

## EA Project Work Day – Balancing Your Life: Seniors

Oct. 24, 2017

	Lessons	Standards
<b>Last Week</b> Oct 16-20	Early Release – No AG (Mon) EA Work Day – Making Hard Choices (Tues)	CRLE SEL 2: Growth Mindset
<b>Next Week</b> Oct 23-27	<b>EA Presentation Sign-up/Work Day – Balancing Your Life</b> (Tues) Tree of Giving Kick-off Assembly (Fri)	CRLE SEL 1: Self-Regulation
<b>Next Week</b> Oct 30-Nov 3	Early Release – No AG (Mon) Team Building (Tues) Jostens Meeting – Auditorium (Fri)	SEL 2: Social Belonging

**Materials:** SHS Website as needed, EA Presentation Sign-up Sheet (Attached, In box)

### Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements.
4. Read the Thought of the Day: **Balancing Your Life**

**Balancing life as a senior can feel like a difficult endeavor. From your EA project, to work, sports, applying to college, trying to figure out what you will do after high school, difficult course work, and just the overall pressures of moving into adulthood can feel overwhelming. Balancing the many aspects of life can seem almost impossible at times. When you start to feel overwhelmed or irritated, make sure to take time to slow down, take some deep breaths, tell yourself you can do it, and instead of being overwhelmed by all you have to do, just think about what you can do today.**

**Take life one step at a time. Taking time to manage your time will actually reduce your stress significantly and give you a sense of accomplishment each day. For example, if you schedule 15 minutes each day to work on your EA project, you will be surprised at how quickly you will work through a number of items. Before long, you will realize that you have accomplished what you set out to do. Breaking up big projects into small manageable parts is one way to reduce stress and have a sense of balance in your life.**

5. Have students sign up for their presentation date on the EA project Sign-up sheet.
6. Give students time to work on their EA project.
7. Send a list of any students who may need additional help or are experiencing significant roadblocks with their project to Heather Bashor.
8. End advisory according to personal preference.