

Preparing for high school

TRICENTENNIALTHEME: College and Career Readiness

SUBJECT: Career Development

GRADEBAND/LEVEL: Middle School/Grades6-8

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TEKS:

6 th	7 th	8 th
127.3.4A-F	127.3.4A-F	127.3.4A-F
127.4.4F,H	127.4.4F,H	127.4.4F,H



DESCRIPTION:

Transitions are always challenging and sometimes intimidating for students because they grow accustomed to a group of friends, teachers, school rules and school culture. This lesson explores ways students to help one another transition smoothly into the next education chapter, high school. One (1) sixty (60) minute class.

LESSON OBJECTIVES:

- 1 Explore the personal, academic, and social differences between elementary school and middle school and middle school and high school.
- 2 Analyze and discuss positive and negative feelings about making these transitions.
- 3 Brainstorm solutions to anticipated challenges.

MATERIALS NEEDED:

“Transitions in Life” Handout for Each Student
“Elementary to Middle School” Handout for Each Student
“Middle School to High School” Handout for Each Student
“Overcoming Challenges” Handout for Each Student
Writing Utensils



ENGAGE (Opening Activity - Access Prior Learning / Stimulate Interest / Generate Questions):
Break students up into partners. Pass out the “Transitions in Life” handout and instruct students to interview one another and fill in the answers given to them by their peers. Discuss as a class.(20 min)

EXPLORE (Probing or Clarifying Questions):

Students return to the desks. Pass out the “Elementary to Middle School” handout and ask students think about when they came to middle school. What changes/transitions did they face? Instruct students to fill in the school, friends, and emotions sections of the handout. Examples of emotions might be “excited to be moving on to a new school”, “scared of not fitting in” or “worried about my new classes being harder”. Discuss.(10 min)

EXPLAIN (Concepts Explained):

Tell students that transitions in life are normal and its perfectly okay to be a little concerned or worried, but we can all help each other out and support one another. Pass out the “Middle School to High School” handout and challenge student to brainstorm how high school might look different than middle school. What transitions might they experience? Discuss.(10 min)

ELABORATE (Applications and Extensions):

Pass out the “Overcoming Challenges” handout and instruct students to work in pairs or small groups. Students will brain storm all the potential challenges they may face in high school and develop solutions in partners/small groups on how to overcome these challenges. Allow students time to share and discuss as a class.(15min)

EVALUATE:

Exit ticket or closing discussion: “What is one thing you can do to help your peers make a smooth transition to high school? What is one thing you hope they will do for you?” (5 min)

Name: _____

Class/Period: _____ Date: _____

Transitions in **life**

Work with a partner and discuss the following questions. Fill in the answers given to you by your partner.

1. What is a transition in your life that you had to make? Was it easy or difficult for you? (examples include a big move or changing schools):

2. How did you overcome obstacles related to this transition?

3. What did you learn from your experience?

Name: _____

Class/Period: _____ Date: _____

elementary to middle school

Brainstorm how middle school is different from elementary school. What transitions did you have to make in school, with friends, and your emotions/feelings?

SCHOOL	FRIENDS	EMOTIONS/FEELINGS

Name: _____

Class/Period: _____ Date: _____

middle school to high school

Now brainstorm how high school MIGHT be different from middle school. What transitions do you think you will have to make in school, with friends, and your emotions/feelings?

SCHOOL	FRIENDS	EMOTIONS/FEELINGS

Name: _____

Class/Period: _____ Date: _____

Overcoming challenges

What challenges to foresee yourself facing as you transition to high school? How can you overcome these challenges?

CHALLENGES	SOLUTIONS