



<b>High School 101: Preparing For Your Future</b> <b>Unit Title: Welcome to High School Life</b> <b>Day 1: What to Expect in High School</b>			
<b>Learning Outcome(s):</b>	<ul style="list-style-type: none"> <li>Identify key differences between middle and high school.</li> <li>Express personal hopes and concerns about transitioning to high school.</li> </ul>		
	<b>Engage (15-30 min)</b>	<b>Connect (15-30 min)</b>	<b>Reflect (15-30 min)</b>
<b>Formative Assessment</b>	One-word Check-in	Hopes & Fears activity	Reflection journal entry
<b>Learning Activities</b>	<b>Welcome &amp; Overview</b> <ul style="list-style-type: none"> <li>Greet students and introduce the course: “High School 101: Preparing for Your Future” is a course designed to help you feel confident, informed, and ready for high school.</li> <li>Briefly outline course themes (High School Life, Study Skills &amp; Organization, GPA, Grades, Graduation, Career Exploration &amp; Goal Setting, Self-Awareness, Relationship &amp; Social Skills, Digital Citizenship &amp; Safety, Electives, Activities &amp; CTE pathways)</li> <li>Share the learning outcome of today’s lesson (see above).</li> </ul>	<b>Activity: Hopes &amp; Fears</b> <ul style="list-style-type: none"> <li>Hand out two sticky notes or “Hopes” and “Fears” cards to each student.               <ul style="list-style-type: none"> <li>Prompt 1: What’s one thing you’re excited about in high school?</li> <li>Prompt 2: What’s one thing that makes you nervous or unsure?</li> </ul> </li> <li>Students place cards on a large poster or graffiti wall (physical or digital).</li> <li>Read a few aloud and highlight common threads.</li> <li>Allow space for optional discussion or questions.</li> </ul> <b>Mini-Lesson: What Do You Know?</b>	<b>Closing: Reflection Prompt</b> <ul style="list-style-type: none"> <li>In a journal or digitally, students complete a short reflection:               <ul style="list-style-type: none"> <li>What do I hope to learn from this class?</li> <li>What’s one question I have about high school?</li> </ul> </li> <li>Collect and review responses to help guide future lessons.</li> </ul>

	<p><b>Activity: One Word Check-In</b>  Prompt: “What’s one word you think of when you hear high school?”</p> <ul style="list-style-type: none"> <li>• Invite students to say their word aloud or write it on a sticky note.</li> <li>• Chart words on the board or display them digitally in a word cloud (e.g., answergarden, word cloud).</li> <li>• Discuss themes: Are words more positive or negative? Surprised by any?</li> </ul>	<ul style="list-style-type: none"> <li>• Ask: What do you think is different about high school? and record responses.</li> <li>• Facilitate a brief discussion: <ul style="list-style-type: none"> <li>○ More teachers and class changes?</li> <li>○ Credits and graduation requirements?</li> <li>○ Lockers? Open campus? Electives? Athletics? Post-secondary options?</li> </ul> </li> <li>• Clarify that they’ll explore these topics in more depth throughout the course.</li> </ul>	
<b>HOT Questions</b>	<ul style="list-style-type: none"> <li>• Why do you think you chose that word? What experiences or thoughts led you to it?</li> <li>• What patterns or categories do you notice among the class's responses?</li> </ul>	<ul style="list-style-type: none"> <li>• How do your hopes and fears connect to what you value or expect from high school?</li> <li>• In what ways might your expectations of high school be accurate or inaccurate?</li> <li>• Do you think your word is based more on facts or feelings? How do you know?</li> </ul>	<ul style="list-style-type: none"> <li>• If you could create one new word to describe how you want to feel in high school, what would it be and why?</li> <li>• How might your word change by the end of this course?</li> </ul>
<b>Portfolio Artifact(s)</b>	<ul style="list-style-type: none"> <li>• One Word Check-In Reflection</li> <li>• Hopes &amp; Fears Reflection</li> <li>• Journal Entry</li> </ul>		
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Sticky notes or printed “Hopes &amp; Fears” cards (see accompanying document)</li> <li>• Poster paper or whiteboard (for graffiti wall or brainstorm)</li> <li>• Reflection handout or journal</li> </ul>		

	<ul style="list-style-type: none"> <li>• Projector, chart paper, or LMS for visual facilitation</li> <li>• Optional: Jamboard, Padlet, LMS discussion for digital version of Hopes &amp; Fears</li> <li>• Optional: High school student panel or video (if available)</li> </ul>
<b>Extension Opportunities</b>	<p><b>1. Mini Interview: “My First Day of High School”</b>  Task: Interview a high school student, sibling, or adult about what they remember from their first day.  Product: Audio clip, Flipgrid/Flip video, or short write-up.  Reflection Prompt: “What advice from this interview do I want to remember?”</p> <p><b>2. Hopes &amp; Fears Visual Poster</b>  Task: Choose one “hope” and one “fear” from today’s graffiti wall. Create a split-screen poster or Canva slide showing both visually.  Product: Poster  Prompt: "How do you want to respond to that fear? How will you grow into that hope?"</p> <p><b>3. Middle vs. High School Research Comparison</b>  Task: Use your middle school and local high school websites to complete a comparison chart: bell schedule, electives, clubs, athletics, graduation info, who to talk to for help.  Product: Comparison Chart  Prompt: “Which high school opportunities are you most excited about and why?”</p>
<b>Family Connection Suggestion</b>	At home, ask a family/friend what word they would choose to describe high school. Ask them to share your own high school ‘first day’ story and one thing they wish they had known in 8th grade.