

CPI-WEEK 12

1. White Hat: Factual and Objective Thinking

- Identify the time needed for studying, necessary activities, and hobbies.
- Determine the potential benefits and drawbacks of each activity.
- Research and gather information on effective time-management strategies.

2. Red Hat: Emotional and Intuitive Thinking

- Recognize the importance of having hobbies for students' mental health and well-being.
- Acknowledge the emotional impact of having to balance studies and other activities.
- Encourage students to find hobbies that they enjoy and that provides them with a sense of fulfillment.

3. Black Hat: Critical and Judgmental Thinking

- Identify potential time-wasting activities and distractions that can interfere with studies.
- Assess the consequences of not balancing studies and hobbies.
- Recognize that not all hobbies are equally beneficial and that some may be more time-consuming or less productive than others.

4. Yellow Hat: Positive and Constructive Thinking

- Emphasize the benefits of balancing studies and hobbies, such as improved mental health, increased creativity, and better time-management skills.
- Encourage students to find ways to integrate their hobbies with their studies and other activities, such as using a hobby as a study break or incorporating it into a necessary activity.
- Praise and reward students for successfully balancing their time.

5. Green Hat: Creative and Innovative Thinking

- Brainstorm new and creative ways for students to combine their studies and hobbies, such as creating a study group focused on a shared hobby or finding a hobby that complements their studies.
- Explore alternative study methods that are more engaging and enjoyable for students.
- Encourage students to experiment with different hobbies to find the ones that best suit their interests and lifestyle.

6. Blue Hat: Control and Organization of Thinking

- Develop a clear and realistic plan for balancing studies and hobbies, taking into account the student's schedule, priorities, and goals.
- Set specific and achievable targets for both studies and hobbies.
- Monitor progress regularly and adjust the plan as necessary to maintain balance and ensure success