

Name:

# Being Mindful

Aligned to the following standards:  
CS.05, FFA.PL-A, FFA.PG-J, FFA.CS-M, FFA.CS-N, AG5, AGC08.01, AGC09.01, AGC09.02, CCSS.RI.9-10.2, CCSS.RI.9-10.4, CCSS.W.9-10.1, CCSS.W.9-10.2, CCSS.SL.9-10.1, CCSS.RST.9-10.8, CCSS.RST.9-10.9, CCSS.WHST.9-10.1, CCSS.WHST.9-10.2, CCSS.WHST.9-10.4, CCSS.WHST.9-10.6, CRP.02, CRP.04, CRP.07, CRP.08, CRP.10, CRP.11

Directions:

Using the article “Avoiding Distractions and Focusing on the Job” (<https://www.agcareers.com/ag-and-food-career-guide/2024/US/31/>), complete the activity below.

Pre-Reading

Answer the question before reading the article.

1. What is one strategy you already use as a student to avoid getting distracted during schoolwork?

Post-Reading

Answer these questions after reading the article.

|                                          |                                                                                                                   |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 1. Creating a Distraction-Free Workspace |                                                                                                                   |
| Summarized description of this section:  | Name one tip from this section you can apply in your life, and explain how this will benefit you in the long run. |
|                                          |                                                                                                                   |

|                                               |                                                                                                                   |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 2. Prioritize Tasks and Establish Clear Goals |                                                                                                                   |
| Summarized description of this section:       | Name one tip from this section you can apply in your life, and explain how this will benefit you in the long run. |
|                                               |                                                                                                                   |

|                                         |                                                                                                                   |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 3. Use Time Management Techniques       |                                                                                                                   |
| Summarized description of this section: | Name one tip from this section you can apply in your life, and explain how this will benefit you in the long run. |
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#### 4. Silence Notifications

Summarized description of this section:

Name one tip from this section you can apply in your life, and explain how this will benefit you in the long run.

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#### 5. Establish Boundaries

Summarized description of this section:

Name one tip from this section you can apply in your life, and explain how this will benefit you in the long run.

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#### 6. Continuous Learning and Skill Development

Summarized description of this section:

Name one tip from this section you can apply in your life, and explain how this will benefit you in the long run.

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#### 7. Prioritize Breaks and Physical Activity

Summarized description of this section:

Name one tip from this section you can apply in your life, and explain how this will benefit you in the long run.

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❖ Which of these strategies do you feel you struggle with the most when trying to focus on a task? Why?

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❖ What are two steps you can take to strengthen that strategy?

Dig Deeper

Use the strategies you learned in this article to develop a plan that could help the students in the scenarios below.

|                                                                                                                                                                                   |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <i>Scenario: You and your classmates must complete a group project, but everyone has different schedules. How do you organize meetings and divide tasks to meet the deadline?</i> |  |
| <i>Scenario: You have a test tomorrow, but you also have a basketball game tonight. How do you manage your time to study and participate in the game?</i>                         |  |
| <i>Scenario: You need to finish an assignment at home, but distractions like your phone and TV keep interrupting. How do you minimize these distractions?</i>                     |  |
| <i>Scenario: You have three final exams in one week. How do you create a study plan that ensures you cover all subjects without cramming?</i>                                     |  |
| <i>Scenario: You work a part-time after school job and have homework due the next day. How do you balance your work responsibilities with completing the assignment on time?</i>  |  |

❖ Which scenario can you relate to most? Why?

❖ How can the plan you created for the scenario help you in the future?