Preparing for High School and Beyond

Part 1: Preparing for High School and Beyond (5 minutes)
1. Introduce yourself and the purpose of the exercise.

2. Present and agree to the classroom norms.
   a. Be respectful – Do not talk over each other.
   b. Listen – Don't just hear the words.
   c. Participate – Share your thoughts.

3. Discuss the definition of Transition which Webster defines as “a passage from one state, stage, subject or place to another.”

4. Ask students “In life, what is the only thing that you can count on?” The answer is change. We are in a constant state of transition.

Part 2: Transitioning (10 minutes)
1. Write the words School, Friends and Feelings on the board.

2. As a class, have students brainstorm and come up with different transitions they have gone through or will go through in high school in these three categories and write them on the board.

3. Share some of your own transitions, especially if they have not thought of many of them and make sure to validate their responses by stating your own experience with a particular transition.

4. Ask if they have discussed transitions with older students, parents, family members, etc. You want to make sure that students understand that transition is normal and everyone goes through them.

5. Discuss the ability to make transitions smoothly. For some of us transitions or changes are easy and for some of us, change is very difficult. Whether you are a person that handles change easily or not, everyone can learn the skills to make smoother and more successful transitions.

Part 3: I Can Overcome any Challenge! (35 minutes)
1. Discuss the definition of a challenge which Webster defines as “a summons that is often threatening, provocative, stimulating or inciting”.

2. As a class, have students brainstorm and come up with different challenges they have or will face in high school and write them on the board. Again, share your personal experiences.

3. Have students break out into small groups. Give each group the handout I Can Overcome any Challenge!, and designate a challenge to each group. Make sure each group understands what their challenge is. Give them the handout Making Successful Transitions to use as a reference for ways to deal with these challenges.

4. Have each group designate a note taker and reporter. The reporter will report back to the class what they wrote down and discussed in their group. Give them 10 minutes to complete their sheet.

5. Make sure you have 20 minutes for the groups to report back. Depending on how many groups you have, divide up the 20 minutes evenly for report back.
I Can Overcome Any Challenge!

Class Name and Period: ________________________________ Date: __________

Names of Group Members: ____________________________________________

____________________________________________________________________

____________________________________________________________________

Challenge: __________________________________________________________

____________________________________________________________________

How will I overcome this challenge?

1. What resources and/or skills do I already have? ______________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

2. What resources and/or skills will I need?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

3. Who can help me? _________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

© 2010 UC Berkeley, Center for Educational Partnerships
¡Yo puedo superar cualquier desafío!

Nombre de Clase y Periodo: ___________________________ Fecha: __________

Nombres del los miembros del grupo: ____________________________________________

________________________________________________________________________

________________________________________________________________________

Desafío: _________________________________________________________________

________________________________________________________________________

¿Cómo puedo superar este desafío?

1. ¿Cuáles recursos y/o habilidades tengo disponibles? ____________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

2. ¿Cuáles recursos y/o habilidades voy a necesitar? ___________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

3. ¿Quién me podrá ayudar? _______________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________