**Self-Management Skills Video Companion Guide**

<http://atlasabe.org/resources/aces/self-management>

**Video Length = 15 minutes**

**1. For each stage of the lesson, make notes regarding the self-management skills you observe from the first column.**

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| **TIF Skills**  **Self-Management Category** | **Warm up**  **(0:18)** | **Introduction**  **(3:14)** | **Guided**  **(6:45)** | **Independent**  **(10:52)** | **Evaluate**  **(14:51)** |
| SWBAT set realistic goals and work independently to achieve them. |  |  |  |  |  |
| SWBAT manage information and materials for one’s own learning and goals. |  |  |  |  |  |
| SWBAT manage time effectively to complete tasks. |  |  |  |  |  |

**2. How are you currently integrating self-management skills into your lessons/curriculum? Do you currently have any routines, norms or learning task formats that support the development of self-management skills?**

**3. After watching the self-management skills video, how are you inspired to enhance the integration of self-management skills into your lessons/curriculum?**



***Self-Management Video created by Liz Andress, 2014***