

Responsibility Day 3 • Personal Connection

RAK Definition: Responsibility is being reliable to do the things that are expected or required of you.

In this lesson students will examine responsibility through the lens of something we all struggle with, procrastination.

Weekly Objectives

Students will:

- Analyze both personal and corporate responsibilities.
- Evaluate their community through the lens of responsibility.

Resources / Materials

- VIDEO:** [Inside the mind of a master procrastinator | Tim Urban](#)

Reflect / Assess

Deliverables:

- Daily Participation points
- Responsibility Journal Entry:**
What is something that sabotages my time and makes me want to procrastinate?
What can I do to set myself up for success when it comes to doing things I don't really want to do?

Share

Discussion Starters:

Procrastination is when we put off doing things that are required or expected of us.

- Do you find it easy to follow through on the things that are expected or required of you, or do you find you procrastinate or put them off?
- What happens when we procrastinate?
- Why do you think people procrastinate when they know they have things to do?



Inspire

Watch: [Inside the mind of a master procrastinator | Tim Urban](#)

Large Group Discussion:

- What do you think of the speaker's analogy? Have you experienced the 'instant gratification monkey' or 'panic monster' before?



Empower

Walk students through strategies that can help them manage their time better. Invite students to share what they do to manage their time and schedule. Then add these to the list:

- [The Pomodoro Technique](#)
- [Try apps that help track productivity like 30/30](#)
- [Conduct a time audit to see where your time actually goes](#)
- [Create an Eisenhower Box to help prioritize your activities](#)



Ask students to practice **one** of these strategies for the next week and report back their results.