Time Wasters Activity

Name:_____ **Date:**_____

DIRECTIONS Using your completed Time Log, list in Column A all of the activities that did not help you to become a successful student or lead to the accomplishment of an inflexible task. (Ignore Column B for now.)

Column A	Column B
Example: Watched 2-3 hr. of TV /day _____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS Now go back to Column B and indicate which time-wasting activities you want to decrease and or eliminate (e.g. watch 30 minutes of TV /day).

Adapted from Brown, S.A, & Miller, D.E. (2001). *The active learner: Successful study strategies.* 3rd edition. Los Angeles: Roxbury Publishing Company.

Creative Commons License. Some rights reserved. The Center for Experiential Learning, Leadership and Technology (CELLT). Permission is granted to reproduce this page for educational use.