

Keeping your life
together while staying
organized

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Section CPV 400-533

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Topic: Wellness and organization

Wellness and Organization

- For this lesson I gave tips to the students about how to boost your motivation by organizing your school work and taking time for yourself by practicing self care. I also based the lesson on stepping out of your comfort zone.

Topics covered

- Organizing school work on paper and online
- Online organization: separation into folders, to do list, using google sheets, blackboard
- Organization on paper: buying a planner, using a big calendar, white board
- Self care tips
- Things to do on campus

Purpose of this lesson

- ▣ The purpose of this lesson is to boost the students motivation to get organized and get involved with their school work while at the same time taking time to care for their mental health
- ▣ I personally struggle with organization and I felt that mid way through the semester it is really common for other students to get disorganized as well. I thought it would be helpful to share some of my tips as well as have them share too to give new ideas to get back on track
- ▣ For the wellness portion of the lesson I chose to spend more time on this because I believe self care is very important. It is something students forget about when they are adjusting to college for the first time and not taking care of themselves physically and mentally can make their experience worse.

Lesson preparation

Preparing for the lesson

- First I discussed the topic with my instructor and ran a few ideas past her, she was very helpful and was able to give me suggestions to make my lesson more interactive and interesting

Creating the lesson

- I made an outline and brainstormed ideas on what I wanted to include
- Next I created a powerpoint and came up with an activity to do with the class during the lesson.

Finalizing the lesson

- I looked over my presentation and practiced what I was going to say, My instructor approved and we got the materials ready for the lesson.

Citations

Speech to change your life today! admiral McRaven "make ... (n.d.). Retrieved December 6, 2021, from <https://www.youtube.com/watch?v=sBAqF00gBGk>.

1st reference: a speech from Admiral McRaven

2nd reference: video for being calm-studying and focusing

1 A.M study session - [lofi hip hop/chill beats] - youtube. (n.d.). Retrieved December 6, 2021, from <https://www.youtube.com/watch?v=ITRiuFIWV54>.

Why is this lesson important for first year students to know?

As freshman you are adjusting to so much at once, while being alone somewhere new, and it can be very difficult to find where you fit in. Half way through the semester your workload is picking up and it can be harder to manage and stay organized.

This lesson helps them to get tips from other students and myself on organizing as well as give them a boost of motivation to go out and do something different today that could get them engaged, make them feel better, or act with compassion and kindness to themselves and others.

College is very new and exciting but at the same time stressful. New students need to find what works best for them in order to make the rest of the semester go smoothly. It is hard from going all online to fully in person and can cause anxiety. So they need to be able to take care of themselves and keep themselves on track.

Presentation materials

- Powerpoint
 - Youtube video
- At the end of class I had them separate into assigned groups and get up to fill out some responses on chart paper with questions I came up for them to think about



Tips

Balancing time

Don't let the fear of missing out affect your school work.

Working out/ getting outside

Go on a walk or run. Spend some time in the gym with your friends

journaling

Typing/writing

Step out of your comfort zone

Join a club, meet up with new people

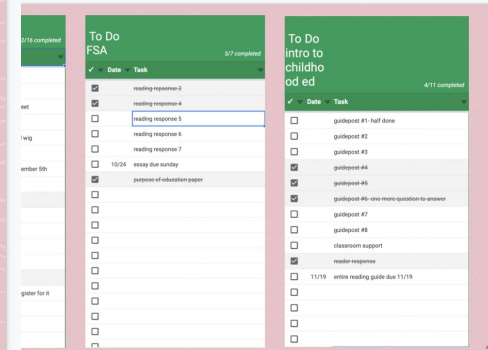
Arts and crafts

Coloring book, pair decorating

Meditation

Sit and listen to music turn your phone off relax.

Class activity: separate into two sides of the classroom and think of a few responses to put down for each question



Methods

▣ PowerPoint

- Give the students ideas on organization and wellness

Organization: showing them google folders, google sheets, to- do list, planner, google calendar

Wellness: giving self-care tips, activity ideas instead of being on your phone, things to do to step out of your comfort zone.

▣ Video

- Video to motivate students to make small steps to lead up to bigger things
- Effective to get students to pay attention after listening to me lecture.

Methods

- ▣ Group work
 - Separated the class into groups to go around the classroom and fill out the questions put on chart paper
 - The 3 questions were “ What is one way you organize your school work?” “ What is something you can start doing every day to benefit you?” “Name a time you stepped out of your comfort zone”
 - This was effective because after the lesson I got students to start thinking about ways they can organize and practice self care themselves. They were able to get up and move around and talk to other classmates creating an interactive and collaborative classroom community

Learning outcomes/objectives

- The students came up with their own ideas that will work for them to add into their routine to benefit themselves.
- My instructor sent out a google form to fill out after class for homework, this was to ensure they learning something and to see what they took from the lesson.
- My instructor gave me feedback about how to get people to raise their hands and share. I asked them to talk about the video and nobody raised their hand, afterwards my instructor gave me the suggestion to tell them to talk it amongst themselves first, or tell them ahead of time before they watch the video what they should be ready to answer.

Reflection and evaluation

What I learned

- In order to get them to participate you may need to have them talk amongst themselves before sharing or tell them beforehand to be prepared to answer a question and share
- I realized I only like to teach when the students are engaged. It is my main priority and makes teaching more enjoyable
- I enjoy ice breakers and side conversation to get to know students

- I was able to see what organization tips students used giving myself ideas
- I learned of a new presentation site and how to use it

Benefits to my own experience

- It made me reflect on my own organizational skills and think about what I do everyday to benefit me
- I taught my first lesson so I am getting better at public speaking and presenting
- It helped me see how much work goes into every class as a teacher