

Name: _____

Transitions Are a Part of Life

Take a moment to talk to one of your copilots or someone else you trust about a transition they experienced (for example, a time when they changed schools or moved). Whoever you choose will be your copilot for this activity. Be sure to thank your copilot for supporting you.

QUESTIONS FOR YOU TO ASK YOUR COPILOT:

1. Tell me about a particular transition in your life. What was easy or difficult about it?

2. How did you feel during this transition?

3. How did you overcome obstacles during this transition?

4. What did you learn from this experience?

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Transitioning into High School

Brainstorm with your group and think of ways your life might be different in high school in the following areas:

School	Friends	Feelings

Making Successful Transitions

Here are some suggestions to help you make a successful transition from middle school to high school.

Read, Read, Read!

- On average, you will need to learn 3,000 words each academic year in order to be successful as you move on to the next grade. Reading is the best way to acquire vocabulary and language, and reading often and in progressively larger quantities will prepare you for how difficult school will be in the future.

Strengthen Your Study Skills

- You will need to know how to organize information effectively, including how to make outlines, take notes and structure information.

Stay Organized

- You will continue to have a different teacher for each subject.
- You will need to fulfill the expectations of six or more different teachers.

Take Responsibility

- You will need to be more self-motivated to make personal choices and good decisions.

Prepare for Changes

- You will need to consume large amounts of information in an efficient manner.
- You will need to learn to acquire information through listening to lectures and adapt to the lack of interaction during the class period.
- You will need to complete homework assignments and attend classes with minimal prodding from school staff.

- You may need to adjust to a more depersonalized setting if you are going to attend a large, comprehensive high school. In such an environment, very few adults in the school may know your name.
- You will need to seek out academic counseling services and understand how to make use of support services like tutoring and mentoring.

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Navigating My Transitions with a Copilot

Take a moment to share the work you completed in this lesson with one of your copilots or someone else you trust. Whoever you choose will be your copilot for this activity. Talk about how you can support each other through transitions in life and create a pledge to be there for each other. Be sure to thank your copilot for supporting you.

My pledge

My copilot's pledge

Extensions: Watch Out College, Here I Come!



Introduction

This is an opportunity for 8th grade students to think about transitioning to college.

Learning Goals

- Students will explore the personal, academic and social differences between their K-12 educational experiences and college.
- Students will explore positive and negative feelings about making these transitions.
- Students will discuss whom they can turn to for support and advice.

Materials Needed

- Handouts: *Transitioning into College, I Can Overcome Any Challenge* and *Making Successful Transitions*

Activities

1. Break students into small groups and have them fill out the *Transitioning Into College* handout by brainstorming ways their lives may change.
2. Have students share some of the changes they feel they will experience. Make sure to share your own experiences to help them with this exercise.
3. Have students break out into small groups and fill out the *I Can Overcome Any Challenge* handout. Students will write down some of the new experiences and challenges they may face and how they might deal with them.
4. Give them the appropriate version of the *Making Successful Transitions* handout to use as a reference for ways they might deal with the challenges they may face.
5. Have students report back and have them concentrate on coping skills and solutions to the challenges they feel they might face.

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Transitioning into College

Brainstorm with your group and think of ways your life might be different in college in the following areas:

Academic	Social	Feelings

Making Successful Transitions

Here are some suggestions to help you make a successful transition to college.

▣ Academics

- You should research the requirements needed for graduation for both your major and general education.
- Take courses you are interested in.
- Find out how many units you need to be considered a full-time student.
- Take an appropriate course load during your first year. This will help give you time to adjust to all the changes of college life while not being overwhelmed by your studies.
- Attend professors' and teacher's assistants' office hours.
- Do not fall behind in your coursework, which can lead to low grades, course incompletes, academic probation and eventual expulsion.

▣ Academic Support

- Make sure you make a thorough assessment of all of the academic support resources available on the campus.
- Be proactive and know what is available so that you will know exactly what to do when you need help and support.

▣ Credit

- College students are bombarded with credit card offers the moment they set foot on campus, so it is important to learn about managing your credit and finances.
- Make sure to learn of the importance of having good credit because how you manage these issues in college will have a long-lasting effect on your abilities to do things you might want to do as you get older, such as buy a car or house.

☑ Financial Aid

- Make sure to keep copies of all correspondence that is sent to you by the financial aid office.
- Remember, the financial aid office is there to serve you so no matter how frustrating it may become at times, so be persistent and make sure to get all the aid you need in order to continue your education.
- Get to know at least one financial aid officer on a first-name basis so you have a specific person to go to when you have a problem with your financial aid.
- Undocumented students may not have access to financial aid and laws vary greatly from state to state. For example, in California undocumented students cannot apply for financial aid; but under AB 540, they can be considered California residents for tuition purposes and, if they qualify, are exempt from paying out-of-state tuition. Please check the laws and requirements in your own state.

☑ Scholarships

- Beware of companies that guarantee scholarships in return for a fee.
- You can get scholarship information from many Web sites, including www.fastweb.com and www.finaid.org.
- There are many scholarships that do not require U.S. permanent residency or citizenship. For more information on scholarships for undocumented students, go to www.finaid.org/otheraid/undocumented.phtml.

Housing

- Make sure that you are honest with yourself about what kind of living situation you want.
- If you are going to live in the dorms, you will probably be given a questionnaire regarding roommate preferences. You should think not just about what you want, but also about the person you will be living with. (Students who mark that they want to stay up late may find that they don't really want a roommate who regularly is up until 3 a.m.)
- If you look for an apartment, make sure to look early because off-campus housing can be difficult to find, especially in large, urban areas.

Safety

- Safety is extremely important on all college campuses, not just the ones located in urban areas.
- Make sure you know where the police department is located on campus and utilize any services that may be available, such as an escort service, which walks you to your dorm or apartment late at night from campus, and self-defense classes.
- Never walk alone at night. It doesn't matter whether you are male or female. It is wise to always use the buddy system, even in college.

Social Life

- College is a wonderful opportunity to grow and experience life as a young adult; however, you need to be careful when engaging in social activities.
- Every campus offers a variety of social events, but using your good judgment is crucial regardless of where you go to school or whether you stay home or go away to college.
- There may be opportunities to continue to participate in activities you did when you were in high school, or you might decide to try something entirely new.
- No matter what you are interested in, participate in activities you feel passionate about and that contribute to continued success on your journey.