

# EQ @ Home or School—for Families

## STUDYING EFFECTIVELY

## DS3.2: From Procrastinating to Productive

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

**Lesson Overview:** We can all relate to how easy it is to procrastinate and how hard it can be to be productive some days. Sometimes we can spend more time dreading doing something than the actual amount of time it takes to do it.

In this lesson, students learn strategies for organizing their schedule and accomplishing their priorities. As a family, this is a good lesson to talk about how to coordinate your schedules and communicate your needs around balancing time and priorities.



### 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.
- **On a scale of 1–10, how well do you think we do as a family about coordinating our schedules (e.g., game schedules, school events, family events, appointments)?** (1 = awful! 10 = awesome!)
- **What do you think we do well about scheduling? And what could we do better?**
- **Is there anything we [as your parent(s)] could do to help with your schedule and prioritizing?** [e.g., Do you need an agenda? Do you have a quiet place to study? Is there anything distracting you during studying? Does technology (phone, email, texts) interfere with your focus? If so, what would help?]
- **[Student-teach] What is the Pomodoro Technique? How might that help with study time? What other techniques help you stay focused on studying and schoolwork?**

### 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:

How does your family "sync" their schedules? Do you have a shared online calendar? Or a calendar on the wall you can all add to and refer to?

If you haven't already, decide how you will communicate about upcoming events (appointments, afterschool activities, etc.). This can also be a good place to add "grocery list" requests (e.g., "almost out of bread and milk").