Activity 2: Pie Chart

Directions for Facilitator: Ask everyone to get out a piece of paper and to draw a big circle.

SCRIPT:
Next divide the circle up based on how you spend your day. For instance, if you spend most of your time sleeping make that the biggest portion of the circle etc.

Next rank order the enjoyment you get from each activity.

Share in groups what you noticed while completing this activity. When talking in your small groups consider the following items:
- What gave you the most enjoyment? How big was that piece?
- Often the things we enjoy the most are the first things we decide we don’t have enough time for when our to do list is a mile long. Consider making time for these things.
- Are there things you have in your circle that you don’t like doing that you can eliminate? Discuss learning how to say no.

Additional Talking Points for Facilitator:
- Keep in mind ways that you may need to set limits with yourself. In particular, what I have in mind here is setting limits on the ways you spend time that aren’t really doing anything for you. For ex, for many ppl, 5 mins online can easily turn into an hour. If you’re one of these ppl, try any of the following:
  - Use time online (gaming, surfing, checking Facebook/Twitter) as a reward – build this time into your schedule.
  - Set an alarm to help you keep track of how much time has passed.
  - Limit temptation – try studying somewhere without a computer.
  - rescuetime.com – free application that allows you to track how much time you’re spending on the computer & where
  - Identify what’s important to do well, and what’s important to do well enough? What qualifies as “good enough” in this particular circumstance?
  - Exercise, nutrition, & sleep are so basic that we tend to minimize how important they really are. It’s precisely when you think that you don’t have time to take care of yourself that you most need to.
  - Get regular physical exercise – improves concentration & sleep.
  - Sleep is so important that I want to spend some extra time on it.
  - Studies show that college studs consistently overrate their ability to concentrate & to perform academically when lacking sleep. Most studs aren’t aware of the degree to which inadequate sleep impairs their ability to perform.
  - Make time to relax, whether it’s for 30 secs or 30 mins.