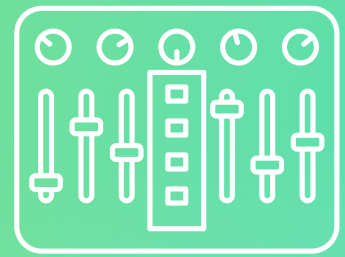


# BLEND-Ed

## Empowering Your Teaching



Blended Learning  
Transformational Lead Team (2023)

## INFUSING TIME MANAGEMENT SKILLS INTO YOUR COURSE DESIGN

### WHY?

The transition to CEGEP can be challenging. Students can feel overwhelmed by the increased amount of autonomy, workload, and the commitment to learning at the CEGEP level. Blended Learning courses are designed to engage and empower students with life skills that address these challenges. Managing their time is one of them.



### FROM OUR FOCUS GROUP...

*"The way teachers put in the course outline of how much homework you are supposed to do per day or per week, doesn't match up with what we're actually asked to do. It's unrealistic, because yes the weighting might say like 3 hours of homework, twice per week and you'll have three hours of homework, but then you'll have like 10 hours of studying to do that week. Then like basically, it just gets like overwhelming."*



### WHY STUDENTS FIND TIME MANAGEMENT DIFFICULT...

- Not knowing how long a task takes to complete
- Lifestyle choices such as poor sleep habits or dietary habits
- Chronic procrastination
- Increased digital media use
- Being a part of many activities and not being able to prioritize
- Not a one-size-fits-all approach



### DESIGN

courses into blocks, segments, or educational experiences



### IDENTIFY

the amount of learning hours (both synchronous and asynchronous work) for each segment



### IDENTIFY

approximately how many hours it will take to read an article or book



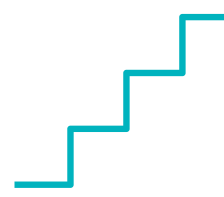
### IDENTIFY

how long an assignment will take to complete



### DEVELOP

consistent patterns of learning (i.e., teach, practice, assess) that incorporate regular formative assessment



### DIVIDE

larger assessments into smaller chunks to reduce procrastination



### ESTABLISH

consistent days for due dates (i.e., Friday at 11:59pm)

### FOR TEACHERS



[Workload Estimator](#)  
(Wake Forest University)



[Why to do Your Own Assignments](#)  
(Cult of Pedagogy)

### FOR STUDENTS



[Build Your Schedule](#)  
(York University)



[Managing Your Time](#)  
(York University)