

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Target Audience: KS 2 Pupils (ages: 7-11), KS 3 Pupils (ages: 11-14), KS 4 Pupils (ages: 14 – 16), KS 5 Pupils (ages: 17 – 18).

Target Audience: KS 4, KS 5

The content you provide should include at least one of each element below, plus ideas for activities that can be done in the classroom for the relevant age group. Please provide content that will flow as a one hour lesson plan (ideally made up from 3x twenty minute 'bitesize' activities) and that has an evaluation assessment at the end of the module, for teachers to complete.

1. Lesson plan text for the teacher.

The teacher will give each student a sheet of paper where they answer the following -

1. If I could add 2 hours a day for what would they be?
2. Select from this list what are the things you stop doing for lack of time?
 - Physical exercises,
 - Order books, or your room,
 - Being with friends,
 - Being with family,
 - Go to the doctor,
 - Study.
3. Do you have a personal time to use it for yourself? Select from this list:
 - Read a book
 - Make a hobby
 - Go for a walk
 - Listen to music
 - Meditate alone
 - A relaxing massage

The answers will be the subject of a debate in the classroom, with teacher supervision.

----- At the end of the presentation of the Power Point students should answer the following questionnaire:

- Mention at least 3 strategies to optimize time during study hours.
- List some time robbers and suggest how to solve their negative effects.

Power point Example

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WHAT IS TIME MANAGEMENT?

It refers to a series of skills, tools and techniques used to the fulfillment of tasks specific projects and goals.



OTHER DEFINITION OF TIME MANAGEMENT

Managing time does not mean doing more things in less time, perceptions are important as they influence how you manage it.



The subjective perception of time, how we feel its passage, has a very important role in life, as it affects our somatic health ...

The perception of time.

Many studies have shown that in general we can not even accurately remember what we did the day before. But, it is important to know how we are using time, because we can not try to do better if we do not know the usual use we make of time.

MANAGE THE TIME ????

Time is neither saved nor stored.
It's not about how much
we have ,, but how we use it.



It is the management of our own activities, to ensure that they develop over time available or determined, since time is a resource scarce and continuous.

MAIN REASONS TO ORGANIZE THE TIME

Gain performance over time (optimize it)

Motivate and promote initiative

Allow forecasting

Reduces anxiety (stress)



FOR SUCCESS IN TIME MANAGEMENT IS NEEDED

SELF-KNOWLEDGE OF OUR OBJECTIVES

(Only through our own knowledge of what are our objectives, we can improve)

DEVELOP AND MAINTAIN A SUFFICIENTLY FLEXIBLE CALENDAR.

The calendar should work for you, not for others.

It must reflect that exclusively important for you)

