

September 24, 2025 Health: 3 Key Life Skills

Instructions: Complete this in the classwork section of your notebook with the heading above. After reading the information, answer all questions in **complete sentences** using your own words. *As expected with all assignments, either write the question and answer OR restate the question in your answer for full credit.* Be thoughtful and give examples where possible.

Reading

Why This Matters

High school isn't just about grades—it's about preparing for the future. To graduate, you must earn enough credits, which means passing your classes and staying on track. **Time management, discipline, and accountability** are three key life skills that can help you succeed in school and beyond.

Time Management

- Time is one of the most valuable resources you have.
- Balancing school, homework, sports, family, and personal time requires planning.
- Poor time management can lead to missed assignments, late work, and stress.
- Good time management means prioritizing what matters most and avoiding procrastination.

Discipline

- Discipline means making choices that push you closer to your goals, even when it's hard.
- It includes creating routines, staying focused, and avoiding distractions.
- Academic discipline can mean studying when you'd rather be on your phone, showing up to class on time, and putting effort into your work.
- Discipline builds habits that last a lifetime, such as consistency and responsibility.

Accountability

- Accountability is taking ownership of your actions and decisions.
- In school, this means turning in your own work, communicating with teachers, and correcting mistakes.
- Being accountable prepares you for jobs, relationships, and adulthood.
- Without accountability, it's easy to fall behind on graduation requirements.

Connecting to Graduation

- Each class you pass earns **credits** toward graduation.
 - Managing your time, practicing discipline, and holding yourself accountable helps you **stay on track to graduate**.
 - These skills don't end at high school—they're needed in college, careers, and everyday life.
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Student Questions (Answer in Your Own Words: Restate the question in your answer or write the question and answer)

1. Why is time management important for success in school?
2. Give an example of how poor time management could affect your grades.
3. List two strategies you can use to better manage your time each week.
4. What does discipline mean to you personally?
5. How does discipline help you stay on track with your goals?
6. Give one example of academic discipline in your daily life.
7. Define accountability in your own words.
8. Why is accountability important for graduation and life after high school?
9. Think of a time when you took responsibility for a mistake. What did you learn?
10. How do time management, discipline, and accountability work together?
11. How can improving these three skills help you earn credits toward graduation?
12. Describe how you can use time management, discipline, and accountability in your future career or personal life.

