**CILE 101 Reading and Reflection: Prep for Week 3 Discussion**

Read and reflect upon chapters 1 & 7 of the book. What information did you find the most useful? Do you have any personal experiences or additional insights to offer on this topic?

Think back on an extra-curricular activity that you were involved in during high school or previous college experience. How did this activity help you to become a better-rounded individual? How did this activity guide your time management skills? How did this activity help get you where you are today?