

Lesson Plan 2008/09

This form is downloadable from the Quality Improvement page of the College Intranet.

Department: _____ Tutor Name: _____

Course Code: _____ Course Name: _____

Subject / Unit: Study Success Lesson Title: Tutorial 7

Aim:	Improve time management skills
Objectives:	Know the consequences and causes of stress Know strategies to avoid stress Know sources of advice/guidance available in college for problems related to stress

Date:	Room:	Group Size:
Time:	Level:	
Differentiation to address Class Profile: Handout 7B has detachable part – take off for more able learners		
Languages Spoken:		
Special Issues relating to this Class:		
Previous Knowledge:		
Homework to be Returned this Lesson:		
MATERIALS: Handouts: 7A - 1 for 2 learners, 7B - 1 for 2 learners, 7C , - 1 for 2 learners, 7D , - 1 for each learner		

Time	Content incl. Key and Functional Skills	What Learners do	What Tutor does incl. Assessment	Resources
10	Warmer – stressful situations	Pairs use handout 7A to read situations and rate them for stress	Set task and monitor	Handout: Study Success Tutorial 7 Handout A
		Pairs feedback to class	Take feedback from pairs Share objectives for tutorial class	
5	Class discussion – what causes stress	Respond and contribute to class discussion	Write on board: What causes stress? Elicit real life stressful situations from students if appropriate and have general discussion about causes of stress	board
5	Symptoms of stress chart filling in	Pairs use handout 7B to fill in symptoms of stress in each box / differentiate: less able groups use detachable bottom of 7B to write symptoms in correct box. More able groups can use it to check their ideas.	Set task and monitor	Handout: Study Success Tutorial 7 Handout B
		Pairs give feedback to class	Take feedback from pairs	

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Time	Content incl. Key and Functional Skills	What Learners do	What Tutor does incl. Assessment	Resources
10	How to cope with stress	Pairs use handout 7C to read the 4 case studies and decide a) how well they cope with stress, b) underline good stress strategies, c) decide how they could manage the stress better	Set task and monitor	Handout: Study Success Tutorial 7 Handout C
		Pairs feedback ideas to class	Take feedback from pairs. Write strategies for coping with stress on board Elicit more ideas from class	
25	Poster making	Pairs use ideas from board (for less able students, give handout 7D to work from) to make poster titled 'stress'	Set instructions: make a poster titled 'stress'. Include the causes and signs of stress and how to cope with stress.	Handout: Study Success Tutorial 7 Handout D (for less able students)
5	Summary	Recap learning	Recap learning	Handout: Study Success Tutorial 7 Handout D

Individual Learners' Plans for this Lesson

Name	Plan

Review of Lesson	Good	Satisfactory	Needs Change	Comments
Evidence of Learning				
Pacing				
Participation of all Students				
Appropriateness of Level				
Teaching Materials				

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Appropriate Teaching Styles				
Students Motivated / Enjoyment in Learning				
Good Learning Environment				
Responsiveness to Students				
Homework Collected				____ out of ____

Evaluation and Comments: