

WHAT'S ON YOUR PLATE

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Fall 2006 Advisor Conference

Introduce: We are all so busy. We play several different roles (student, leader, ball player...), all these things keep us juggling our time and talents.

Use handout = Paper plate and handout What's on Your Plate? And TIME

Have students write on their PLATE all the things they are involved in and what keeps them busy. What are the things taking up their time?

Use handout to finish exercise.

Brainstorm and discuss - What is really important? How do we prioritize and get things done? What happens if TWO REALLY IMPORTANT things conflict?