

**Topic:** Cultural Adjustment

**Activity:** Planning and Time Management: A Lesson Plan for Use With Darfuri Refugees

---

<b>Objectives</b>	Participants will be able to: <ul style="list-style-type: none"><li>✓ describe what time management is</li><li>✓ explain why time management is important in the United States</li><li>✓ describe some of the potential challenges in managing time</li></ul>
<b>Lesson Time</b>	55 minutes
<b>Materials</b>	<ul style="list-style-type: none"><li>• <i>Darfuri Refugees in the United States</i> (<a href="http://www.cal.org/co/videos/Darfuris/Darfuris.html">http://www.cal.org/co/videos/Darfuris/Darfuris.html</a>)</li><li>• Internet access, laptop, projector, and screen, or DVD, television, and DVD player</li><li>• Flipchart paper, markers, tape</li><li>• <i>Planning and Time Management: Images Worksheet</i>, 1 per participant (included)</li><li>• Writing implements, 1 per participant (to accompany worksheets)</li><li>• Optional: <i>Planning and Time Management: Quotes Worksheet</i>, 1 per participant (included)</li></ul>
<b>Introduction</b>	You and your family members may have many different things to do in the United States. Therefore, planning your day may be very helpful. This could help you and your family manage your time better so all of the daily events do not feel overwhelming.
<b>Viewing Activities</b>	<p>Tell participants that the group will now watch a 25-minute video of interviews with Darfuri refugees resettled in the United States. Ask participants to pay special attention to what the speakers are saying about time management.</p> <p>View <i>Darfuri Refugees in the United States</i>.</p>
<b>Practice</b>	<p>In small groups of 3-4, participants share what they heard about time management in the United States, and how they are feeling about it. Remind participants to refer to their worksheets to remind them what was said in the video.</p> <p>Bring the large group together and ask for highlights from the small group discussions. Encourage participants to share how they feel about time management. Record highlights on a flipchart.</p>
<b>Discussion Questions</b>	<ul style="list-style-type: none"><li>• What is time management?</li><li>• How are you feeling about the importance of time management in the United States?</li><li>• What do you think will be challenging about time management?</li><li>• Why do you think time management is important?</li></ul>
<b>Variations</b>	<ol style="list-style-type: none"><li>1. When working with more literate participants, distribute <i>Planning and Time Management: Quotes Worksheet</i>. After viewing the video, participants complete the worksheet and discuss their answers in small groups. These quotes can also be utilized during the large group discussion to highlight other related topics discussed in the video.</li></ol>

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

  
**Key English Vocabulary**

breakfast

morning

school

weekend

day

planning

time management

fast

schedule

wake up

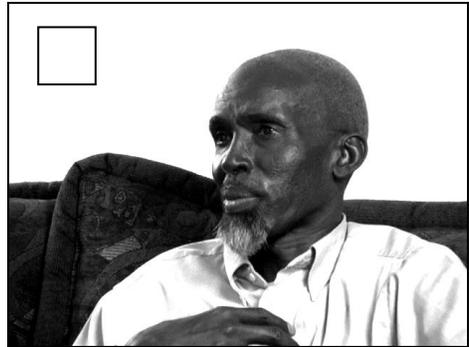
This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

# Planning and Time Management: Images Worksheet

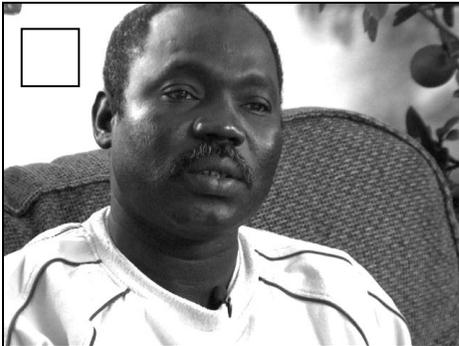
Directions: As you watch the DVD, look for the images below.  
Put a check (✓) in the box next to the image when you see the image.



Khadija Ali



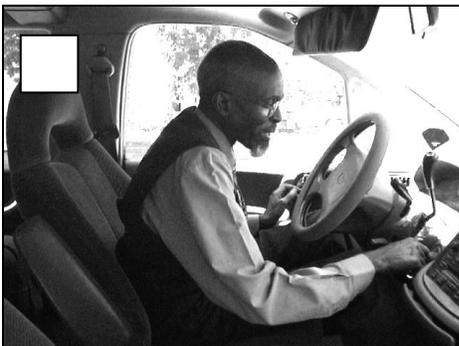
Adam Tagir



Adam Mohammed Babiker



Nadwa Khamis



This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.

# Planning and Time Management: Quotes Worksheet

*Directions: Read the quote from the DVD.  
Decide what the key messages are, and how you feel about them.*

Quote	Key messages?	How do you feel about these messages?
<p><u>Adam Tagir:</u> I wake up early in the morning at 5 am and then I pray. Afterwards, I take the car to the airport bus station. When I take my car to the bus station, I park my car there. I start my work in the morning and end at 3 pm or 3:30 pm. I get back home at around 4 or 4:30 pm.</p>		
<p><u>Khadija Ali:</u> My kids get dressed and go to school. They eat their breakfast and then go to school. I leave at 8 or 8:20 am and take the bus to work. I take the bus to work and I work for 4 hours per day. I leave my job at 1 pm and I'm home by 2 pm. I do everything I can before the kids come home.</p>		
<p><u>Nadiwa Khamis Adam:</u> We wake up very early in the morning and I prepare breakfast for the kids. After breakfast, I take the kids to wait for the bus. When they take the bus, I return home to prepare the food and go to work. When we come back in the evening, we take a shower and eat dinner and then I go to evening classes. When we get back, we pray and then go to bed and the next day we do it all again. It seems like the day is very short and it's going very fast.</p>		
<p><u>Adam Mohammed Babiker:</u> I live near my workplace, but I'm about 2 hours away from my family. So, I come and visit them on the weekends, Saturday and Sunday. I spend two nights with them, then I return to my job. I've been here about a year and I've been working since then.</p>		

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.