

Prioritization Techniques



AAC

ACTIVITY TIME

There is going to be a list of activities by point value

You have 2 minutes to earn as many points as possible

ACTIVITY TIME

ONE POINT

Click your pen 40 times

Say "I love the AAC!"

TWO POINTS

Play patty cake with
someone next to you

Do 5 jumping jacks

THREE POINTS

Get up and introduce
yourself to me

Take a selfie with a neighbor

AAC

How did that go?

Those with higher points, what was your strategy?

Anyone get stressed out? Why?

DISCUSSION TIME

- Why did we do this activity?
- How does this relate to your role as a student?
- How can you apply the strategy you utilized to your own task list?



**HOW DO YOU
PRIORITIZE WHEN
YOU ARE STRESSED?**

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STRATEGIES

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Semester At A Glance

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UConn UNIVERSITY OF CONNECTICUT
ACADEMIC ACHIEVEMENT CENTER

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|-------------------------------|-------------------------------|-------------------------------|
| Week 1: (Date) _____ - _____ | Week 2: (Date) _____ - _____ | Week 3: (Date) _____ - _____ |
| Week 4: (Date) _____ - _____ | Week 5: (Date) _____ - _____ | Week 6: (Date) _____ - _____ |
| Week 7: (Date) _____ - _____ | Week 8: (Date) _____ - _____ | Week 9: (Date) _____ - _____ |
| Week 10: (Date) _____ - _____ | Week 11: (Date) _____ - _____ | Week 12: (Date) _____ - _____ |
| Week 13: (Date) _____ - _____ | Week 14: (Date) _____ - _____ | Week 15: (Date) _____ - _____ |

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AAC

Syllabus Summary

Class Name: _____

Professor Name: _____

Professor Contact: _____

Office Location: _____

Office Hours Time: _____

Grade Breakdown:

_____ % for _____

_____ % for _____

_____ % for _____

_____ % for _____

_____ % for _____

Class Name: _____

Professor Name: _____

Professor Contact: _____

Office Location: _____

Office Hours Time: _____

Grade Breakdown:

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_____ % for _____



ANY QUESTIONS?

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