LESSON C

Assigning Priorities

FOCUS: Balance is important in order to feel satisfied about life. Balance differs from person to person and from day to day. People who set priorities are likely to have more balanced lives.

ACTIVITIES:

1. Students will compare different situations to see how to prioritize demands of the roles they play. Have students think of someone they know whose life is out of balance. Describe that person's life. Next have students think of someone they know whose life is in balance. Describe that person's life. Have them decide which person they would like to be like and tell why.

   Use A-B sharing to do this activity. Students pair up, one student is A, the other is B. Teacher sets the time for each to tell the other about the assignment that has been made. For example, for 1 minute A tells B about someone he knows whose life is out of balance. After 1 minute, B tells A.

   Use Student Handout, "Assigning Priorities."

2. Identify as a class some priorities that may be impossible to change. For example, the demands of an infant in a new parent's life are not always convenient or possible to change.

   [Time management is a way to schedule priorities. Time is an important resource that will be covered in the next unit. An awareness of roles and demands associated with them will help students make decisions about managing time.]

Assigning Priorities

Balance is important in order to feel satisfied about life. Balance differs from person to person and from day to day. People who set priorities are likely to have more balanced lives.

How will you assign priorities to roles you have to fill? In the boxes below, write up a character sketch of:

Someone who has NOT prioritized demands

Someone who has prioritized demands

Which person would you prefer to be like? Why?

If you are to get along with others, you may need to let go of rigid role expectations. What role expectations do you have that you would like to change?

What role expectations are you unwilling to change?