

# Balancing Life in High School

**Goal:** Students will look at ways to be successful in high school, and learn to balance their lives and understand the time management needed to succeed in high school.

**FMP/Teacher Introductions:** Introduce yourselves and share a quick fact on what activities and clubs you do in school.

**\*Activity 1: *This or That*:** We will give each group a list of questions to choose one choice or the other and ask a few to elaborate on their choices.

**Activity 2:** As a large group ask questions and create an open discussion, and share their ideas for balancing their lives. This can include students sharing how they PLAN to balance their lives in high school or how they have already balanced their lives in junior high if there is time. (If Time Allows). FMPs will explain that each freshman will receive a Morton West planner that they will be required to bring to each class every day for the entire year. The planner will help support organization and academic success.

## List of Questions For **Activity 1**:

1. Coke vs. Pepsi
2. Fortnite vs. Minecraft
3. Math vs. English
4. Clubs vs. Sports
5. Late Start vs. Half-Day
6. Gym vs. Electives
7. Football Games vs. Work/Chores
8. Hanging out with Friends vs. Studying
9. Sleep vs. Homework
10. Lunch vs. Retake Test
11. Ditching vs. Passing a Test
12. Boyfriend/Girlfriend vs. Being on time to class
13. Studying for Finals vs. Getting Food
14. Family Time vs. Friends
15. Dropping Out vs. Getting your Diploma