

Wellness Toolkit



Health Promotion & Wellness Services

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Time Management Activity

About

This activity is meant to help students understand the importance of time management by helping students explore different methods that work for them. This activity will walk students through the importance of finding a calendar that works for them, scheduling non-negotiables like class or work, and making sure to block off time for other priorities like student clubs, rest, and fun! Students will also be encouraged to reflect on how they are scheduling their time to ensure it aligns with their values and priorities, as this can help enhance overall wellbeing and satisfaction.

Learning Objectives

FULL LESSON PLAN COMING SOON

Pre-activity checklist and estimated time associated with activity:

Activities

Supplemental Resources

Contact Information

If you have questions about this lesson plan, or would like to be in touch, please contact Sarah Wilson (she/her).

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