



Introduction to Structure/Time Management for Student Athletes

College student athletes are feeling the impact of COVID-19 through events and seasons being cancelled, training facilities closing, and stakeholders all scrambling to develop contingency plans. Fear, anxiety, loss, confusion, exhaustion, frustration, and anger are all common feelings for our students right now.

The feeling of isolation from teams can cause decisions of instant gratification over long-term success, lacking a specific, day-to-day productivity plan, as well as procrastination. With some structure during these uncertain times, it will help students to manage the stress, fight off illness, and maintain positive mental health. Time management skills give us control over our decisions and what we prioritize. Time blocking will help us solidify routines, be deliberate about self care such as sleep and exercise, and reestablish feelings of control and comfort.

Who will benefit from this lesson plan? College student athletes, teams, and student organizations.

Definitions

Time Blocking A method of mapping out the most important tasks in your day to increase productivity, get better grades, and reestablish control over your schedule.
<https://www.anorganizedlife.info/blog/2018/8/21/4stepstotimeblocking>

Structure/Time Management Lesson Plan

Key Questions for this Session:

What are some productive things you can do in 1 minute?
What are ways that we procrastinate?
How can we use time management to make our lives more meaningful?
What are your priorities in life?
What is your morning routine?

Key Takeaways for Students:

Things you can do in 1 minute.
Ability to use time blocking on a calendar.
Identify the student's priorities.
Develop healthy routines for all student athletes.

Potential Challenges:

New habits for students will be challenging to embrace.
There will be temptations/distractions for students and their schedules. Non-negotiables (such as study time) will need to remain while also being somewhat flexible.
Priorities for students will change over time, and their needs will be different as they get closer to graduation.

Suggested Activities and Time Breakdowns

Pre-Activity Prep: Students will need lined paper to write on

Time	Minutes	Activity
00:00 - 00:05	5	Quick Start: Instructor hands out lined paper to write on to each student and asks them to write down what productive things you can do in 1 minute.
00:05 - 00:17	12	Video: TED Talk - The Philosophy of Time Management Brad Aeon Intro: Brad Aeon studies time. You are going to die eventually. Will you fill whatever lifetime you have left with so-called time management techniques and shortcuts? Or will you see time management as a way to infuse your life with meaning and purpose?
00:17 - 00:27	10	Class Debrief of Video What is the speaker talking about? How can you use time management to fill your life with meaning and purpose?
00:27 - 00:37	10	Class Discussion: What are ways that we tend to procrastinate?
00:37 - 00:45	8	Class Activity: Write down what are your priorities in life.
00:45 - 00:52	7	Class Activity: Write down your morning routine during the week, and your morning routine on the weekend.
00:52 - 00:60	8	Class Discussion: Time blocking instead of "To-Do Lists"
00:60 - 00:80	20	Class Activity: Build your schedule for next week using time blocking skills
00:80 - 00:90	10	Reflection Write-Up Consider your schedule prior to this lesson as compared to your new schedule with time blocking. What inefficiencies did I have before? What improvements can I expect with my new schedule?