL: 12.3.6 Presentation, Podcast, Podcast Transcript

Do Now:

Students will reflect on the current responsibilities they own and the responsibilities they will have to take on once on their post-secondary pathway.

Notes:

Slide 2:
10 min

TALKING POINTS

Turn and talk with the person sitting next to you.

1. Which responsibilities, from this list, do you currently own?
2. Do you have any that are not featured here? Which?
3. What new responsibilities do you think you will need to take on next year?

Be ready to share your thoughts with the class.

Note: Call on students to share their thoughts after they have had time to talk in pairs. This Do-Now is longer than most. This is because we want students to really think through the responsibilities they will have to manage after they graduate from high school. This will set them up to reflect on the overall lesson in a deeper manner.

Financial Responsibilities	Personal Responsibilities	Academic/ Professional Responsibilities
Pay my own bills	Buy food and cook meals	Get to work/class on time
Earn my own income	Manage my sleep schedule	Understand and complete all the requirements of work/class
Manage my own savings	Find opportunities for self care (exercise, socializing, relaxing)	Engage professionally with others

Learn and Engage:		Notes:
Students will listen and reflect on a podcast related to balancing post-secondary responsibilities with one's social life.		
Slide 3: 1 min	<i>Have a student read the key takeaway:</i> It's important for me to have a social life after high school. It will allow me to create a strong network of support. However, I must balance my social life with my responsibilities.	
Slide 4: 1 min	TALKING POINTS Before we get started with the lesson - a quick reminder that you should be working on your application next steps. Let your mentor know if you need support with any tasks.	
Slide 5: 4 min	STUDENT DISCUSSION What does "stress" mean to you? What are examples of "stressors?"	
Slide 6: 1 min	TALKING POINTS Stress develops when you have too many demands and not enough resources (time, money, energy) to meet them.	
Slide 7: 1 min	TALKING POINTS Students tend to lean into extremes: sacrificing their social life for their responsibilities or ignoring their responsibilities for their social life. Both these actions create stress. Balance is needed.	
Slide 8: 12 min	TALKING POINTS Today, we are going to listen to a story of a student - his struggles with balancing his social life with his responsibilities and the stress that he has faced as a result. As we go through this story, keep in mind the questions on the slide. We will debrief the questions after we listen to the story. You can follow along using the transcript provided. <i>Note: The podcast should play once you click on the sound icon on the slide. Launch a class discussion after you play the podcast. Have students reflect on how they are planning to balance their own responsibilities with their social life post-high school.</i>	

Slide 9: Mentor Connection	TALKING POINTS Now, let's write to our mentors.	
Slide 10: Extend	TALKING POINTS Now, let's transition into working on our next steps checklist. 1. Check your email to see if your post-secondary programs have reached out to you. 2. Create any assigned portals. 3. Review the checklist and see if there are any tasks you have questions about.	



Mentor Connection

1. Share your high and low from this week with your mentor.

My high from this week was...

My low from this week was...

**2. What steps have you taken, or can you take, to balance your social life and responsibilities?
What changes do you want to make in your behavior next year?**

To balance my social life and responsibilities, I ...

Next year, I will try to ...



Mentee Connection

Overview

Once on their post-secondary journey, students tend to lean into extremes. They either sacrifice their social life for their responsibilities or ignore their responsibilities to prioritize their social life. In this week's lesson, students explored the importance of balancing both elements in order to reduce stress.

Your Response

1. Share your high point and low point from the week.

2. What actions did you take to balance your responsibilities with your social life once on your post-secondary pathway? What advice do you have for your mentee?