Lesson overview

Transition to high school

8 Recommended: **8th grade**

Length: **80 minutes**

About this lesson

To support students in making their transition to high school easier and more successful, students will investigate their secondary school options, identify questions and concerns they have about entering high school, and discuss them with trusted mentors to help them handle the transition.

Learning objectives

By the end of this lesson, students will:

- investigate high school options, including courses, extracurriculars, and facilities that align with their interests
- explore ways to make their transition to high school easier and more successful
- identify questions and concerns they have about entering high school
- explore clubs, activities, and other resources to help handle transition to high school
- develop other strategies to deal with transitions

Driving question

How can I make a successful transition to high school?

Future-ready skills

Research | Communication | Evaluation

Lesson breakdown

20 minutes

Activity 1: Follow your interests

In this activity, students will investigate high school options, including courses, extracurriculars, and facilities to discover what's available to them and to peak new interests.

30 minutes

Activity 2: Xello lesson: Transition to high school

In this activity, students complete the Xello lesson titled **Transition to high school**, where they'll explore ways to make their move to high school easier and more successful by developing strategies to deal with transitions.

30 minutes

Activity 3: Q&A with trusted perspectives

In this activity, students will be given the opportunity to ask trusted high school mentors, like current high school students, counselors, or teachers, questions about life in high school.

Xello entry point

As part of the first activity students will save at least 5 **Interests**, which is a prerequisite for the Xello lesson **Transition to high school**.

Vocabulary

- Extracurricular activities
- Academics
- Peer pressure
- Interests
- Courses
- Study periods / spares

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Activity 1: Follow your interests

Recommended: **8th grade**

Length: **20 minutes**

Inquiry prompts

- How will I pursue my interests in high school?

Before you begin

In this activity, students will investigate high school options, including courses, extracurriculars, and facilities to discover what's available to them and possibly peak new interests. Their discoveries may lead them to update or add new interests to their Xello **About Me** profile.

- Gather resources about your students' high school options. Depending on your school district, your students may have more than one secondary school to choose from or apply to, and each school will provide their own unique courses, extracurriculars, and facilities. Consult with your school counseling department as they may already have information and resources that can be shared with your students. Make these easily accessible for students in Xello by adding them in an **Assignment** or collecting them in one centralized location that can be added by your Xello administrator to the **Links & resourcesResources** section on your students' Xello dashboard.

Teaching strategies

1. Introduce your students to the resources and provide them with the student instructions (also available in Spanish) on the next page to guide their high school research.
2. Regroup with the class for a brief share. Ask each student to contribute an **Interest** they added to their Xello **About Me** profile and what high school opportunity prompted them to add it.

Materials required

- Computer or tablet with internet access
- Student instructions (also available in Spanish)
- Resources about your students' high school options (ex. school websites, course guides, and/or social media platforms)

Artifacts

Students will save at least 5 **Interests** they hope to further explore in high school in their Xello **About Me** profile.

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Follow your interests

Student instructions

High school is a whole different world than elementary or middle school. And there's a lot to look forward to! High school means more freedom. It also comes with more opportunities.

As a high school student, you can expect:

- A wider range of courses
- Lots of extracurriculars to choose from
- More social opportunities
- A variety of school events

It's also a great time to explore your interests. You can do this by getting involved with extracurriculars, or by taking new classes. What opportunities would you like to pursue in high school? It's okay if you're not sure yet, you still have time to decide. You can begin by exploring the high school resources provided by your teacher or school counselor.

1. While investigating your high school options consider:
    - What clubs or organizations interest me?
    - What courses am I curious about?
    - What extracurriculars or volunteer options do I want to check out?
2. Record your discoveries on your Xello **About Me** profile within the **Interests** section. Whether it's a club, course, or sports team, the opportunity likely matches an interest you already have or is one you're interested in exploring. Make sure to capture at least 5 interests you hope to further explore in high school.

Transición hacia la secundaria

Sigue tus intereses

Instrucciones para estudiantes

La escuela secundaria se diferencia totalmente de la primaria o la intermedia. ¡Hay muchos aspectos para evaluar! En la secundaria, la libertad es mayor. También aumentan las oportunidades.

Como estudiante de secundaria, accederás a:

- una mayor variedad de asignaturas;
- muchísimas actividades extracurriculares para elegir;
- más oportunidades de socialización;
- diferentes eventos escolares.

También es una excelente etapa para explorar tus intereses. Puedes hacerlo participando en actividades extracurriculares o asistiendo a clases nuevas. ¿Qué oportunidades te gustaría explorar en la secundaria? No hay problema si aún no estás seguro, aún tienes tiempo para decidir. Puedes comenzar explorando los recursos de la secundaria proporcionados por tu profesor o consejero escolar.

1. Al investigar tus opciones de la secundaria, hazte las siguientes preguntas:
    - ¿Qué clubes u organizaciones me interesan?
    - ¿Qué cursos me despiertan curiosidad?
    - ¿Qué otras opciones extracurriculares o de tipo voluntario quiero considerar?
2. Asienta tus hallazgos en tu perfil de **Acerca de mí** de Xello, en la sección de **Intereses**. Independientemente de que sea un club, curso o equipo de deportes, es posible que la oportunidad coincida con un interés que ya tengas o que te interese explorarla. Asegúrate de captar al menos 5 intereses que esperes explorar más en la secundaria.

Activity 2: Xello Lesson: Transition to high school

8 Recommended: **8th grade**

Length: **30 minutes**

About this activity

In activity 1, students investigated high school options, including courses, extracurriculars and facilities to discover what's available to them and to peak new interests. Their next step is to complete the **Transition to high school** lesson in Xello!

In this activity students will explore ways to make their move to high school easier and more successful by developing strategies to deal with transitions.

Inquiry prompts

- What questions do you have about high school?
- How do you think high school will be different from middle or elementary school?
- Will you and your family have to change your routine once you go to high school (e.g. new times, new after-school activities, new transportation route, new homework schedule)? How can you make a plan together to get ready?
- Has anyone talked to you about what high school is like? Who are some trusted people you could ask about high school?
- What are you looking forward to most about going to high school?

Before you begin

Before diving in with your students:

1. Create a copy or download the Transition to high school slide presentation (also available in Spanish) to use as a helpful teaching aid before and after the Xello lesson.
2. Review the slides (including the speaker notes section) for discussion strategies and prompts.
3. Update slide 5 of the presentation with your students' Xello sign in format. If you don't know your students' Xello login format check out Sign in to Xello for support.

Teaching strategies

Use the following strategies to set your students up for success:

1. Before students start the Xello lesson, engage them in a classroom discussion using a few of the inquiry prompts from the **Warm up** activity slide of the Transition to high school slide presentation (also available in Spanish),or choose your own.
2. Help your students log into their Xello account. Project your screen as you model how to navigate to the lesson using your demo student account. From the student dashboard, click on a lesson to get started. If the lesson you want isn't visible, access it by selecting **View all lessons** below the lesson shown or **View lessons** on the left of the screen.
3. Students finished early? If students have time after completing the Xello

Materials required

- Computers or tablets with internet access
- Whiteboard/projector
- Transition to high school slide presentation (also available in Spanish)

Prerequisites

- Save 5 interests

Artifacts

Students will complete the Xello lesson: **Transition to high school** .

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Activity 2: Xello Lesson: Transition to high school

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Length: **30 minutes**

lesson, encourage them to add interests they'd like to explore in high school to their interests section in Xello.

4. Students can also explore their dashboard feed where they'll find new content about their updated saved careers.
5. Once students have completed the Xello lesson, return to the Transition to high school slide presentation (also available in Spanish) to have students revisit their answers to the inquiry prompts you posed at the beginning of class.
6. **Classroom discussion strategy: Round robin:** Lead a round robin style discussion that gets each person to share their answer to the inquiry prompt: What are you looking forward to most about high school?

OPTIONAL: Document the responses. Ask students to reflect on and share their observations about them. Encourage students to make connections, and notice themes, similarities, or differences about what they and their classmates are looking forward to most about going to high school.

Activity 3: Q&A with trusted perspectives

8 Recommended: **8th grade**

Length: **30 minutes**

Inquiry prompts

- What questions do I have about high school?

Before you begin

In this activity, students will be given the opportunity to ask trusted high school mentors, like current high school students, counselors, or teachers, questions about life in high school.

1. Based on your students interests shared in Activity 1: Follow your interests, coordinate a small group of trusted high school mentors to attend an upcoming class. Getting everyone to your classroom might be tough, so consider hosting your guests, and possibly your students, via an online conference tool. If you're not sure who to ask or how to get in touch with prospective mentors, reach out to your counseling department and/or veteran colleagues for support.
2. Prior to the class, share the date and introduce the tentative list of high school mentors with your students. Have your students provide some questions they hope can be answered by someone on this panel. Let them know you won't be able to ask them all, but there may be time for an open Q&A where additional questions can be asked.

   NOTE: If you're using a new conference tool for the first time, it will be important to establish online etiquette with your students in advance (ie. muting microphones, camera use, and raising your hand to speak). Also, try using the tool with your students before the scheduled Q&A to resolve any technical issues. Most online conferencing tools have a built in recording tool so be sure to test the this feature as some students may be absent or may wish to revisit information that was shared.

Teaching strategies

1. With proper permissions, record the session.
2. If you've planned a 30 minute Q&A, prepare 5-7 student questions and identify who you'll direct each question to. Make sure the questions are open ended and where possible, encourages them to elaborate through anecdotal stories.
3. If time allows, open up the Q&A to your students to ask additional questions.
4. Be sure to thank your mentors for volunteering their time to support your class with their transition to high school!
5. Remember to post the recording for everyone after.

OPTIONAL: Have students add a **Goal** in Xello for high school based on their takeaways from the Q&A. Some examples might be: join a club to meet friends with similar interests, form a study group for tests and exams, work on strengthening math skills, etc.

Materials required

- 3-4 trusted high school mentors (high school students, counselors, or teachers)
- Computer or tablet with internet access
- Online conferencing tool (ie. Google Meet, Microsoft Teams, or Zoom)

Artifacts

You will record the Q&A session with trusted high school mentors and post or distribute the recording file so your students can revisit it at any time.

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