

CRITICAL THINKING DEMIR GJOKAJ

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **DEMIR DEFINES THE TERM LIFEHACKING AS “. . . ARRANGING YOUR LIFE IN THE OPTIMAL WAY SO THAT YOU GET THE THINGS THAT YOU WANT AND YOU CAN ENJOY THE THINGS THAT YOU WANT TO ENJOY.”**

What do you enjoy doing that you don't seem to have enough time to do often?

How can you lifehack your day-to-day to give yourself more time to enjoy those hobbies or activities?

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2. **DEMIR SAYS THAT GOOD TIME MANAGEMENT COMES FROM PRIORITIZING YOUR TASK LIST, BREAKING YOUR TIME UP INTO SMALLER BLOCKS, TAKING BREAKS, AND REWARDING YOURSELF FOR GETTING YOUR TASKS DONE.**

If you had to grade yourself on your time management skills right now, what grade would you give?

What's one change you could make today to help bump your grade up?

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3. **MIKE BELIEVES THAT STUDENTS STRUGGLE WITH TIME MANAGEMENT BECAUSE MOST YOUNG PEOPLE SPEND AN AVERAGE OF FIVE HOURS A DAY ON THEIR CELL PHONES.**

Approximately how many hours do you spend on your phone each day?

If you were to cut one hour of phone time off of every day, what would you do with seven extra hours each week?

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4. **DEMIR SAYS THAT LEARNING THE SKILL OF SELF-REGULATION OR SELF-PARENTING IS INTEGRAL FOR YOUNG PEOPLE TO GET TASKS DONE AS THEY GET OLDER.**

Imagine a voice in your head that guides you through your day. Whose voice do you hear? What could help you make the switch when it comes time for your own voice to guide you? How can you make sure your voice is more positive than negative?

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5. **WE ALL DEVELOP HABITS OVER TIME. SOME HABITS ARE GOOD, LIKE DOING HOMEWORK AT A CERTAIN TIME EACH DAY; AND SOME ARE BAD, LIKE STAYING UP TOO LATE ON OUR PHONES OR OUR COMPUTERS.**

How can you start developing healthy habits of self-regulation and self-collaboration?

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