



Unit 1: Welcome to High School Life

Course: High School 101: Preparing for Your Future

Week: 1

Days Covered: 1– 5

Theme: Orientation, Expectations, and Readiness

Unit Summary:

In this first week, students explore the structure, expectations, and experiences of high school life. They reflect on their current understanding, hear real perspectives, and visualize the day-to-day routines of high school students. By the end of the week, each student will create a personal "Readiness Roadmap" to track their strengths, questions, and goals for the transition to high school.

Learning Goals:

By the end of this unit, students will be able to:

- Compare and contrast middle school and high school routines, expectations, and structures.
 - Summarize key insights and advice about high school success.
 - Visualize and creatively model a typical high school day.
 - Reflect on personal readiness, identifying strengths and areas for growth.
 - Develop a personalized plan for preparing for high school.
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Key Activities by Day:

Day	Title	Focus
1	What to Expect in High School	Overview of key terms, structures, and new experiences
2	Middle School vs. High School	Comparison of expectations and responsibilities
3	Real Talk About High School	Exploring real stories and student perspectives
4	A Day in the Life	Creative representation of a high school day
5	My Road to Readiness	Self-reflection and planning for transition

Formative Assessments:

- Think-Write-Pair-Share reflections
 - Group project presentation
 - Structured journal entries
 - Exit reflections and peer feedback
 - Readiness Roadmap
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HOT Questions to Anchor the Week:

- How will high school challenge me differently than middle school?
 - What assumptions do I have about high school — and are they accurate?
 - What strengths can I bring with me to high school?
 - How can I prepare myself for the challenges ahead?
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Family Connection Suggestion:

At the end of the week, students should take home their “Readiness Roadmap” and share it with a parent or guardian. Suggested prompt: **“What advice would you give me based on my roadmap?”**