

LEISURE TIME

Transitioning from high school to college.



1 How did you spend your free time in high school? List common activities.

2 From your list above, place an (x) next to the activities you would consider leisure. After that, make yourself a table like the one below. (There’s room on the next page).

LEISURE ACTIVITIES	CONTEXT	EXPERIENCE
Running	School track	Felt like exercise and I had to do it, but it felt good after I ran. I had to make myself get up and go each time.
Hanging out with friends	Different places but no adults present	Nothing else to do, a little boring, but nice to be with friends
Photography	Outdoors in parks and on trips with a club	Really fun, creative, really wanted to do it, learned something
Playing on the basketball team	School, with coaches	I used to love it but I’m ready for a change. The others on the team are better than me so it is a little frustrating.

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What if you played a game of pick-up basketball instead of having coaches around?

What about doing yoga at home or in a studio?

What about running inside versus outside?

3 Fill in the chart below. Think about whether there was a relationship between what you did, where you did it, and how you experienced the activity.

LEISURE ACTIVITIES	CONTEXT	EXPERIENCE
WHAT YOU DID	WHERE YOU DID IT	HOW YOU EXPERIENCED THE ACTIVITY