

Self-Management & Decision Making

Description	SEL Areas Addressed	
<p>Dear Family, during the time between Thanksgiving and Winter Break, advisory lessons were focused on self-management and decision making.</p> <p>Week 1: Time Management</p> <ul style="list-style-type: none"> Students Will Be Able To (SWBAT): Identify strategies to maximize time efficiency through consistent use of your calendar and to do list SWBAT: Create a daily time management structure using your agenda and time management quadrant SWBAT: Commit to at least one key strategy to allow you to effectively manage your personal and school priorities. <p>WEEK 2: MOTIVATION & APATHY</p> <ul style="list-style-type: none"> SWBAT: Gain an understanding of what motivation and apathy are SWBAT: Learn the causes and symptoms of what lack of motivation SWBAT: Discover ways to find motivation, combat apathy, and seek help when you need it <p>WEEK 3: DECISION MAKING</p> <ul style="list-style-type: none"> SWBAT: Learn the definition of responsible decision making SWBAT: Understand and apply the various components of responsible decision making 	Self-Awareness	
	✓	Self-Management
		Relationships
	✓	Decision Making
		Social Awareness
	Family Resources Available	
	Check out the videos for these lessons in our YouTube channel , under our Advisory Lesson playlist .	

FAMILY ACTIVITIES

We hope you were able to enjoy some time off with your family last month. The new year offers us an opportunity for a fresh start. In advisory, students have been learning how they can best manage their time, stay motivated and make good decisions. Be sure to watch the videos linked above and spend some time asking your student what they explored in advisory!

Week 1: Time Management

- Discuss the systems you and your child use to manage your time. Spend a little time doing some show and tell with those things that work for each of you and some things that might not work as well. Commit to the best way for each of you and figure out how you can best support each other in implementing this system in the new year.

Week 2: Motivation & Apathy

- Share with your child how you are feeling in terms of your own motivation on a scale of 1 to 10 then ask them to share their score as well. If either of you have a low score, explore what might be the cause and how might that be impacting your life
- Review the presentation together and set some goals to combat apathy and increase motivation.

Week 3: Decision Making

- Share with your child a decision you have had to make in the past and ask them to use the decision-making model they learned about with you (Identify the decision, gather information, review options, make decision, evaluate decision). Then ask you child to share a decision they need to make in the future and go through the process together.