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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Hospitality and Tourism |
| **Course Name** | Principles of Hospitality and Tourism |
| **Lesson/Unit Title** | Balancing Act-Managing Career and Family in Travel and Tourism |
| **TEKS Student Expectations** | **130.252. (c) Knowledge and Skills**  (4) The student develops an understanding of time management, decision-making, and prioritization. The student is expected to:  (A) identify and apply effective practices for managing time;  (B) analyze the benefits of balancing career and home life;  (C) learn and apply steps in the decision-making process; and  (D) Work independently. |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Analyze the demands of employment in the travel industry * Identify steps to time management * Analyze time saving techniques * Illustrate a 30-day calendar of activities * Balance objects representing a career, family, time, energy, and leisure activities |
| **Rationale** | One of the challenges in life is balancing work, family, hobbies, and other activities we enjoy. The demands of a job sometimes leave us with little time to participate in leisure activities. In this lesson, we will learn some timesaving techniques and team-building skills to balance work and family. |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Balance:** To keep something in a steady position so that it is even  **Career:** An occupation undertaken for a significant period of a person’s life and with opportunities for progress  **Decisions:** A conclusion or resolution reached after consideration  **Energy:** The strength and vitality required for sustained physical or mental activity  **Family:** A group consisting of parents and children living together in a household  **Leisure:** Free time  **Time Management:** The act or process of planning and exercising conscious control over the amount of time spent on specific activities, especially to increase effectiveness, efficiency, or productivity |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for PowerPoint presentation   **Materials:**   * Cardstock (various colors) * Markers   **Supplies:**   * Balance scale * Batteries (may represent energy) * Books (may represent leisure activities) * Calendar (may represent time) * Clock, small (may represent time) * Family magazines (may represent family photo albums) * Map (may represent career) * Rubber bands (may represent the circle of life) * Sunglasses (represent leisure activities) * Travel brochures (may represent career) * Other objects available may be used to represent careers, family, time, energy, and leisure activities. * Copies of handouts   **PowerPoint:**   * The Balancing Act: Managing a Career and Family – Travel and Tourism   **Technology:**   * Free iPad App:   + Schedule Planner HD  You get more done when you start out with a clear plan<https://itunes.apple.com/us/app/schedule-planner-hd/id447359837?mt=8> * TED and TEDx Talks:   + Tom Wujec: Build a tower; build a team  Tom Wujec presents some surprisingly deep research into the “marshmallow problem” â a simple team-building exercise that involves dry spaghetti, one yard of tape and a marshmallow. Who can build the tallest tower with these ingredients? And why does a surprising group always beat the average?<http://www.ted.com/talks/tom_wujec_build_a_tower>   Off Balance on Purpose: The Future of Engagement and Work-Life Balance: Dan Thurmon at TEDxPSU  Life patterns are constantly changing and evolving. In his TED Talk, Dan Thurmon explores how those patterns can be transcended by living off balance on purpose.<http://tedxtalks.ted.com/video/Off-Balance-On-Purpose-The-Futu;search%3Atag%3A%22TEDxPSU%22>  **Graphic Organizers:**   * Personal Activities Calendar * The Balancing Act – Managing a Career and Family Notes * The Balancing Act – Managing a Career and Family Notes (Key)   **Handouts:**   * The Balancing Act Activity   Way to Go Certificate |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Before class begins:**  Become familiar with the following video and website as students will be attempting this procedure in the Independent Practice section:   * Balancing Act – Sick Science! #130   With a little knowledge of physics and geometrical shapes, you can perform this balancing act<http://youtu.be/CnejrcOhj5g> * Balancing Act – Cylinder Strength  A piece of paper uses physics to balance a textbook… and much more!  [http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength#](http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength)  Display as many of the supplies listed in the Materials or Specialized Equipment Needed section as you have available.   Download the song Cat’s in the Cradle by Harry Chapin (1973) and play it as students enter the classroom or view the YouTube video of the lyrics.   * Harry Chapin – Cat’s in The Cradle (Lyrics)   The song is told in first-person by a father who is too busy to spend time with his son. <http://youtu.be/WBcdBQM01pE>   This song has been featured in the following movies and T.V. shows:   * Family Guy * Modern Family * Shrek the Third (sung by Donkey) * The Middle * The Office * The Simpsons (three times) * Two and a Half Men   Ask students the following questions:   * Have you heard this song before? * What do you think the song means? * What should we do about time spent at work? * What should we do about time spent with family? * How do you think your parents balance their work and family? * What will you do differently? |
| **Direct Instruction \*** | Introduce lesson objectives, terms, and definitions.  Distribute graphic organizer The Balancing Act: Managing a Career and Family in Travel and Tourism Notes so that students may take notes during slide presentation.  Introduce PowerPoint The Balancing Act: Managing a Career and Family in Travel and Tourism and lead a discussion on the importance of balancing a job and family.  View video from NBC News:   * Families Struggling for Work-Life Balance  A new study released from the Pew Research Center found 37% of mothers say they want to work fulltime, due, in large part to the recession and financial insecurity.<http://www.nbcnews.com/video/nightly-news/51186744/#51186744>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * check for understanding * provide copy of slide presentation |
| **Guided Practice \*** | Distribute graphic organizer Personal Activities Calendar and have students fill in the dates for the appropriate month.  Discuss the importance of time management. Emphasize that learning to manage their busy schedules early on will lead to a life with little or no stress.  Students should include their personal activities for 30 days (examples are included).  Students will gather needed supplies and attempt to “balance” family, career, time, energy, and leisure activities using items to represent them.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * check for understanding * allow extra time for assignment |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Divide the class into subgroups of four.  Reinforce the importance of balancing work, family, time, energy, and leisure activities.  Refer to handout The Balancing Act Activity to outline the hands-on activity.  Share some examples of how you have managed to balance your family, career, time, and energy.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * encourage participation * peer tutoring |
| **Lesson Closure** | Review lesson objectives, terms, and definitions.  Play the YouTube video again and discuss the words to the song.   * Harry Chapin – Cat’s in The Cradle (Lyrics)   The song is told in first-person by a father who is too busy to spend time with his son. <http://youtu.be/WBcdBQM01pE>   Have students write a reflection paper on how this song may affect them now or in the future. |
| **Summative/End of Lesson Assessment \*** | Students will demonstrate their balancing project to the class and will be assessed with a visual observation.  This activity is designed to be a fun team-building assignment.  Distribute Way to Go Certificate to the groups who could exhibit the team-building and problem-solving skill of “Balancing a Career and Family Activity.”  Optional: Distribute Rubric for Participation in The Balancing Act Activity as an assessment.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * monitor progress * praise participation |
| **References/Resources/**  **Teacher Preparation** | **Textbooks:**   * Kelly-Plate, J., & Eubanks, E. (2004). *Today’s teen.* New York, NY: Glencoe/McGraw-Hill. * Reynalds, J.S. (2010). *Hospitality services: Food & lodging.* Tinley Park, IL: Goodheart-Willcox Company.   **Websites:**   * Balancing Act – Cylinder Strength  A piece of paper uses physics to balance a textbook… and much more! [http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength#](http://www.stevespanglerscience.com/lab/experiments/balancing-act-cylinder-strength)   **YouTube:**   * Balancing Act – Sick Science! #130   With a little knowledge of physics and geometrical shapes, you can perform this balancing act<http://youtu.be/CnejrcOhj5g> * Harry Chapin – Cat’s in The Cradle (Lyrics)   The song is told in first-person by a father who is too busy to spend time with his son. <http://youtu.be/WBcdBQM01pE>   **Video:**  Families Struggling for Work-Life Balance  A new study released from the Pew Research Center found 37% of mothers say they want to work fulltime, due, in large part to the recession and financial insecurity.<http://www.nbcnews.com/video/nightly-news/51186744/#51186744> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Draw visual representations of terms on word wall * Add terms and definitions to personal dictionary * Utilize four corners vocabulary/ word wall activity |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Students may read the following article:   * Work-Life Balance  By Susan M. Heathfield  Work-life balance is a daily effort to make time for family, friends, community participation, spirituality, personal growth, self-care, and other personal activities, in addition to the demands of the workplace.<http://humanresources.about.com/od/glossaryw/g/balance.htm>   **Reading Strategy:**  Encourage students to connect reading to their life experiences or prior knowledge. |
| **Quotes** | I have two kids, career and I travel, and I don’t think my life is any different than most couples. The most valuable commodity now for many people is time and how to parcel that out. **-Hugh Jackman**  It’s all about quality of life and finding a happy balance between work and friends and family. **-Philip Green**  The challenge of work-life balance is without question one of the most significant struggles faced by modern man. **-Stephen Covey** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * The song Cat’s in the Cradle reminds me of …. * Both of my parents work and I wish they would spend more time with me doing …. * Many jobs in this century now require lots of extra time. I plan to …… (Limit, work) so that I can ….   **Writing Strategy:**   * RAFT   + Role: travel agent   + Audience: potential clients   + Format: brochure   Topic: family vacations |
| **Communication**  **90 Second Speech Topics** | * Three things I like to do in my free time are …. * My hobbies include …… |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | **TED Talks:**  TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less).  TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks video and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event.  The videos below are related to this lesson. Allow students to view the videos and lead a discussion concerning the TED Talk.  The idea for The Balancing Act Activity came from this Ted Talk video:   * Tom Wujec: Build a tower, build a team Tom Wujec presents some surprisingly deep research into the “marshmallow problem” â a simple team-building exercise that involves dry spaghetti, one yard of tape and a marshmallow. Who can build the tallest tower with these ingredients? And why does a surprising group always beat the average?<http://www.ted.com/talks/tom_wujec_build_a_tower>   Challenge students to do this activity as well.   * Off Balance on Purpose: The Future of Engagement and Work-Life Balance: Dan Thurmon at TEDxPSU Life patterns are constantly changing and evolving. In his TED Talk, Dan Thurmon explores how those patterns can be transcended by living off balance on purpose. [https://www.youtube.com/watch?v=8OkzozrUEHY](http://tedxtalks.ted.com/video/Off-Balance-On-Purpose-The-Futu;search%3Atag%3A%22TEDxPSU%22) |
| **Family/Community Connection** | Create a family calendar (print or digital) to keep track of birthdays, anniversaries, appointments, activities, games, and other important information. Assist your family in keeping the calendar updated weekly so events are not missed. |
| **CTSO connection(s)** | **Family, Career, and Community Leaders of America**  <http://www.fcclainc.org>   * Hospitality, Tourism, and Recreation   An individual or team event, recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination. * Illustrated Talk  An individual or team event – recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use visuals to illustrate content of the presentation. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to lesson.  [www.ysa.org](http://www.ysa.org)  Example: Students may provide team building activities at local community events or fairs. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)