



Planning & Time Management – Unit 2

Activity 2: Josh's Life

ACTION

Copy/print one per student.

Josh's Life

Josh is finding that life has become very busy, and there never seems to be quite enough hours in the week. He is a high school student, so that of course means attending school weekdays, and study and assignments at night and at weekends. He also enjoys a sporty lifestyle (he is a second dan black belt in taekwondo), has a bunch of good mates, and is saving for his first car by working at a pizza chain's call centre. He dreams he might be good enough one day to make the Australian Olympic Taekwondo Team if he can keep up the training.

The next week for Josh will be very busy, and he doesn't know how he's going to juggle everything. He has two assignments that need a few hours work each; he takes taekwondo classes two evenings a week and coaches new pupils Saturday mornings; he works two 4-hour shifts at the pizza call centre and they want him to work a third (his good friend Addison is having a birthday party Saturday night and he needs that extra shift to pay for a present); and of course he's got to make time for regular homework and household chores.

Josh knows his parents are worried that he's spreading himself too thin, and just last week his Dad asked Josh if he should think about 'winding back' the taekwondo (he hasn't told his dad there is a very cute girl he teaches in the Saturday class!). He knows he has to make some tough calls soon: if he wants to go to Uni to study Vet Science, he knows he'll have to get excellent grades. But the taekwondo dream is also really important. And so is spending time with friends, and having his first car is going to be awesome ... *Wow, thinks Josh. I could really use some help here.*

COMMITMENTS

SCHOOL

Attendance (9am – 3pm Monday – Friday)
Cricket practice (Monday afternoons, 3–4pm)
Science Assignment (minimum 4 hours work remaining)
English Project (minimum 3 hours work remaining)
Homework/study (minimum 2 hours per day)

OTHER

Work: 2 x 4 hour shifts (5–9pm Tuesday and Thursday nights) and one other 4 hour shift (flexible)
Taekwondo: 2 x 2 hour classes (7–9pm Monday and Wednesday evenings), and 1 x 2 hour class (9–11am Saturday morning)
Home time (meals, showers, spending time with the family) minimum 1 hour per day
Chores: mow and trim lawn (1.5 hours); unpack dishwasher and clean kitchen (daily); walk dog (daily)

JOSH ALSO WANTS TO

Hang out with friends
Watch a TV comedy (7–7:30pm weeknights), and a crime show (8:30–9:30pm Tuesday nights)
Play a computer game
Read the latest Clive Barker novel