

Chat Notes – Teach for LA: If Not Now, When? Strategies for Effective Time Management

16:31:05 From Marini Smith to Everyone : Welcome everyone! We will get started in a few minutes.

16:32:15 From madeleine wilson-witte to Everyone : hello :)

16:32:30 From Emmie Mena to Everyone : Hello, everyone!

16:32:56 From Robmarie Lopez to Everyone : Hi! This is Robmarie Lopez from Rio Hondo College. My e-mail is robmarie.lopez7867@my.riohondo.edu

16:33:45 From Jeremy Ramos to Everyone : Hello Marini

16:33:53 From Jeremy Ramos to Everyone : May the 4th be with you all

16:34:04 From madeleine wilson-witte to Everyone : so excited to learn about time management

16:34:18 From ManPing Wu to Everyone : I like this topic!

16:34:20 From Candy Davis to Everyone : Hi !

16:34:29 From Ailing she to Everyone : Ailing she from CCSF email:sheailing80@gmial.com

16:34:55 From Bobby Becka to Everyone : Recorded sessions and additional Teach for LA Virtual Conference Series information can be found at:

<http://teacherprepprogram.org/events-and-calendar/virtual-workshop-series-may-2021/> and <https://www.teachlarc.org/teach-for-la/>

16:35:41 From madeleine wilson-witte to Everyone : Hi, I am Madeleine Wilson-Witte, I am from Chabot Community College this is my 3rd session and my email is madeleinewilsonwite@gmail.com

16:36:10 From Emmie Mena to Everyone : Emmie Mena

16:36:13 From Jeremy Ramos to Everyone : Jeremy Ramos jeremyramos287@gmail.com

16:36:17 From Myrna Arriaga to Everyone : Myrna Arriaga

Blinklit339@yahoo.com

16:36:24 From Linda Bosc to Everyone : Linda Bosc Lbosc4444@gmail.com

16:36:25 From Emmie Mena to Everyone : Emmie Mena - Emmie.mena@yahoo.com

16:36:26 From Amy Fernandez to Everyone : Amy Fernandez fernandezamy0704@gmail.com

16:36:34 From Rajeswari Ramachandran to Everyone : Rajeswari Ramachandran,
Rajeswari_ramach1434@elcamino.edu

16:36:35 From Carolina Chavez to Everyone : Carolina Chavez cchavez@compton.edu

16:36:36 From ManPing Wu to Everyone : ManPing Wu, mwu158@mail.ccsf.edu

16:36:39 From Anita Perez Ortega to Everyone : Anita Perez Ortega / anitaortega05@gmail.com

16:36:42 From Hannah Mossman to Everyone : Hannah Mossman: hmossman13@gmail.com

16:36:47 From Regina Romo to Everyone : Regina Romo reginar2875@gmail.com

16:36:48 From Fabiola Zavaleta to Everyone : Fabiola Zavaleta-fabiola.m.zavaleta@gmail.com

16:36:55 From Xingyi Wu to Everyone : Xingyi Wu: wuxingyi5@gmail.com

16:37:07 From Vanessa Garcia to Everyone : Vanessa Garcia - vanessa.garcia4672@my.riohondo.edu

16:37:08 From Dilia Martinez to Everyone : Dilia Martinez martind7805@student.laccd.edu

16:37:20 From Delfina Del Real to Everyone : Delfina Del Real. delfina.sundrop@gmail.com

16:37:32 From Maya Smith to Everyone : Maya Smith Maya.Smith2315@gmail.com

16:37:42 From Precious Veliz to Everyone : precious Veliz- pveliz@compton.edu

16:40:47 From Sara Behseta to Everyone : "Grading homework"

16:40:49 From Jazlyn Zundel to Everyone : Jazlyn_Zundel@my.cuesta.edu

16:40:51 From Carolina Chavez to Everyone : it was my second option

16:41:22 From madeleine wilson-witte to Everyone : It's almost finals and I am graduating in fall so I am studying really hard to get a good grade

16:41:41 From Byron Swain to Everyone : Hobbies

16:41:42 From Dilia Martinez to Everyone : working

16:41:43 From Jazlyn Zundel to Everyone : im cleaning dishes right now while listening haha

16:41:46 From Rokeya Rahman to Everyone : Grading

16:41:47 From madeleine wilson-witte to Everyone : I would also take care of my dog

16:42:22 From madeleine wilson-witte to Everyone : My dog helps me lower my stress so after homework, I would play with my dog

16:42:37 From Eric Johnson to Everyone : taking notes of this presnation

16:46:11 From Bobby Becka to Everyone : Not enough

16:47:05 From Maia Villa to Everyone : Minutes to develop a good habit?

16:47:08 From Linda Bosc to Everyone : time we sleep

16:47:21 From Bobby Becka to Everyone : I'm no good at math :D

16:47:24 From La Donna Thomas to Everyone : Seconds of the day

16:47:25 From ManPing Wu to Everyone : Time of learning

16:47:29 From Alyssa Shepherd to Everyone : time wasted in a month?

16:47:29 From Carolina Chavez to Everyone : to laugh

16:47:34 From Matt Mieskoski to Everyone : hours to master a skill

16:47:46 From Maia Villa to Everyone : Nice!

16:50:31 From Victoria Gavia to Everyone : Instant humbling moment

16:50:48 From Maia Villa to Everyone : ^hehe

16:51:39 From Jazlyn Zundel to Everyone : yes

16:54:21 From Rokeya Rahman to Everyone : Eye opening

16:54:26 From Victoria Gavia to Everyone : Love the visual representation of a day

16:54:28 From Byron Swain to Everyone : its heavier than I expected in a time management class

16:54:55 From Robmarie Lopez to Everyone : The time available for self-fulfillment is limited so it is best for us to be present!

16:54:57 From Linda Bosc to Everyone : important to do what we love

16:54:58 From Lisa Oya to Everyone : Everyday one jelly bean

16:55:34 From Joseph christensen to Everyone : it's a great video becuase trying to mange your time is not easy but its a great skill to have

16:55:43 From ManPing Wu to Everyone : I surprised that there is actually people did count / estimate those hours

16:56:36 From Bobby Becka to Everyone : Procrastination produces progress. :D

16:57:03 From Joseph christensen to Everyone : that was me last two semester but this semester im trying to keep track if time but it feels like it going super slow but then speeds up

17:01:40 From Robmarie Lopez to Everyone : And account for the meal prep time haha

17:09:49 From Joseph christensen to Everyone : yes

17:11:02 From Marini Smith to Everyone :
https://docs.google.com/document/d/1zMghUt_2ulhu7pJbOtxNy1Kkq8ZJW3QFM2qy0Sh7JLU/edit

17:12:03 From Marini Smith to Everyone : Use this link!

17:12:04 From Marini Smith to Everyone :
<https://docs.google.com/document/d/1qyglUHIEJF0ihUYoNwgymcej26KRClGplGuGHCeJuJM/edit>

17:12:17 From Maria Bernasconi Cabrera to Everyone : it's asking for access

17:12:52 From Abigail Culwell to Everyone : Yes. It is 10

17:13:24 From Marini Smith to Everyone : Google Doc Link

17:13:24 From Marini Smith to Everyone :
<https://docs.google.com/document/d/1qyglUHIEJF0ihUYoNwgymcej26KRClGplGuGHCeJuJM/edit>

17:22:59 From Alondra Palomera to Everyone : I was in group 7 but my zoom got me out

17:25:25 From Carolina Chavez to Everyone : Where are you teaching Dr. Smith

17:26:00 From Linda Bosc to Everyone : it was fine. Good to fill in the blanks and do the process

17:26:16 From Patricia Becerra to Everyone : after we went into breakout rooms we realized we didn't ask if the goals were individual or as a group

17:31:24 From madeleine wilson-witte to Everyone : I wasn't able to write because I had to do dishes

17:36:47 From Joseph christensen to Everyone : what is sanity?

17:39:20 From Virsil Mitchell to Everyone : "Pomodoro Technique"

17:39:44 From Victoria Gavia to Everyone : We use Trello at work; it's fun and interactive

17:40:40 From Linda Bosc to Everyone : I use a physical calendar hanging on the fridge.

17:41:12 From Linda Bosc to Everyone : Canvas is good for school work

17:41:31 From Joseph christensen to Everyone : I have a planner

17:41:36 From Robmarie Lopez to Everyone : Outlook calendars, alarms, post-it notes are great! I then try to prioritize what to do

17:41:55 From Bobby Becka to Everyone : I have to use electronic calendars (multiple) so that I can access them all via my phone.

17:42:20 From Bobby Becka to Everyone : If it's not on a calendar, it's doesn't exist.

17:42:38 From Joseph christensen to Everyone : thats great

17:47:15 From Linda Bosc to Everyone : If it's something I really dislike, I do it really really late. I'm good on homework and work related things,

17:47:54 From Joseph christensen to Everyone : same I

17:47:57 From madeleine wilson-witte to Everyone : it honestly depends on the assignment and class for me

17:48:43 From madeleine wilson-witte to Everyone : but I do like to finish my assignments early so I can finish taking notes, being with friends, and studying for test/quizzes

17:49:38 From Bobby Becka to Everyone : sometimes I just have to say, 'it's good enough'

17:49:55 From Robmarie Lopez to Everyone : yes!

17:50:08 From Virsil Mitchell to Everyone : All of these are me

17:50:13 From Jazlyn Zundel to Everyone : haha I guess im a better procrastinator than I thought

17:50:25 From Bobby Becka to Everyone : I love that, "analysis paralysis"

17:51:20 From Jazlyn Zundel to Everyone : im having a donut after this session

17:51:47 From Carolina Chavez to Everyone : @jazlyn hahaha

17:52:10 From Victoria Gavia to Everyone : I have been trying to actively reframe my thoughts on accountability—moving to a position of being grateful for being held accountable for something I stated as a goal or objective.

17:53:16 From Victoria Gavia to Everyone : I put my phone in another location away from me sometimes

17:54:08 From Vanessa Garcia to Everyone : I use the forest app, sometimes I'll use it for the pomodoro method or just to not have me reach for my phone

17:54:49 From Maya Smith to Everyone : If you have an iPhone using downtime and restricting certain apps can be helpful

17:55:50 From Bobby Becka to Everyone : @Vanessa what's the forest app?

17:56:33 From Rokeya Rahman to Everyone : I did.

17:56:36 From Joseph christensen to Everyone : yup

17:56:44 From Victoria Gavia to Everyone : What is this Witchcraft

17:56:50 From Victoria Gavia to Everyone : No LOL

17:56:50 From Robmarie Lopez to Everyone : hahahaha

17:56:51 From madeleine wilson-witte to Everyone : I was confused when I saw the witch

17:56:51 From Linda Bosc to Everyone : yes

17:56:55 From Rajeswari Ramachandran to Everyone : Not me

17:56:57 From Virsil Mitchell to Everyone : Only Gamers did!

17:57:00 From Victoria Gavia to Everyone : I was hawk-eyed on the white shirt

17:57:01 From madeleine wilson-witte to Everyone : But I did get 13

17:57:09 From Victoria Gavia to Everyone : And I still counted wrong ;___;

17:58:18 From madeleine wilson-witte to Everyone : This was a great presentation

17:58:32 From Bobby Becka to Everyone : Recorded sessions and additional Teach for LA Virtual Workshop Series information can be found at:
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and
<https://www.teachlarc.org/teach-for-la/>

17:58:55 From Joseph christensen to Everyone : hehehe the last one lol

17:59:04 From Bobby Becka to Everyone : The Flipbook that shows all of the sessions available over 3-7 May can be found here:
<https://www.teachlarc.org/teach-for-la-flipbook/>
or
<http://teacherprepprogram.org/events-and-calendar/virtual-workshop-series-may-2021/>

17:59:23 From Vanessa Garcia to Everyone : The forest app is an app where you can “plant a tree” while you focus on whatever you have to do & if you go on your phone then the tree dies

17:59:27 From Rokeya Rahman to Everyone : Yes, I have same AB list

17:59:41 From Bobby Becka to Everyone : @Vanessa nice!

17:59:58 From madeleine wilson-witte to Everyone : I want to check out the forest app! thanks for the advice!

18:00:35 From Vanessa Garcia to Everyone : Of course! I think it is free for the laptop but it’s now \$2 in the App Store :(

18:01:10 From Patricia Becerra to Everyone : RESET

18:01:14 From Virsil Mitchell to Everyone : Acknowledge it.

18:01:15 From madeleine wilson-witte to Everyone : thank you so much!

18:01:15 From Amy Fernandez to Everyone : Start a planner

18:01:22 From Rokeya Rahman to Everyone : prioritize task

18:01:23 From Jazlyn Zundel to Everyone : Either get a planner or install a time management app

18:01:25 From Bobby Becka to Everyone : Try not to multitask (as much)

18:01:27 From Hannah Mossman to Everyone : Set my own smart goals

18:01:27 From Linda Bosc to Everyone : I need to make a detailed list about looking at finances.

18:01:32 From Joseph christensen to Everyone : reevaluate

18:01:32 From Abigail Culwell to Everyone : Make an A. B. C. list

18:01:32 From Dilia Martinez to Everyone : I plan to not keep myself so busy and slow down.

18:01:36 From Candy Davis to Everyone : Weekly check in with the myself to see if the tools I'm using are working and if not adjust .

18:01:37 From Rajeswari Ramachandran to Everyone : use planner and write down all the important things

18:01:38 From Anita Perez Ortega to Everyone : Not multitask

18:01:39 From La Donna Thomas to Everyone : RESET

18:01:40 From Victoria Gavia to Everyone : Setting time blocks for work vs life vs hobby

18:01:44 From Luci Chun to Everyone : calendar items

18:01:45 From Jeremy Ramos to Everyone : preparation plan

18:01:47 From christa rodriguez to Everyone : Stick with a planner

18:01:47 From Eric Johnson to Everyone : put assingments on calender

18:01:50 From Robmarie Lopez to Everyone : Prioritize and apply!

18:01:51 From Lesly Martinon to Everyone : creating planner

18:01:58 From Jeremy Ramos to Everyone : meals, to do list

18:02:00 From Candy Davis to Everyone : Thank you for your time .

18:02:00 From Rajeswari Ramachandran to Everyone : Thank you so much

18:02:00 From Linda Bosc to Everyone : Thanks for great info!!

18:02:04 From Alondra Palomera to Everyone : Turn off my phone and list all to do things for the week on white board

18:02:04 From madeleine wilson-witte to Everyone : I use my calendar and think which assignment is the mos important to least

18:02:06 From Virsil Mitchell to Everyone : Thanks for hosting

18:02:13 From Abigail Culwell to Everyone : Thank you!

18:02:18 From Robmarie Lopez to Everyone : Thank you for the great presentation! I look forward to the presentation!

18:02:21 From Alondra Palomera to Everyone : How can I ask for attendance certification?

18:02:21 From Precious Veliz to Everyone : hold myself more accountable

18:02:24 From Joseph christensen to Everyone : Joseph christensen

18:02:24 From Virsil Mitchell to Everyone : Virsil Mitchell email: Vmitchell.edu@gmail.com

18:02:38 From christa rodriguez to Everyone : Christa Rodriguez crodriguez7@student.mtsac.edu

18:02:41 From Lesly Martinon to Everyone : Lesly Martinon- martinon1996@gmail.com

18:02:42 From Joseph christensen to Everyone : christensenjojo120@gmail.com

18:02:51 From Yasamin Zarrabi to Everyone : Yasamin Zarrabi

18:03:00 From La Donna Thomas to Everyone : La Donna Thomas lthomas@compton.edu

18:03:08 From Victoria Gavia to Everyone : That's fascinating

18:03:09 From madeleine wilson-witte to Everyone : Madeleine Wilson-Witte:
madeleinelwilsonwitte@gmail.com

18:03:15 From Raevyn Hernandez to Everyone : Raevyn Hernandez raevyn1997@gmail.com

18:03:18 From christa rodriguez to Everyone : thank you

18:04:02 From Lesly Martinon to Everyone : Thank you great presentation.

18:04:11 From Robmarie Lopez to Everyone : Awesome presentation, thank you!

18:04:17 From Alondra Palomera to Everyone : Apalomera1@student.mtsac.edu

18:04:27 From Eric Johnson to Everyone : where do you found the ciferate ?

18:04:34 From Carolina Chavez to Everyone : Bye

18:04:36 From Rokeya Rahman to Everyone : rahmanr@elac.edu

18:04:50 From Rokeya Rahman to Everyone : One of the best presentation. Thank you so much.

18:04:55 From madeleine wilson-witte to Everyone : thank you! 10/10 great presentation

18:05:08 From Yasamin Zarrabi to Everyone : Yasamin Zarrabi ZarrabY@laccd.edu

18:05:22 From Alondra Palomera to Everyone : Thank you!

18:05:30 From Abigail Culwell to Everyone : Advice for moms that are night owls and need to wake early?

18:05:30 From Eric Johnson to Everyone : This a great presntation

18:05:35 From Anita Perez Ortega to Everyone : thank you!

18:05:38 From Jeremy Ramos to Everyone : thank you

18:05:43 From Jeremy Ramos to Everyone : Jeremy Ramos jeremyramos287@gmail.com

18:05:50 From Joseph christensen to Everyone : Thank You Dr.smith

18:05:56 From madeleine wilson-witte to Everyone : madeleine wilson-witte:
madeleinelwilsonwitte@gmail.com

18:05:57 From Virsil Mitchell to Everyone : Take care.

18:07:37 From Joseph christensen to Everyone : yeah that's trrue

18:08:30 From Joseph christensen to Everyone : you got this Abigail