

LEARNING OBJECTIVES

The purpose of this lesson is for students to learn how to stay organized in order to minimize stress and maximize academic performance.



LESSON CONTENT

As students progress through school, their workload, extracurricular activities, and responsibilities usually increase. All of these things can add up to create a lot of stress, especially if students are not organized. Proper organization can help reduce stress and increase well-being.

STRATEGIES

- Declutter your spaces.
- Plan ahead. Write down details.
- Create a paper-storage system.

CONVERSATION STARTERS

- How does using a planner help with organization?
- What are some of the responsibilities and activities that you have to keep track of? What are you currently doing to organize these details? How could you improve your system?
- Which papers seem to clutter your spaces the most? Why?

EXTENDING THE LEARNING

- Take a look at the space that you normally study in. Relocate distractions, clutter, and anything else that is not helpful for studying.
- Use binders, folders, plastic baggies, and other materials to organize your backpack, giving every item a specific home.