
Life Skills
Video Practice
Stand Out 4 Unit 1

Ask your students the following questions to introduce the topic of the video they will watch.



A **BEFORE** **Discuss the questions with a partner.**

1. Are you an organized person?
2. What can people do to be organized?

Silent Viewing: Show the video in segments without sound so students can guess at the story line.

WATCH THE VIDEO WITHOUT SOUND AND TRY TO GUESS THE STORY.



Second Viewing: Show the video again so students can check predictions.

WATCH THE VIDEO WITH SOUND AND TRY TO RETELL THE STORY.



Ask your students to watch the video and complete the activity. Replay the video if needed.



B **WHILE** **Watch the video. Complete the parts of the conversation.**

Mateo: Well, how did you learn to get (1) *organized*?

Naomi: The first one: (2) _____ everything down. Now write your goals.

Naomi: "Prioritization": You (3) _____ know what things need to get done first.

Mateo: That's a great idea! I (4) _____ I had thought of that.

Naomi: "Managing interruptions," "Avoiding (5) _____," "Scheduling."

Check the correct answers with students.



B. WHILE **Watch the video. Complete the parts of the conversation.**

Mateo: Well, how did you learn to get (1) organized?

Naomi: The first one: (2) Write everything down. Now write your goals.

Naomi: "Prioritization": You (3) should know what things need to get done first.

Mateo: That's a great idea! I (4) wish I had thought of that.

Naomi: "Managing interruptions," "Avoiding (5) procrastination," "Scheduling."

Ask your students to watch the video and complete the activity. Replay the video if needed.



C **AFTER** **Read the statements. Write *T* for true and *F* for false.**

1. Hector has a problem with organization. T
2. Hector knows which tasks he has to do first, next, and last. _____
3. Mateo helps Hector with his paper. _____
4. Naomi tells Hector to write everything down. _____

Check the correct answers with students.



C **AFTER** **Read the statements. Write *T* for true and *F* for false.**

1. Hector has a problem with organization. T
2. Hector knows which tasks he has to do first, next, and last. F
3. Mateo helps Hector with his paper. F
4. Naomi tells Hector to write everything down. T

Select students. Have partners take turns performing the task. Check and correct anywhere possible.



TALK ABOUT THE TRADITION OF MAKING RESOLUTIONS AT THE BEGINNING OF EACH NEW YEAR. DISCUSS AND MAKE A LIST OF NEW YEAR'S RESOLUTIONS.

UNIT 1 I Need to Get Organized

Naomi: What's wrong, Hector? You look worried. **Hector:** I have so much to do at work, at school, at home. I don't know how to get organized. It's so frustrating! **Naomi:** Well, did you make a list? **Hector:** No, I didn't. I wrote myself these notes, but I forget to look at them, or I lose them. I am so busy at work that I can't get around to my school work. Like right now, I should be writing this paper for school. Hello? Mateo, hey! A movie? Tonight? Oh, right now? No. I'm not doing anything. You should come here. I'm at the diner, you should come here. OK, I'll see you here...See you soon. Where was I? **Naomi:** Hi Mateo. Are you helping Hector with his paper? **Mateo:** Uhhh, nope. We're doing a Sudoku. We have to kill time before the movie starts. **Naomi:** Hector...didn't you need to write that paper? You don't know how to manage your time! **Hector:** Well, like how? **Naomi:** See, I used to be like that too. Very disorganized. I didn't know which tasks should be done firs . Like when I started working here at the diner and my boss would ask me to do three things, then an hour later, three more things. I didn't know what to do. **Mateo:** Well how did you learn how to get organized? **Naomi:** Here is your new best friend. I'm going to teach you some time-management skills. The first on , write everything down! Now, write down your goals. **Naomi:** "GOAL SETTING": you need to make a chart with all your goals and things to do. "PRIORITIZATION": to should know what things need to get done firs . **Mateo:** That's a great idea! I wish I had thought of that. **Naomi:** "MANAGING INTERRUPTIONS""AVOIDING PROCRASTINATION""SCHEDULING". **Hector:** Those are all good tools. With a chart like that, it would be easier to accomplish my goals. That's just what I'll do. Thanks, Naomi. **Mateo:** So, are we still going to the movies?