

3 Classroom/Time Management Strategies

Team Up to Tackle Time Management - Find a teaching partner, friend, or small support group at school to keep you honest about your time management goals. Set some rules of the road, stick to them, and keep each other honest with daily or weekly check-ins.

Let Students Make Choices - Ensure that students are provided with choices to demonstrate their learning by giving homework options, using project-based learning, soliciting independent study project ideas, collecting their feedback on school-wide issues, and conducting student polls that lead to rich and productive debates. All these strategies provide students with opportunities to express their learning and creativity in a safe space.

Breathe! - Taking the first 2–3 minutes of class to engage with students in mindfulness-based activities allows students, and even adults, to become focused and ready for the classroom tasks at hand. An easy techniques to engage students in mindfulness is [guided breathing](#). This practice has been shown to reduce stress and lead to increases in self-regulation and quality of sleep, which is so important for the adolescent brain's development.

2 Instructional Strategies

Limited Lessons- After 12-15 minutes of teaching a lesson, engage students in some type of activity, even if it's for only a few minutes. You can then go back to teaching for another chunk of time.

Examples: Have students talk to their neighbors, draw a picture, write a few sentences that summarize or describe the lesson, finish an example problem, or get in a discussion group.

Rigorous Lessons - Lessons must be rigorous. The activities should be challenging and move at a brisk pace. There should not be opportunities for students to get bored or periods when they have nothing to do. The entire lesson should be an active lesson. Strive to take students to the highest level of knowledge. There are limited days in the school year, and a many students are not at grade level, so we must take advantage of the time we have each day in the classroom.

1 Assessment Strategies

Discussion-Based Assessments -

Interviews - To dig a little deeper into students' understanding of content, try discussion-based assessment methods. [Casual chats](#) with students in the classroom can help them feel at ease even as you get a sense of what they know. [Five minutes](#) is all it takes!

You can also shift some of this work to students using [TAG Feedback](#) .

- Tell your peer something they did well
- Ask a thoughtful question
- Give a positive suggestion

When you have students share the feedback with a peer, you gain insight into both students' learning.

