

# EQ @ Home or School—for Families

## STUDYING EFFECTIVELY

## DS3.1: Making the Most of Your Time

**NOTE TO PARENTS:** *Module 7: Navigating Relationships in Tight Quarters* is designed specifically for families (especially if you are working/schooling from home). Consider doing that module first and then coming back to this and the other modules later.

\* Discussion questions are for everyone to answer including parents. [Student-teach] what you remember from class.

**Lesson Overview:** Whether you are schooling from home or on campus, COVID-19 restrictions have added a lot of disruptions to learning. Spring 2020 sent everyone home abruptly, and SY2020–21 continues to be uncertain. Amidst the COVID-19 storm, students need strategies for finding calm, managing their time, and studying effectively. This next series of lessons is full of useful techniques for studying *smarter*.

This first lesson introduces the "Rocks in a Jar" theory. Your child or the video can explain more about it. In summary, if you focus on your "big rocks" first, the most important things that have lasting value (e.g., family, schoolwork, work), then you can still have time to fit in other fun stuff (e.g., social media, video games, TV shows).

### "Rocks in a Jar" Analogy



### Family Discussion Questions\* (review norms → then discuss):

[All family discussion questions start with this same question from DS1.2 that everyone answers:]

- On a scale of 1–10, how are you feeling and why? (1 = awful! 10 = awesome!) Please give a "feeling word" and then tell us more about why you think you are feeling that way today.
- [Student-teach] What does Coach Rudy mean with the "Rocks in a Jar" analogy?
- What do we each consider our "big rocks" (important things with lasting value)? List at least four.
- What do we each consider our "little beans" (things that take time but don't have necessarily have lasting value)? List at least four.
- Why is time management important? What happens if we *don't* have time management? How does that affect our work/schoolwork? Our relationships? And other responsibilities?

### Family Discussion Norms

- Speaker has full attention and support.
- Choose listening over lecturing.
- Be open-minded to the opinion of others.
- Look for the good in each other and your time together.

### Family Activity:

Hopefully "family" is one of your big rocks. To reinforce making family a priority, plan at least three activities you'd like to do together sometime in the next few weeks (e.g., bike ride, ice cream, board game). Try to have some activities be one-on-one (mother & son, brother & sister, etc.).