

Fall 2019 NUB Instructor Outline for Module 2a: Introduction to Time Management, Stress, and Wellness

Overview and Objectives

Today we have a circle discussion of the results of the syllabus assignment, and begin to talk about time management and wellness. These topics will be covered again right before mid-term exams. Gratitude journals will be introduced.

Peer Mentor Moments

- Peer Mentors troubleshoot any problems students are having at the beginning of class and make announcements about any cool stuff happening on campus this week.
- Freshmen 5/Time Management: provide examples of challenges you encountered and handled them.

Highlights

- Circle Discussion of the Syllabus Assignment
- Collect syllabus assignment
- Freshmen 5 activity, p. 181 of planner
- Gratitude Journaling, pp. 217-222. of planners.

Class Outline

- **Troubleshooting:** (5 mins) One of the goals of NUB is to equip students to take ownership of their education, so please take some time to discuss practical suggestions for how students might resolve problems, including conflicts with professors, conflicts with roommates, technology problems, etc. You or your peer mentor can spend some time on the “IT Checklist” section of the NUB website: <http://sites.niagara.edu/other/nub/it-tips>. Alternatively, (and more fun!) you can also go around the room, at the beginning or end of class, and play “Highlight, Lowlight” and troubleshoot any lowlights as they come up.
- **Peer mentor announcements:** (2 mins) PMs announce things to do on campus this week.
- **Syllabus Assignment Discussion:** (15 minutes). This is a “show and tell” circle discussion, so you do not have to take the planners away and grade them. Instead, have a circle discussion of the results. Each student should show their planner, and their highlighting system, and discuss which weeks look the most stressful, as well as state their last exam date. Note that you are grading the oral portion of the assignment, so be mindful of how the presentation goes and/or take notes during it on the Syllabus Assignment Rubric.
- **Freshmen 5 Activity** (15 minutes) Direct students’ attention to the worksheet on p. 181 in the planner and have them complete the assignment as instructed. Once they’ve completed the worksheet and group activity, ask the class about themes for stressors, common distractions, and strategies students developed to manage their stress. Which strategies are likely to be most successful, and why?

- **Gratitude Journaling:** (5 minutes) Discuss the *Forbes* magazine article reproduced in your planner on p. 217: “Seven Scientifically Proven Benefits of Gratitude.” This article describes a study that shows that writing down five things you’re grateful for has a big impact! Writing just one sentence, once a week, about each thing makes you happier and less anxious if done for eight weeks. Time permitting, have students do this once a week in NUB, starting today! The pages at the back of the planner, beginning on p. 219, are designed for journaling! If you feel so moved, you may discuss or mention the similarities between gratitude journaling and common forms of prayer where one thanks God for the good things in one’s life.

PLAN FOR 2B: Block 2b is an ideal block to take your class on an outing—hold class at Orange Cat, Griffon House, the Castellani, the Gorge, etc. You may want to do some planning/coordination for that during this block (2a) or over email.

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