Prioritization Techniques
ACTIVITY TIME

There is going to be a list of activities by point value.

You have 2 minutes to earn as many points as possible.
ACTIVITY TIME

ONE POINT
Click your pen 40 times
Say “I love the AAC!”

TWO POINTS
Play patty cake with someone next to you
Do 5 jumping jacks

THREE POINTS
Get up and introduce yourself to me
Take a selfie with a neighbor
How did that go?
Anyone get stressed out? Why?
Those with higher points, what was your strategy?
DISCUSSION

TIME

• Why did we do this activity?
• How does this relate to your role as a student?
• How can you apply the strategy you utilized to your own task list?
WHAT ARE YOU BALANCING?

- Social Life
- Transportation
- Eating
- Strong Grades
- Sleep
- Extracurricular
- Down Time
- Life Events
- Job
- Health & Exercise
HOW DO YOU PRIORITIZE WHEN YOU ARE STRESSED?
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Syllabus Summary

Class Name: __________________________
Professor Name: ______________________
Professor Contact: ____________________
Office Location: _______________________
Office Hours Time: ____________________
Grade Breakdown:
% for _______________________
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ANY QUESTIONS?

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