# Breaking Bad Habits:

Card Game as Metaphor for Study Preparation, Time Management, and Teamwork Strategies

*Lesson submitted by Makayla Stewart*

Students will:

* Generate a list of bad habits that lead to procrastination and failure
* Reflect on time management, planning, group work after playing a card game

Materials:

* Decks of cards – one per group of 3-5 students
* [PowerPoint presentation](https://uwy-my.sharepoint.com/:p:/g/personal/mhand4_uwyo_edu/EeBqlUOldZBPiBem9JhBixkBvzmBdkA2_DMYqVg3R415Bg?e=1kwXk3)
* Timer on cell phone or wall clock
* White board or smart board to record team data

Prepare for lesson:

* Shuffle decks
* Pull out one card from a group’s deck
* Get PowerPoint ready

Description of Activity:

* Slide 2: Think, Pair Share (5 min)
  + 30 seconds to think/write about what are habits that lead to poor school performance; 1 minute to share in pairs; pairs share with large group
  + Add ideas to PowerPoint or to white board
* Slide 3-4 Card Game in Three Rounds
  + Place students into groups of 3-5
  + Read the rules out loud
* Slied 5 Plan and Record Estimates
  + Provide two minutes for planning of strategy or preparation
  + Ask for an estimated time to complete the task and record the time on a white board or within the PowerPoint on slide 5.
* Slide 6: Round 1
  + After first round, one team may have noticed their deck was missing a card. At this time, point out that part of preparation may include checking that you have all of the resources you need.
  + Put back the missing card and ask each team to shuffle their deck and then pass the deck to the team to their right so each team gets a new deck for the second and third rounds.-
  + Allow two minutes of preparation before each round – go back to slide 5 for that time
* Slide 7 Discussion
  + Did it take you longer than you thought it would to complete the game the first time?
  + Would it have been more difficult to complete if I hadn’t given you the time to make a plan?
  + How does that relate to your homework?
  + Did it get easier once you had a better strategy in place?
  + How is this similar to creating good habits?
  + What would have happened if I asked you guys to sing a song during one of the rounds? Would that have made it harder to concentrate?
  + If I had asked you to complete this task 5 to 10 times, do you think it would have been easier the more times you did it?
* Slide 8 – Closing Remarks
  + It takes time to overcome bad habits – and you may fail a few times. But the more you practice a good habit, the more ingrained and natural it becomes.
  + If your study habit was sitting in your bedroom with the TV on and your cell phone ringer on, it’ll be difficult to make the change and start studying in the library and leaving your phone in your backpack. But, the more times you do it, the easier it will become and the more comfortable you’ll feel.