

Congratulations on your decision to launch an exciting journey with your students!



Your influence matters.

Good time-management practices are key to success, in school and throughout life. For students to achieve their goals, they need to be self-aware and to broaden their knowledge with targeted practice.

In our time-management lessons, students will:

- Explore God’s view of “time” and the fruits of time management. Some of those fruits will be productive, while others will be a drain on their energies.
- Assess their use or misuse of time. This process will help them identify their personal “time robbers.”
- Apply their newfound self-awareness to conceive effective strategies to overcome these “time robbers.”

Goal setting is essential as students begin to develop independence. Effective goal setting is a skill that young people can learn, but first, they must determine worthy goals to target. Once they establish these objectives, students are more motivated to learn and practice steps to help them reach those goals.

It is also important to help students understand that missteps and mistakes are a normal part of this process. During these moments, students should seek God’s direction and trust Him with their future. Students who understand that God’s plan is good tend to persevere and reach their God-given potential and destiny (Jeremiah 29:11).

This four-part lesson series covers the following topics:

1. Determine to set worthy goals.
2. Determine to identify the most effective steps to reach your goals.
3. Determine to persevere, despite challenges, obstacles, and setbacks.
4. Determine to learn and grow from the process.

By laying a solid foundation during these early years, students can enter high school with confidence and excitement.

Scripture declares that self-control and wisdom can lead to success and satisfaction. In these lessons, students will assess their personal practices and learn techniques to develop Godly self-management skills.

Important Instructions and Recommendations

We designed these lessons to stand alone so you teach them in **any order** that suits your students' needs.

Our interactive lessons provide a biblically integrated framework as students learn about self-management, so they achieve greater success in school *and* life!

Target Audience:

These lessons work well for middle school and early high school students. Having the ability to edit the materials, makes it easy to make any adjustments that you feel may be helpful to your student population.

Lesson Contents:

Each lesson includes a Lesson Plan (pdf), PowerPoint (editable), Activities and Worksheet(s) (most are editable), Student Exit Ticket (editable), and free, online Resources.

You can access videos within the PowerPoint presentations; we have provided the web link addresses in the lesson plan should you need them.

Editing and Customizing the Lesson and Script:

Each lesson's PowerPoint includes an editable script that you may follow while guiding your students through the discussions and activities. To edit the script type changes in the "notes" section of each PowerPoint.

If you do not have access to PowerPoint, the script in the traditional lesson plan and activities will work just fine!

Lesson Length:

We designed the lessons for a 50-55-minute class period, depending on discussion and the activities you choose to complete. The editable PowerPoint presentations make adjustments easy.

Explore the Game Center.

Games are a fun way to engage students and assess their learning. While most P4S lessons contain activities and/or games specific to a lesson, we have additional resources in our "Game Center" folder. You may adapt these ideas, games, projects, and activities for any lesson!

Goals and Time-management Lessons Package

When to Use the Self-Management Curriculum:

You can introduce our interactive lessons in a workshop setting, or you can present them over a few weeks.

Some educators incorporate the curriculum in a Bible class, Study Hall, Small Group time, Elective class, or Homework period. The lessons easily adapt to your school's schedule!

IDEAS for Instructor(s):

Spread the love! Any invested teacher, counselor, and/or administrator could facilitate the lessons.

Tips for Empowering Results:

Authentic learning and personal growth typically occur in the context of relationship. Discussion and experience can help your students remember key concepts and apply them to their lives.

- Don't sacrifice discussion to get through the lesson. Providing time for discussion will nurture a sense of ownership, resulting in more student engagement. Consequently, students are more likely to feel empowered and ready to make changes as they transition into high school.
- Make time for the activities and group work. Group activities and projects can foster collaboration as students develop problem solving and problem finding skills. Truly insightful projects take time to organize and execute.

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Lesson Contents

Lesson 1 – Time Management – Time Robbers

Lesson Plan pdf

PowerPoint (editable)

Activities:

- Time Management Self-Assessment
- Personal Time Log (Student and Teacher Resources)

Time Management Notes Guide

Student Feedback and Exit Ticket (editable)

Lesson 2 – Time Management – Strategies

Lesson Plan pdf

PowerPoint (editable)

Activities:

- My Values My Goals
- My Time My Life

Time Management Notes Guide

Student Feedback and Exit Ticket (editable)

Lesson 3 – Stress Management – Defining and Assessing

Lesson Plan pdf

PowerPoint (editable)

Activities:

- Complete personal stress and vulnerability assessments
- Complete a lifestyle assessment

Student Feedback and Exit Ticket (editable)

Lesson 4 – Stress Management – Surviving and Thriving

Lesson Plan pdf

PowerPoint (editable)

Activities:

- “10 Instant Stress Busters,” focusing on relief and coping skills
- Optional “Examine and Set Priorities” activity

Student Feedback and Exit Ticket (editable)

Lesson 5 – Goal Setting – Targeting Worthy Goals

Lesson Plan pdf

PowerPoint (editable)

Activities:

- Review the first step in the 4D method of goal setting: “Determine worthy goals” – Discussion/Notes Guide handout

Student Feedback and Exit Ticket (editable)

Lesson 6 – Goal Setting – Taking Action: Setting SMART Goals

Lesson Plan pdf

PowerPoint (editable)

Activities:

- Review the second step in the 4D method of goal setting: “Determine the most effective steps to reach your goals” – Discussion/Notes Guide handout
- Practice the SMART method of effective goal setting

Student Feedback and Exit Ticket (editable)

Lesson 7 – Goal Setting – Persevering: Staying the Course

Lesson Plan pdf

PowerPoint (editable)

Activities:

- Review the third step in the 4D method of goal setting, “Determine to persevere, despite challenges, obstacles, and setbacks” – Discussion/Notes Guide handout

Student Feedback and Exit Ticket (editable)

Lesson 8 – Goal Setting – Failing Forward: Learning from Setbacks

Lesson Plan pdf

PowerPoint (editable)

Activities:

- Review the final step in the 4D method of goal setting: “Determine to learn and growing” – Discussion/Notes Guide handout

Student Feedback and Exit Ticket (editable)