

MUSIC city COUNSELOR

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Alignment to ASCA Mindsets & Behaviors:

Category 1: Mindset Standards

M.6: Positive attitude toward work and learning.

Category 2: Behavior Standards

B-LS.7: Identify long and short-term academic, career, and social-emotional goals.

B-SMS.10: Demonstrate ability to manage transitions and adapt to changing situations and responsibilities.

Middle School Transition Directions:

This lesson takes approximately 45 minutes to teach. Here is the order that I like to teach this lesson:

- Administer the pretest
- Review the PowerPoint or Google Slides presentation
- Discussion Cards
- SMAR.T Goal Setting activity
- Posttest (or can be given after a field trip to your local middle school, if you are taking one)

PRETEST/POSTTEST:

Please give students the pretest before starting your lesson. Then, you can give the posttest at the end of your lesson and compare the results. I typically give the posttest after students have participated in this lesson AND attended a field trip to visit their future middle school so that I can measure the effectiveness of this lesson and the field trip in helping to ease their transition. If you're not able to take a field trip due to COVID concerns, a virtual or video tour is great, too!

PRESENTATION:

This presentation teaches students all about middle school life and helps them feel more confident, prepared, and ready for the big transition. It lets students identify their feelings, worries, and excitement about transitioning to middle school. Many opportunities for student response, participation, and discussion are included. A YouTube video is embedded for you that teaches about "Fears and Favs" about middle school life from current students' perspectives.

DISCUSSION CARDS:

16 discussion cards are included, in full color and black/white, to help students reflect on and share their thoughts, feelings, and worries about transitioning to middle school. These are great to use in whole group or to divide students into small groups and give 4 cards to each group.

SMAR.T GOAL SETTING:

Please make enough copies for each student to have one half-sheet of the SMAR.T goal-setting writing activity.

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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments! I'd love to hear from you!

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