

Term 2: Development of Self

Self-Management Skills

As we grow up, we need to realise that there will be more expectations placed on us. We have a lot of **responsibilities** to do and this needs you to have good **self-management skills**.

V – **Responsibilities** – the **everyday tasks** you are **expected to do** at school and at home.

* Self – Me

* Management – control, taking care, doing, in time

V – **Self-management** – Using your time accordingly for all daily activities/goals.

This includes **planning**, **organising your time** and **thinking ahead**.

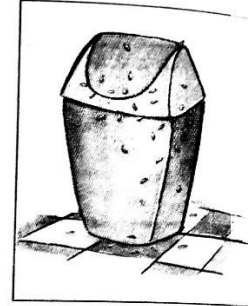
- We have responsibilities that we need to do at home and at school, each of these demand us to plan, organise our time and think ahead; so that we can be able to finish everything in time.
- If you have bad self-management skills you will usually find yourself **in trouble**, might be **late** for meetings, **forget** important things and **neglect** your responsibilities. You might also **let down people who depend on you**.
- One of the main responsibilities we need to stick to are:
 - Washing your hands/sanitizing
 - Wearing a mask
 - Social distancing
 - Keeping your area clean

Term 2: Development of Self**READING ACTIVITY**

Read the following newspaper article and answer the questions that follow:

Case Study: Ewin causes chaos (Study and Master pg. 128-129)

When he turned 13, Edwin's parents gave him the responsibility of dealing with the household rubbish. At first he thought it was no big deal. Every now and again, he just took the bag from the kitchen and dumped it in the big bin outside.



A week or two went past before the chaos started. It all began when Edwin heard his mom scream. She had found maggots crawling on his baby brother. The inside of the kitchen bin was covered in maggots and it stank. As he washed out the bin with disinfectant, he wondered if his mom would ever forgive him for the worms crawling on Stevie.



A short while later, the phone rang. It was the sweet lady next door. He heard his mom sound very embarrassed as she said, "I'm so sorry," over and over again. What was she so sorry about? She put down the phone and looked straight at Edwin.

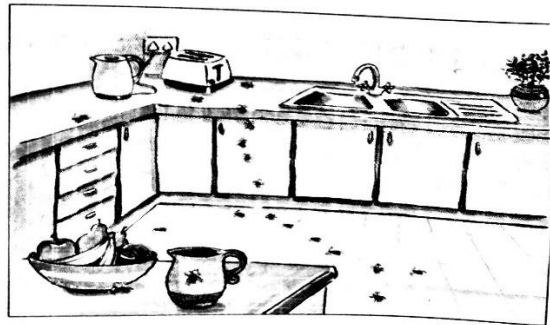
"Apparently, YOUR bin is stinking out the whole neighbourhood!"

She took him outside to investigate further.

"This is disgusting! Why have you not been putting the bin out for Wednesday collections? The rubbish is your responsibility."

She then marched Edwin around the house to check the other bins. The bathroom bin was stuffed full of tissues and toilet rolls. The situation was pretty much the same all over the house. His mom just looked at him and said, "Get your act together!"

Chaos struck again much later that night. Edwin woke and went through to get a glass of water. As he turned on the kitchen light, about a hundred cockroaches zoomed around on the floor and on the counters. It was terrifying!



As he ran back to his bed, Edwin realised that he had to get much more serious about his responsibility.

Activity:

1. What responsibility did Edwin have? (1)
2. Why is dealing with household rubbish a serious responsibility? (1)
3. Why did Edwin's situation get so bad? (1)
4. Who is Stevie? What happened to him? (2)
5. Do you think Edwin's mother is right to say he must 'get his act together'? Explain. (2)
6. What do you think made it difficult for him to fulfil his responsibility? Name 2 things (2)
7. How do you think Edwin felt when he got back into bed? (1)
8. Draw up a simple week plan for Edwin to be able to do his responsibility properly. (7)
9. Have you ever disappointed your parents or teachers by not fulfilling your responsibilities? Write a short paragraph and explain what happened, how it made them feel, how it made you feel and how you improved or changed for the better. (4)

TOTAL: 21