

◇ Chapter 17  
A Closer Look at You

Enrichment Activities

## SOLITARY TIME

A busy schedule makes it difficult to find the time to be alone. Yet solitary time is important: it helps you shape your self-concept, increases your self-worth, and provides you with time to relax.

**Directions:** Read about Emma and Cody below and decide how well the two students build solitary time into their schedules. Then answer the questions that follow.

*After school, Emma couldn't wait to get home. This was her favorite time of day. Stretched out on her bed, she relaxed with an after-school snack. Sometimes she wrote in her journal, and other times she reflected on the day's events or made plans for the future. Emma always felt calmer after spending this time alone, even if she had had a tough day. Then she was better able to deal with homework and household chores and with her active social life, which included membership in three different clubs.*

*After school, Cody and his friends headed to the mall for milkshakes. Cody was so busy that he felt he deserved this treat. His schedule was filled with homework, household chores, a part-time job, team sports, and friends. On the way to the mall, the group discussed their plans for the summer. Cody hadn't made any plans yet and didn't know what he wanted to do. He vowed to spend time alone to think about it, but, he knew that his evenings and weekends were busy for weeks ahead. Oh well, maybe he'll just be a lifeguard like last year.*

1. What are the main differences between the way Emma and Cody approach solitary time?

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2. In what ways does Emma benefit from her solitary time? \_\_\_\_\_

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3. How can solitary time help people like Cody make better decisions? \_\_\_\_\_

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4. How could scheduling daily solitary time help you have a more balanced life? \_\_\_\_\_

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# THINK POSITIVE!

**Directions:** The way you approach a situation often influences its outcome. If you communicate a positive, “can-do” attitude, you are more likely to succeed — and even enjoy the experience. On the other hand, if you communicate a negative attitude, you’re almost certain to have a bad time. Read the example, focusing on the positive approach. Then develop a positive approach for the situations described below.

*It is Phoebe’s job to clean the bathroom each week. She doesn’t get her allowance until she completes this task. She can approach it in either a positive or a negative way.*

Negative approach: *Put it off until the last minute, and then rush through it. The result is a careless job that Phoebe isn’t proud of and for which she will probably be reprimanded. Then she’ll have to do it over.*

Positive approach: *Make the job more fun by listening to a favorite CD. She does the job in a way that makes her feel proud and that satisfies her family. She also thinks of a reward for herself when she’s done.*

1. *Although Merrill felt grown-up, she still had to sit at the children’s table at family holiday dinners. Her parents explained that there just wasn’t enough room for her at the other table. Merrill sulked during each holiday meal, ignoring the younger children surrounding her.*

Positive approach: \_\_\_\_\_  
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2. *In trying to balance careers and a family, Peggy and Walt felt as though they were each working two jobs. After they got home from work each day, they had to cook dinner for their teenage sons, clean up, and complete other household chores. They started to resent these responsibilities.*

Positive approach: \_\_\_\_\_  
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3. *Even though it helped her parents, Regina didn’t like babysitting for her brother. He loved to play practical jokes on her and annoy her whenever she stopped giving him her full attention.*

Positive approach: \_\_\_\_\_  
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**Focus In**

Think of a task or other responsibility that you dread doing. Describe the situation in detail. Create a positive approach to that task, and try it out as soon as possible.