**Ideas for Chapter 2: Setting the Time and Place for Studying**

***Choices for College Success***

**Managing Time**: having enough time for studying, sleeping, etc.

Have students develop a weekly planner for all activities in a week (eating, showering, studying, etc.). Ask students to determine which activities are “priorities” and where time is being spent (priorities activity in the book).

**What’s on your plate activity:** Using a white paper plate, have students section off what they spend their time on in a typical day (a pie chart). You can either have students come up with activities or you can list them off yourself (in class, on facebook, sleeping, etc.). Discuss activities they had not accounted for. This illustrates the importance of balance and preparation so your plate does not get too full.

Have students make a “to do” list for everything that they need to accomplish for that week. Ask then to mark the ones that are non-negotiable. Then, ask them to prioritize these tasks in order of the deadline. Have them look back through their list at the negotiable tasks. When will they fit them into their schedule?

**Syllabus activity**: Ask students to bring in syllabi from all classes and using a calendar to mark when they have tests and assignments due. It is helpful to have a variety of colored markers for visual organization. Ask tehm to pick an assignment that they are feeling most stressed about and have them practice backwards planning and work out a timeline on how they will succeed/complete the task starting with the day before the assignment is due and working back to the present from there. Talk about electronic calendars/cell phone alerts to help keep up with deadlines.

**Stress**

You may invite the HERC in to give a stress management presentation on various ways to reduce stress.

Utilizing table 2.3, talk about procrastination and the role procrastination plays with stress levels.

**Study Environment**

Ask students to bring in a picture of their favorite study location and present on what makes this the ideal study environment. Discuss the elements that make it ideal and have the class identify things that may interfere with the student’s productive studying (i.e., close proximity to tv, facebook on computer, other people, etc.).