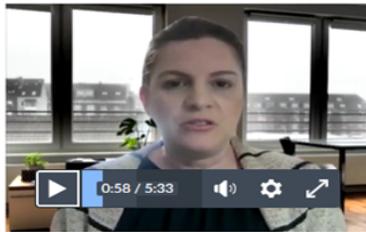




# Welcome to Strategies for Student Success

## Module 2A: Time Management



For many of us, working or learning from home has become the "new normal" because of the Covid-19 Pandemic. This situation brings a whole new set of challenges for students who are trying to learn from home.

We no longer have to set our alarms, follow a specific morning routine, drive or take the bus to school at an exact time all to be seated in the class room ON TIME! It's tempting to stay up later at night bingeing on Netflix and set our alarms later in the morning because we think we can get ready to show up to an Microsoft Teams "online" class in 5 minutes. However, we really do need to use time management and routine building skills more than ever before.

Some of us do just fine without an imposed schedule and are able to keep ourselves organized and prepared. And then there are those of us who struggle to create a routine while learning or working from home. The ideas and skills in this module are meant to help both "larks" and "night owls" find some tricks and tips that will make distance learning easier for you.

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◀ Previous

Next ▶



- Home
- Syllabus
- Modules
- Discussions
- Quizzes
- Assignments

## Assignment: Start of Module Time Log

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**Due** No Due Date    **Points** 5    **Submitting** on paper

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The first thing we are going to do before we learn about strategies for student success is to keep a time log for 2 days before we begin the module. A time log worksheet has been provided for you below.

Print out the 2 copies of the time log and keep track of your activities from the time you wake until the time you go to sleep each day. [Time Log \(1\).docx](#) ↓

It is important that you fill out the time log worksheet based on two regular days of the week. Do not fill out the log during the weekend.

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◀ Previous

Next ▶

[Home](#)

[Syllabus](#)

[Modules](#)

[Discussions](#)

[Quizzes](#)

[Assignments](#)

# Module 2C Healthy Sleep Habits: Assessments

You will be assessed by completing the following activities during Module 2C:

Assignment	Formative/Summative	Grade Points
Sleep Deprivation Quiz	Formative	3
"Why Do We Need Sleep Discussion"	Formative	2
"More Resources for Healthy Sleep Discussion" Optional Participation	Formative	2 Bonus
Assignment 2C: Creating Healthy Sleep Routines	Summative	5
Module 2 Final Assessment Time Logs and Reflective Journal	Summative	10

[◀ Previous](#)

## Module 2C Healthy Habits: The Importance of Sleep for Students



Did you know we spend about one-third of our life-time sleeping?

But what exactly happens when you sleep? Before the 1950s, most people believed sleep was a passive activity during which the body and brain were dormant. “But it turns out that sleep is a period during which the brain is engaged in a number of activities necessary to life—which are closely linked to *quality* of life,” says Johns Hopkins sleep expert and neurologist [Mark Wu, M.D., Ph.D.](#) Researchers like Wu are spending many of their waking hours trying to learn more about these processes and how they affect mental and physical health. Here is a glimpse into the powerful (often surprising) findings of sleep researchers—and what they’re still trying to discover about the science of sleep.

Matthew Walker is Professor of Neuroscience and Psychology at the University of California, Berkeley, and Founder and Director of the [Center for Human Sleep Science](#). Watch the video below to discover why sleep is so important to your academic success. There will be a very brief quiz after viewing the video.



# Sleep Deprivation Quiz

Started: Dec 6 at 3:33p.m.

## Quiz Instructions

The following questions are taken from information in "The Sleep Deprivation Epidemic" video by Matthew Walker. Choose the correct answer for each multiple choice question based on the information from the video.

## Questions

- [? Question 1](#)
- [? Question 2](#)
- [? Question 3](#)

Time Elapsed: [Hide Time](#)  
0 Minutes, 16 Seconds

**Question 1** 1 pts

When we sleep our brains

store memories

discard memories

**Question 2** 1 pts

When we are in a state of deep sleep our brain creates bursts of electrical energy called sleep spindles. These spindles:

All of these answers are true

Act like a file transfer system in our brain at night

Move memory and learning from short-term memory to long term memory storage

## What's Neat about Sleep? Some Interesting Facts

1. Sea otters hold hands when they sleep so they don't drift away from each other.
2. Tiredness peaks twice a day: Around 2 a.m. and 2 p.m. for most people. That's why you're less alert after lunch.
3. We are the only mammals that willingly delay sleep.
4. Stress, physical or mental illness, living or sleeping arrangements, family history, shift work, diet and exercise habits can all contribute to insomnia.
5. Finding it hard to get out of bed in the morning is a real condition called dysania. It may signal a nutritional deficiency, depression or other problems.
6. [Insomnia](#) is not defined by the sleep you lose each night, but by the drowsiness, difficulty concentrating, headaches, irritability and other problems it can cause each day.
7. Being awake for 16 hours straight decreases your performance as much as if your blood alcohol level were .05% (the legal limit is .08%).
8. Going without sleep is likely to make you hungry as levels of leptin, an appetite-regulating hormone, fall.
9. You're less likely to have a traffic accident when daylight savings time ends. Statistics show that the extra hour of sleep reduces accidents.
10. Regular exercise usually improves your sleep patterns. Strenuous exercise right before bed may keep you awake.
11. Today, 75% of us dream in color. Before color television, just 15% of us did.
12. Whales and dolphins literally fall half asleep. Each side of their brain takes turns so they can come up for air.
13. One of our biggest sleep distractions is 24-hour internet access.



- Home
- Syllabus
- Modules
- Discussions
- Quizzes
- Assignments

# Why Do We Need to Sleep?



©<https://www.youtube.com/watch?v=dqONk48I5vY>

◀ Previous

# "Why Do We Need Sleep?" Discussion

## [Why We Need Sleep Discussion Forum](#)

**Question:** Think about a time when you (or someone you know) has experienced sleep deprivation. What were some of the signs of sleep deprivation that were exposed? Can you think of any specific, physical, mental or emotional affects you felt from a lack of sleep?

Based on your instructor's directions, you may be asked to complete the following discussion using one or both of the following methods:

1. Read the discussion forum question above and then click on the link to type your individual answer in the discussion forum answer box. Feel free to comment on your class mates experience's as well.
2. Read the discussion forum question above and then your instructor will have you go to your Microsoft Teams Breakout Room. Discuss you answers to the question above with your group, sharing your experiences. Compile a group list of some specific examples of times when group members may have experienced sleep deprivation. Then include a list that provides examples of the effects of the physical, mental or emotional results from losing sleep.



graphic © <https://smallbusiness.co.uk/sleep-deprivation-silent-killer-2543033/>

## Breakout Activity: Living in a Technological World

### Breakout Activity: How does technology affect our sleep?

Your instructor will break you into 5 groups to each go into a Microsoft Teams Breakout room. You will be assigned to read one of the articles below. Take turns reading the article aloud. Then as a group, write down 3 to 4 questions from your article that you will give to another group to answer. The groups who read the article and answered the questions will then provide a brief summary of their findings to the class.

Read one of the following articles as assigned by your instructor.

1. [Blue Light Has a Dark Side](#)
2. [Pandemic Screen Time: Will Blue Light Glasses Help?](#)
3. [The Use of Technology at Night: Impact on Sleep and Health](#)
4. [Put the Phone Away! 3 Reasons Why Looking at it before Bed is a Bad Habit](#)
5. [How Internet Addiction Harms Your Brain, Health and Sleep](#)



©<https://www.webmd.com/lung/news/20210115/do-blue-light-glasses-work>

# What if I Can't Sleep? Dealing with Stress

We all experience times when we can't seem to fall asleep or stay asleep. For students this problem can occur when stress levels are high. Read pages 280-290 (Chapter 10) in your textbook *P.O.W.E.R. Learning and Your Life: Essentials of Student Success* to gain further understanding of the causes of stress for many students.

## What Type of Personal Stressors Are Canadian Students Facing?

Data from the ACHA study (see [Figure 10.2](#)) sheds light on the personal stressors that Canadian students have been dealing with in the 12 months preceding the survey. The fact that 59.6 percent of students report experiencing 3 or more of these stressors in the last year is clearly cause for concern, with a higher percentage of females reporting this than males.

Figure 10.2 | Events That Have Been Traumatic or Difficult to Handle in the Last 12 Months

Within the last 12 months, have any of the following been traumatic or very difficult to handle?				
	Percent (%)	Male	Female	Total
Academics	48.3	62.0	58.1	58.1
Career-related issue	30.1	34.9	33.7	33.7
Death of family member or friend	12.6	10.2	16.6	16.6
Family problems	22.9	35.9	32.3	32.3
Intimate relationships	30.2	35.1	33.8	33.8
Other social relationships	23.5	32.1	29.8	29.8
Finances	34.0	42.8	40.4	40.4
Health problem of family member or partner	18.3	26.9	24.4	24.4
Personal appearance	22.6	37.7	33.4	33.4
Personal health issue	19.9	29.5	27.0	27.0
Sleep difficulties	32.3	38.8	37.1	37.1
Other	11.2	13.9	13.6	13.6
Students reporting none of the above	24.5	14.5	17.4	17.4
Students reporting only one of the above	13.6	10.1	11.1	11.1
Students reporting 2 of the above	13.2	11.6	12.0	12.0
Students reporting 3 or more of the above	48.7	63.8	59.6	59.6

© Feldman, R. (2021). *P.O.W.E.R. learning and your life: essentials of student success* (pp.263). (4th ed). McGraw Hill Ryerson.

## Extra Resources

Read the PDF file: [Getting a Good Night's Sleep \(Anxiety Canada\)](#)

## End of Module 2 Time Log

Due No Due Date Points 5 Submitting on paper

Just like you did at the beginning, you are now being asked to keep a time log for 2 days now that our Time Management Module is complete. A time log worksheet has been provided for you below.

Print out the 2 copies of the time log and keep track of your activities from the time you wake until the time you go to sleep each day. [Time Log \(1\).docx](#)

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◀ Previous

Next ▶

## Assignment 2C: Creating a Healthy Sleep Routine

Start Assignment

Due No Due Date Points 5 Submitting a file upload Available after Mar 17, 2021 at 12a.m.

Now it is your turn to do a little research about sleep. In your group (in Microsoft Teams) look up the following phrases:

-sleep hygiene

-sleep routine

-sleep health

**Group Work:**

Summarize your group findings in one written document with a minimum of 5 ideas that define and explain the above concepts. After you finish summarizing, discuss the sleep hygiene/routine/health concepts that you have found. You will have the opportunity to present your group's findings to the class.

**Individual Work (to be handed in)**

Write a brief journal entry that includes three sleep hygiene concepts you plan to implement as a new part of your nightly routine. If you are comfortable, share your new plan with your group. You will turn in your journal entry as the written part of this assignment.

After completing this exercise, you should be able to:

- define "sleep hygiene" and list characteristics of sleep hygiene
- define "sleep routine" and describe how a student could build a nightly sleep routine
- understand any further facts about sleep and their affect on health or memory

- Microsoft Teams Break Out Rooms
- Groups of 3-4
- Approximately 30 minutes of small group Discussion time

◀ Previous

Next ▶

≡ BUSF865 > Assignments > End of Module 2 Time Log

Home  
Syllabus  
Modules  
Discussions  
Quizzes  
Assignments

## End of Module 2 Time Log

Due No Due Date Points 5 Submitting on paper

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◀ Previous

## Module 2 Final Assessment: Time Logs and Reflective Journal

Due No Due Date Points 10 Submitting on paper

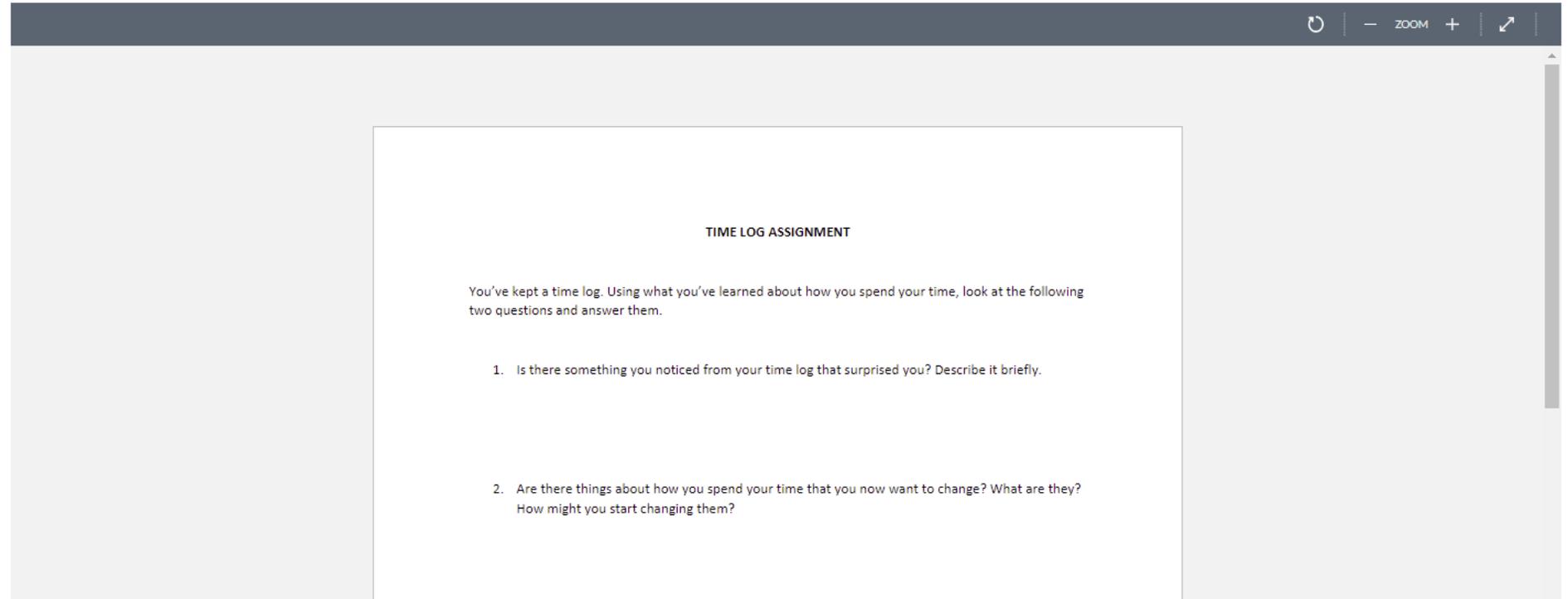
Gather your time logs from the beginning of the module and the end of module 2. Use your time logs to answer the reflective questions. Hand your time logs and reflection in to your instructor in a typed paper format.

2 pages of Beginning Time Log

2 pages of Ending Time Log

Answers to Reflective Questions [TIME LOG QUESTIONS.docx](#) ↓

[Minimize File Preview](#)



The screenshot shows a document preview window with a dark header bar containing navigation icons (refresh, zoom in, zoom out, share) and the text 'ZOOM'. The main content area is white and contains the following text:

**TIME LOG ASSIGNMENT**

You've kept a time log. Using what you've learned about how you spend your time, look at the following two questions and answer them.

1. Is there something you noticed from your time log that surprised you? Describe it briefly.
2. Are there things about how you spend your time that you now want to change? What are they? How might you start changing them?