

RESOURCE LIST
Unit 4: Resources

Lesson	Student Handouts	Other Teaching Materials	Teacher Information
A:	<p>"Resources"</p> <p>"My Resources"</p>		
B:	<p>"Managing Resources"</p> <p>"Balancing Demands"</p> <p>"Habits? Procrastination" quiz</p> <p>"Taking Control"</p>	<p>Display several kinds of one item (jeans, shampoo, cereal)</p> <p>Copies of a Calendar</p> <p>Worksheets in Ch. 1 <u>Life Management</u> text (Prentice-Hall, Inc.)</p>	<p>Mackenzie's Time Trap Time Management</p> <p>Study Time Do's and Don'ts</p>
C:	<p>"Warning Signs of Stress:"</p> <p>"Adolescent Life-Change Event Scale"</p>		<p>How to cope with stress</p>
D:	<p>"Evaluating Resources"</p>	<p>Pile of books</p> <p>Find a tape of ocean sounds or other relaxing sounds.</p>	
E:		<p>Test bank</p>	