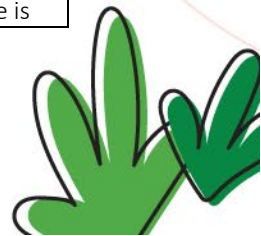
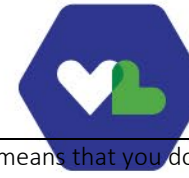




MOTIVATION AND FOCUS

Introduction	You know that feeling when you keep procrastinating a big assignment for school or work? The 1 minute rule can help you procrastinate less. In this workshop you will experience the difficulty of changing a habit and you will learn what the 1 minute rule is and how you can apply it in a weekly schedule.
Objective / teachers' goal	Students learn to make a schedule and to stick to the schedule and stay motivated by using the 1 minute rule.
Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)	Capacity building and intervention (personal level)
Dimensions (check the dimensions and related aspects below) <input type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input checked="" type="checkbox"/> Daily functioning	
Materials	<ul style="list-style-type: none">• Schedule of work, school, and/or internship• Pen and paper• Weekly planning (Appendix I)
Approach	<p>Energizer: Arms crossed</p> <p>The teacher asks the students to fold their arms. It is likely students immediately cross their arms in a way that is comfortable for them. Then the teacher asks to cross the arms the other way around. For most people this feels unpleasant and uncomfortable. The teacher asks the students how it feels, why the first position feels comfortable and why the other is unpleasant. The teacher explains that many things we do is out of habit. It is difficult to change habits and start doing things differently. Conclusion: changing behaviour is difficult!</p> <p>Assignment 1: 1-minute rule</p> <p>The teacher shows the following video: https://youtu.be/Uer2E8OGNIU (only available in Dutch).</p> <p>Summary of the video: this video is part of an initiative of ROC Midden Nederland to support student well-being. The initiative is called 'To feel good' challenge and contains six challenges whereby happiness-psychologist Merijn Ruis gives practical and useful tips for students to enhance their wellbeing. In this clip the challenge is</p>





to apply the 1-minute rule. The 1-minute rule means that you do a task that you normally would procrastinate only for 1 minute. For example: instead of reading an entire textbook, you only read one page. Or: instead of running for half an hour, you only put on your running shoes. Merijn explains this 1-minute rule works, because we tend to make tasks very big, with the result that we don't do it. Starting a new habit is difficult. But just by starting (with just a small step), we get extra motivated to continue!

After the video, students discuss the following question:

- What are your habits regarding schoolwork?
- Did you procrastinate something today, this week or this period? And if yes, what?
- How do you deal with procrastination yourself?
- What do you do to get started with your task, assignment or intention anyway?
- What do you think of the 1-minute rule?

Assignment 2: Make a weekly schedule

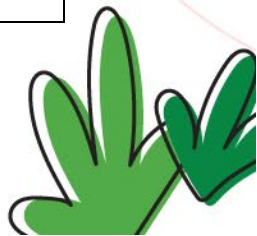
For this assignment, students need a schedule from school and possibly a schedule from work or their internship. Students fill in the weekly schedule (Appendix I) with using different colours for different activities. The teacher helps to make a realistic schedule. Note that the students also apply the 1-minute rule. Students can be creative (for example, reading one page instead of a whole chapter).

Tips for completing the weekly schedule:

When you have to write an assignment or study for a test, it helps to make a weekly schedule using different colours for different activities. Start by putting your regular tasks into the schedule (school, work, internship, sports, etc.). Then, the student makes different time blocks where they put in their remaining tasks. For example: 30 minutes of studying followed by a 10 minute break. Making a weekly schedule gives students an overview of the time they have available for schoolwork. The weekly schedule can be used repeatedly, but can also be adjusted if there are more activities or if more time is needed for schoolwork.

Final question

End with the following question to the students:





	Based on this workshop, how are you going to make sure you stick to your weekly schedule in the coming days?
Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	<ul style="list-style-type: none">• Workshop• Energizer• Individual assignment
Duration	30 minutes
Final goal (learning outcome)	Students can use the 1-minute rule to make a realistic and sustainable planning.





Spiderweb Positive health

Dimension/Aspects							
Bodily functions	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
Mental well-being	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
Quality of life	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
Social participation	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
Daily functioning	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
Meaning	Meaningful life	Zest of life	Wanting to achieve goals	Have confidence	Accept	Gratitude	Keep learning





Make a weekly schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

Color this schedule

You can now see exactly when you have time to do your homework. You can fill in the coloured boxes which activity you have there. For example your hobbies. Hang this schedule above your workplace.

Example:

Blue when you sleep

Yellow when you are at school

Red for hobbies

Light blue for work

Orange for other things: eating, watching tv, and so on.

Green for homework

