

Topic: Cultural Adjustment
(Church World Services, Overseas Processing Entity, Accra, Ghana)

Activity: Busy Day (Adult and Youth versions)

Objective	Participants will understand that time management is crucial to success in the U.S., and that sharing or switching roles is often essential to managing time well.
Lesson Time	10 minutes
Materials	<ul style="list-style-type: none">• “Busy Day” poster hung in front of classroom (see sample below)• Masking tape• “Busy Day” scenario (see sample below)• Appointment/schedule cards (see samples below)
Practice	<ol style="list-style-type: none">1. Facilitator explains the objective of the activity.2. Facilitator explains that the poster shows the 24 hours of the day, and checks for participant understanding.3. The “Busy Day” scenario is read out in segments, while two volunteers use masking tape to stick the schedule cards on the poster near the appropriate times.4. The following discussion questions are then asked about activities, options and who would do what.
Discussion	<ul style="list-style-type: none">• Do you think Mrs. Stevens can attend both ESL class and the doctor’s appointment today?• What should she do if she decides on either of the two?• What free time does Mrs. Stevens have?• Would Mrs. Stevens have time to take Dora to the park or for a walk? When can she do this?• Can Mrs. Stevens pick Dora up after school? If not, who could be asked to help?• When can Mrs. Stevens conveniently go shopping and cook?• Other questions could be asked to point out role-sharing and adjustment of one’s schedule. Has it been a busy day?
Variations	<ol style="list-style-type: none">1. Use the Youth Busy Day scenario, cards, and discussion questions, to demonstrate what life in the U.S. will be like for resettling youth.

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Busy Day Poster Sample



Adult Busy Day Scenario

Mrs. Stevens is a single parent. She has an 8-year-old daughter, Dora, who is in the third grade at the school close to their apartment. They live with Grandma Stevens (66 years old) who is at home all day, and young Auntie Helena (22 years old) who is on permanent night shifts. Mrs. Stevens works both full-time and part-time but does not work on Saturday and Sunday mornings.

Mrs. Stevens' day:

- Getting up and getting Dora to school (school begins at 8:00am)
- Takes bus to see doctor: 30 minutes
- Doctor's appointment today: 8:30-10:30am
- Takes bus to part-time workplace: 25 minutes
- Part-time job: 3 hours a day as daycare assistant attendant, starting at 10:00am
- Takes bus to full-time job: 30 minutes
- Full-time job: Cashier at a supermarket: Starting at 2:00pm with an hour's break between the 2 sessions
- Takes bus home from work: 30 minutes
- Check out the things she does before going to bed (at what time?)

Notes:

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Dora's school finishes at 12:00pm
 Mrs. Stevens normally has ESL classes: 8:30-9:30am
Adult Appointment/Schedule Cards

Dora goes to school	Transportation (bus) (4 copies for 4 trips of 30 minutes each)	Doctor's appointment (2 copies representing 2 hours)
Full-time job (8 copies representing 8 hours)	Part-time job (3 copies for 3 hours)	Sleep (7 copies for 7 hours sleep)

--- Youth Busy Day Variant

Youth Busy Day Scenario

Amena is a 17-year-old girl who lives with her four siblings, their mother, their Grandma Paula (66 years old) and their Auntie Natalia (22 years old). Their mother works one full-time job and one part-time job on the weekend, Grandma Paula is home all day, and Auntie Natalia works a permanent night shift. Amena attends high school which is one hour away from their home by bus.

Amena's day:

Amena wakes up at 6:00 a.m. to dress and prepare her four little brothers and sisters for school. Their school starts at 7:00 and Amena's starts at 8:00, so Amena drops them off at 6:30 so they can eat the free breakfast at school and spend time with their teacher. Amena takes the bus to her school with other students.

Amena is in school until 3:30 p.m.

Amena can stay after school for extra classes to get help from her teachers until 4:30 p.m.

Amena takes the bus home to pick up her brothers and sisters from their after-school program, which ends at 6:00 p.m.

Amena walks home with them and makes dinner. They all eat at 7:00 p.m.

Amena does her homework and helps her siblings with their homework until 9:00 p.m.

Amena and her siblings prepare for bed.

Youth Appointment/Schedule Cards

Amena wakes up.	Amena gets siblings ready for school.	Amena takes siblings to school.
Amena arrives at her school.	Amena ends classes.	Extra classes begin.
Extra classes end.	Amena takes the bus to pick up her siblings and bring them home.	Amena helps prepare dinner and eats by 7:00 p.m.
Amena finishes her homework.	Amena goes to bed.	

Youth Discussion

- Do you think Amena can play on the tennis team if practice goes until 5:30 p.m. and she has to pick up her brothers and sisters from school?
- What options does she have if she wants to be on the tennis team?
- What would happen if the school Amena's siblings attended was closed, but Amena had school? What could Amena do about this?

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- What free time does she have left for fun?
- Would Amena have time to take her siblings to the park or for a walk? Where can she do this?
- When can Amena spend time with her new friends?
- Why can't Amena's mother take the younger siblings to school or pick them up?
- Other questions could be asked to point our role of sharing within the family, and adjusting to new schedules. Has it been a busy day?

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