Session 2

Time management and Goal Setting

3:30 - 3:45 – Settle in and Food

3:45 – 3:50 – Time management related ice breaker

* Such as **Comic Strip Chaos**.
* I found this one online and thought it would be a good idea for time management if we said they had to complete in a minute or something like that. Select a multiple-frame strip cartoon (or more than one) from the Sunday funnies. Cut them into individual frames. Place the frames in a container. Each participant picks one comic frame from the container. After everyone has a frame, the participants begin to arrange themselves so that the sequence of frames is in correct order. When the minute is up we have them read the comic or show the comic and see if it makes sense.

3:50-4:10 – Time management piece (We will have handouts to give them)

* How do you spend every hour of the day?
* What are your time wasters?
	+ Enjoyable time wasters (Facebook, video games, etc.) can be used as rewards for completion of work
* Tips to be better at time management
	+ Getting involved in college? How much is too much? Ask Amy if we need to discuss this in this session.

4:10 - 4:30 – Goal Setting Piece (Also will have handouts)

* SMART goals (Specific, Measurable, Attainable, Relevant, and Time-Bound)
* Action planning sheet
* Goal v. method (distinguish this and also, stay focused on WHAT the issue is instead of HOW)

4:30- 5:00 – Tie the Goal setting piece to the final project

* Discuss the final project in more detail
* Set three goals and set deadlines for each goal