Be Successful in Class

**Unit:** 9.1 – Skills needed for Postsecondary Success

**Grade:** All

**Duration:** 40 minutes

**Standard:** Academic/Personal & Social Readiness - Understand

**Ramp-Up Standards:**

**AC. 1:** The student understands the academic knowledge, skills and habits needed for college success and his or her current level of academic readiness.

**PS. 1:** The student understands that goal setting, self-management, persistence, and building positive relationships with peers and adults are essential to college success and knows his or her strengths and weaknesses in these areas.

**Goal:**

Students understand the academic, personal, and social skills necessary for success in high school and postsecondary and work to develop these skills.

**Learning Objectives:**

* Students will learn tips for succeeding in high school and college courses.
* Students will learn to advocate for themselves and take advantage of resources available to them in high school and college.

**Resources for this Lesson:**

* Online: *Pre and Post-Test* in Naviance Family Connection
* Online: *Improving Listening Skills Reflection* survey in Naviance Family Connection or on paper
* Power Point: *9th grade Unit 1: Be Successful in Class*
* Handouts:
  + *Dear Counselor*
  + *Improving Listening Skills*

**Procedures:**

***Opening:***

1. Slide 2: Review
   1. What are some tips or strategies we talked about last class for preparing for a test?
   2. Which study strategy did you try since last class?
   3. What went well? What didn’t go well? What might you do differently? Which other technique might you try?
2. Slide 3: Be a Successful Student
   1. Studying is important for being successful outside of class, but there are also some things you can do to help you be a successful student in the class.
   2. Tip 7 for Success in High School and College is to attend every class
   3. Tip 8 is to advocate for yourself.
   4. Both of these tips will be important for succeeding in your classes.
3. Slide 4: Objective
   1. Today, we’ll discuss strategies for not just attending class but actively engaging in class and getting the most from it.

***Lesson:***

1. Slide 5: Dear Counselor
   1. Distribute the *Dear Counselor* handout.
   2. Read the Student’s letter.
2. Slide 6: Counselor’s Advice
   1. Read through the handout with students asking for volunteers to read aloud.
   2. Discuss: These tips are meant for a college class, but which tips can apply to the high school classroom? How?
   3. Explain that one important tip is to be an active listener.
      1. Remember, as the counselor said, this is a skill that can be developed.
3. Slide 7: Active Listening
   1. Distribute the *Improving Listening Skills* handout.
   2. Read the following directions to the class so that they can complete Part 1 of the activity.
      1. Box 1: Place a dot on the letter “i.”
      2. Box 2: Print the letters of the word “xerox” in the blank spaces.
      3. Box 3: I saw a papa bull (PB), a mama bull (MB), and a baby bull (BB) in the barnyard. Circle the one that does not belong.
      4. Box 4: Four words are in a box. Circle the one that belongs.
4. Slides 8-11: Discuss the answers with students
5. Slide 12: Reflect
   1. Students complete the reflection on paper or as a survey in Naviance Family Connection.
6. Slide 13: Think-Pair-Share
   1. After students complete the reflection, have them discuss the following questions in pairs and then as a class.
      1. How successful were you in following all of the directions?
      2. What kept you from being successful? (Or what helped you to be successful?)
      3. What lesson does your performance on this task teach you about becoming a better communicator?
      4. What could have helped you to be more successful?
      5. How could asking for clarification have helped?
7. Slide 14: Self-Advocacy
   1. Explain that college is different than high school. In high school you have people constantly offering you help – offering tutoring sessions, scheduling counselor visits, calling your home. In college, if you need help, you have to seek it out.
8. Slide 15: Self-Advocacy - Discuss
   1. Discuss the following questions with students. If they are unsure of a response, offer suggestions that are relevant to your school. You may even want to prepare a list of resources or direct students to a list of resources available in your school.
      1. Who can you turn to for help…
         1. With schoolwork?
         2. With personal problems?
         3. With questions about college?
         4. With medical issues?
      2. What resources are available at our school to help prepare for college?
         1. How do you access those resources?

***Closing:***

1. Slide 16: Review
   1. What are some ways to be successful in high school and college classes?
   2. What does it mean to be an active listener?
   3. What does it mean to be a self-advocate?
      1. Why are these skills important for high school? For college?
2. Slide 17: Assignment
   1. Today we discussed how to succeed in class through active listening and self-advocacy.
   2. Practice active listening in your classes and be prepared to report out next class.
   3. Check out at least 1 resource our school offers to help prepare students for postsecondary education and be prepared to share next class.

**Assessment:**

* Improving Listening Skills Reflection
* Unit Post-test

**Family/Community Connections:**

* Encourage students to turn to their parents for help when they need it. Building a support network and using that support network when needed are skills that are necessary for success in high school and college.
* Share a list of resources on the web and in the school on how to prepare for college with families.

**Differentiation:**

* Students can practice the different study strategies with a topic of their choosing.
* For students who are struggling to identify resources within the school that help prepare students for college, provide weblinks or encourage the students to talk with the counselor.
* For students with disabilities, spend some time outside of class talking about the resources available on college campuses for students with disabilities. Self-advocacy is especially important for these students!

**Supplemental Resources:**

* Website: “Study Guides and Strategies” at <http://www.studygs.net/>
* Website: College Board at <http://www.collegeboard.com/student/plan/college-success/26666.html>
* Website: *My College Success Story* at <http://www.mycollegesuccessstory.com/success-stories/>
* Book: *Tools for Thought* by Jim Burke, 2002
* Brochure: Lybarger, S.K. (2006). *Active Listening in the Classroom*. Lexington, KY: University of Kentucky Counseling and Testing Center. Retrieved from http://tinyurl.com/3pbmpow