

Transition to High School



Recommended
8th Grade



Length
75 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 high school 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.

25
minutes

Activity 2 - Xello Lesson: Transition to High School

Direct students to 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

Activity 1 - Follow Your Interests



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Inquiry Prompts

- How will I pursue my interests in High School?

Instructions

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.

- 1 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 counselling 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 & Resources** section on your students' Xello dashboard.
- 2 Introduce your students to the resources and provide them with the student instructions to guide their high school research.
- 3 Regroup with the class for a brief share back. Ask each student to contribute an interest they added to their Xello profile and what high school opportunity prompted them to add it.

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.

Materials Required

- Computer or tablet with internet access
- 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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Activity 1 - Follow Your Interests



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1. While investigating your high school options consider:
 - What clubs or organizations interest me?
 - What courses am I curious about?
 - What extracurricular 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.

Activity 3 - Q&A with Trusted Perspectives



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Length
30 Minutes

Inquiry Prompts

- What questions do I have about high school?

Instructions

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, 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.

- 3 With proper permissions, record the session. Some students may be absent or may wish to revisit information that was shared, so be sure to post the recording for everyone.

NOTE: Most online conferencing tools have a built in recording tool, so be sure to test this feature in advance.

- 4 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.
- 5 If time allows, open up the Q&A to your students to ask additional questions.
- 6 Be sure to thank your mentors for volunteering their time to support your class with their transition to high school!

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.