

WEDNESDAY, OCTOBER 30, 2019

TODAY'S ACTIVITIES (as time allows)

- Are YOU Managing your Time Wisely??
 - Show this [video](#) (geared towards college students, but still valuable)
 - Have you ever *really* thought about how you spend your time?
 - This activity sheet will show you how you actually spend your time on an average day.
 - Remember, a day starts at midnight, and ends just before the next midnight. Your day should add up to 24 hours.

Work with your class to complete the questions on how they spend their time. Students will receive an email with the template that will enable them to **make their own copy** to fill out with their information.

<u>Activity</u>	<u>Hours spent</u>
<u>Sleeping/napping</u>	
<u>Eating/snacking</u>	
<u>At school, in classes</u>	
<u>After school, clubs, etc.</u>	
<u>Jobs or responsibilities</u>	
<u>Home responsibilities</u>	
<u>Recreation</u>	
<u>Watching TV</u>	
<u>Talking on the telephone and/or texting, computer</u>	
<u>Visiting friends</u>	

Homework/studying/practicing	
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I spend most of my time _____

I spend less time _____ than I should because _____

My biggest "time-waster" is _____

If I could, I would spend more time _____

_____ and less time _____

- Things to notice: time sleeping, time on social media, time spent on homework, time spent watching Netflix/YouTube

ANNOUNCEMENTS:

- **REMINDERS:**

- **Winter Sports Physicals:**

- Physicals will take place TODAY Wednesday, Oct 30th at 3 pm. Cost is **\$25 CASH ONLY** and all paperwork must be filled out prior to seeing the MD. Clearance information is located on the Helix webpage under the Athletics tab.
- To see times for Winter Sports tryouts click [here!](#)

- **UPCOMING EVENTS:**

- **Haunted Helix:** Are you one of those rare Highlanders that haven't seen a Helix Choir show? Well, now is your chance! Don't miss our creepy, kooky and spooky singers in **Haunted Helix**, TONIGHT at 7 pm in the PAC.
 - Tickets are \$5 cash for students at the door. Dare to see you there!

- **COMMUNITY SERVICE OPPORTUNITIES:**

- SDSU's Recreation and Tourism Management major is hosting a community event for inter-generational families (think grandparents raising their grandchildren) at the Spring Valley

Community Center on November 14th, 2019. They have asked for Helix students in particular to help out with the event. If you would like to assist and help create special memories for these families contact Ms. Mondragon via email (savannah.bananas.mondragon472@gmail.com) or via phone (619-208-8868).