

REAL TIME

For one week, record the amount of time you spend on each activity you do. Write in after-school or part-time jobs, sports or other hobbies, chores, reading for pleasure, talking on the phone, dates, and so on.

DAY:	DAY:	DAY:	DAY:	DAY:	DAY:
morning: afternoon:	morning: afternoon:	morning: afternoon:	morning: afternoon:	morning: afternoon:	morning: afternoon:
evening:	evening:	evening:	evening:	evening:	evening:
TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:	TOTALS: minutes/hours sleeping: school: eating: TV: phone: other activities:
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

REAL TIME TALLY

There are 168 hours in the week. Here is how I spend my time:

sleeping: _____ other activities: _____
 school: _____
 eating: _____
 watching TV: _____
 talking on the phone: _____

TOP FIVE FAVORITE ACTIVITIES:

1. _____
2. _____
3. _____
4. _____
5. _____

LEARNING STYLES (To the teacher: Save for Part 3.)

Cut out each learning style. Tape them to the bottom of the appropriate skill category on the "Skills" activity sheet.

Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Intrapersonal
Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Intrapersonal
Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Intrapersonal

SKILLS

Pick three of your favorite activities. List the skills needed for each below.

Activity: Skills:	Activity: Skills:	Activity: Skills:

List each skill above under the appropriate heading below. Count the number of skills and write the total below each box.

PEOPLE (or ANIMALS) Learning Style(s):	THINGS Learning Style(s):	INFORMATION Learning Style(s):
---	----------------------------------	---------------------------------------

TOTAL: _____

TOTAL: _____

TOTAL: _____

With the skills I have, I might enjoy a job, career, or profession working with _____

THREE SKILL GROUPS, MANY OCCUPATIONS

<p>A. People (or Animals)</p> <ul style="list-style-type: none">• helping or caring for• entertaining• teaching• coaching <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Occupations</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>B. Things</p> <ul style="list-style-type: none">• repairing• operating vehicles• using tools• working with nature <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Occupations</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>C. Information</p> <ul style="list-style-type: none">• planning• creating• designing• organizing <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Occupations</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
---	--	---