

Prerequisites: None

Questions to consider...

- *What is important to me in my daily life? How do I use the 24 hours in each day?*
- *What are my personal responsibilities each day to myself, my family and others?*
- *How will these responsibilities change when I enter a college program?*

Activity:

Your task is to imagine what your life will be like as a college student studying in the program of your choice. To complete this activity, you will create two schedules: one of your life now and the other of your life after you begin your college program.

Both schedules should include your **classes, homework time, work and other responsibilities**. You may also want to include time for **exercise** and **relaxation** in your schedule.

Note: “You need to study at least 2 hours outside of class for each hour in class.” Check the current SCC Student Handbook for details: <http://www.southseattle.edu/student-life/student-handbook/>

Instructions to Create your Current Weekly Schedule:

1. Open Microsoft Word.
2. Click on “Insert” and then on “Table.”
3. Click on “Insert Table.” You will need 8 columns for the 7 days of the week plus a column for the hours. Type “8” in the space provided.
4. The number of rows depends on your personal activities and how you block your time. Type the number of rows you want, and click “Okay.” (To see an example, go to page 2 of the activity.)
5. Type in the days of the weeks across the top and the hours along the side.
6. Type your activities in each box.
7. To delete extra rows or add more rows, click on “Layout” under “Table Tools.” This option appears when your cursor is in the table.
8. Save your work on your flash drive.

Instructions to Create your Future Weekly Schedule:

1. Copy your Current Weekly Schedule and use it as a template to make your Future Weekly Schedule.
2. Change activities as necessary depending on your future class schedule. You may need to return to the website of the college and program where you plan to study in order to find a sample class schedule to use. You can also look at the SSCC Class Schedule to get an idea of when classes are offered.
3. Save your work on your flash drive, print it and put a copy in your Transition Portfolio behind this activity sheet.

Variations:

- Schedules often change. When did you last update yours? Update it now!
- Are you studying enough? What about exercise? Are there any ways that you could change your schedule to be more successful?

This is an example of a Current Weekly Schedule. When this student begins his college program, this schedule will change.

Current Weekly Schedule							
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8am	Sleep	Exercise Breakfast Dress	Exercise Breakfast Dress	Exercise Breakfast Dress	Exercise Breakfast Dress	Exercise Breakfast Dress	Sleep
8-10am	Exercise Breakfast Dress	Work	Work	Work	Work	Work	Exercise Breakfast Dress
10am - 5pm	Family Time	Work	Work	Work	Work	Work	Housework Shopping
6-9pm	Dinner Relax	School	School	School	School	Homework	Dinner Relax
9-11pm	Relax Homework	Dinner Homework	Dinner Homework	Dinner Homework	Dinner Homework	Dinner Relax	Relax
11-6pm	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

This is an *unfinished* example of this student’s Future Weekly Schedule. Based on information he learns about the program that he will study, he will imagine his future schedule and make changes to his current schedule.

Future Weekly Schedule							
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8am	Sleep	Exercise Breakfast Dress	Exercise Breakfast Dress	Exercise Breakfast Dress	Exercise Breakfast Dress	Exercise Breakfast Dress	Sleep
8-10am	Exercise Breakfast Dress						Exercise Breakfast Dress
10am - 5pm	Family Time						Housework Shopping
6-9pm	Dinner Relax						Dinner Relax
9-11pm	Homework	Homework	Homework	Homework	Homework	Relax	Relax
11-6pm	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

Prerequisite: Activity 3.a

Activity:

Your task is to imagine what your life will be like as a college student studying in the program of your choice. To complete this activity, you will write one paragraph that describes your future schedule as a college student. You will need to explain how this future schedule will be similar to the schedule you currently have. You will also need to explain how this future schedule will be different from your current schedule. You might want to refer to the schedules you created in assignment 3.a to complete your paragraph.

Please remember the steps in the Writing Process:

1. Brainstorm – to brainstorm this topic you may want to use a Venn diagram on page two of this activity.
2. Organize and plan.
3. Write first draft.
4. Self-edit.
5. Peer-edit.
6. Rewrite – repeat steps 4 to 6 until you are satisfied with your paragraph.
7. Type.
8. Read – to check for typos or other mistakes.
9. Submit – if enrolled in a class.

Variations:

- Expand to a multi-paragraph composition.

