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) __________