

## It's My Time!

In this activity, students will describe how their time is spent in one day.

### Related Subject

Math

### Grade Level

Middle/Junior High

Concept

Self-evaluation

### Related Occupations

Time Mgt. Consultant, Planner

### Type of Activity

Individual with team component

### National Career Development Guidelines

Develop understanding of yourself and maintain a positive self-concept. (PS1)

### Materials/Supplies

"Category Questions" worksheets, paper, compass or template for drawing circle, pen/pencil

### Activity

- Distribute the "Category Questions" worksheet.
- Ask the students to estimate the number of hours or parts of an hour in a typical day they spend in the suggested categories on the following worksheet.
- Have students draw a 5" circle and make a pie graph using the category questions.

**Note:** The circle can be divided into quarters of six hours each. This may make it easier to graph.

- Divide the class into groups of three to five students and have them discuss the relationship of the amount of time spent on an item of interest and success with that activity. Talk about areas in which students have been unsuccessful occasionally; these areas could include low interest areas or areas in which skills were not developed.
- Have the students compare their graphs with each other.

### Evaluation

Students will be evaluated on their completed form, a pie chart showing the amount of time they spend on certain activities, and their group discussion and participation.

## Category Questions

Name \_\_\_\_\_

Estimate how many hours or parts of an hour you spend on each of the following areas on a typical school day. Your estimate will not be exact, but it should add up to a total of 24 hours. Illustrate by making a pie chart on the blank part of the page.

How many hours do you spend:

Sleeping? \_\_\_\_\_

Attending school? \_\_\_\_\_

On homework? \_\_\_\_\_

Doing chores at home? \_\_\_\_\_

Working? (at a paying job, babysitting, lawn mowing, etc.) \_\_\_\_\_

With friends? (Socializing, telephone calls, team sports, etc.) \_\_\_\_\_

Alone? (Reading, practice music, at play) \_\_\_\_\_

With family? (Include meal times) \_\_\_\_\_

Watching TV? \_\_\_\_\_

Other activity? (Miscellaneous) \_\_\_\_\_