

Preparing Students for their Transitions in and out of High School



FCIS 2017

Who? - Contact Information



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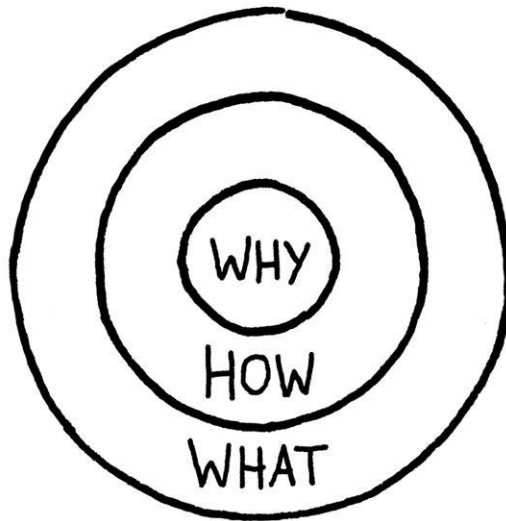
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Took a hard look at our WHY as a school

The Golden Circle



What

Every organization on the planet knows WHAT they do. These are products they sell or the services they offer.

How

Some organizations know HOW they do it. These are the things that make them special or set them apart from their competition.

Why

Very few organizations know WHY they do what they do. WHY is not about making money. That's a result. It's a purpose, cause or belief. It's the very reason your organization exists.

PREPARING STUDENTS FOR LIFE



The Pine School exists to **empower students** to find their own sense of purpose in a global society by developing **lifelong learning skills** and attributes, which define for them a **successful and rewarding life.**

FACULTY CONCERNS



- Freshman year, typically large influx of new students to our school
- Finding areas of concern in how prepared all freshman were regarding the jump of expectations in high school
- Higher levels of anxiety, stress being seen in high school students
- How do we get all students on the same page?

WHAT TOPICS?



- Surveys given to high school students, parents and faculty centered around the question:
 - If we were to develop a Freshman Seminar Program, what topics would you want to see covered?

THE MAIN CATEGORIES



- ORGANIZATIONAL SKILLS
- ACADEMIC SPECIFIC
- THE HIGH SCHOOL
EXPERIENCE AT PINE
- HEALTH & SAFETY ISSUES

ORGANIZATIONAL SKILLS



- Goal Setting
- Time Management
- Study Skills & Test Preparation
- Putting it all together - What is your Plan?

ACADEMIC SPECIFIC



- How to use Google Drive & Apps
- Note Taking Skills
- What is Plagiarism?
- Correct MLA format
- How to Write a Letter?

THE HIGH SCHOOL EXPERIENCE



- The College Process - an introduction
- Community Service- why is it important?
- Your Role as a Big Buddy
- Leadership - what it is and why it's expected
- Senior presentation - what I wish I knew as a Freshman?

HEALTH & SAFETY



- Online Safety
- Being a Good Digital Citizen
- Etiquette Basics
- Coping Skills
- Personal Safety Tips
- The Perils of Peer Pressure
- Stress Management
- Sexual Health
- Relationship Management

HOW TO FIT IT IN THE SCHEDULE



- We have 7 periods - for freshman it could be required course/credit - takes up one of the periods
- Breakfast Session? Once or twice a week
- After School session? Once or twice a week
- Solution was our Work Period, which is a 30 minute period in the middle of the day from 10:15-10:45am. Designed for advisory/extra help. For Freshman, on Tuesday's and Thursday's, their Work Period is Freshman Seminar
(Class of 40 together in Library/Media Center)

WHO COULD TEACH IT?



Email was sent out to all faculty and administration with the list of topics and who would be willing to lead at least one of the sessions.

Sessions filled up easily - resident experts

- Goal Setting - Assistant Head
- Study Skills & Test Preparation - Learning Specialist
- How to use Google Drive & Apps - Academic Dean
- Note Taking Skills - Middle School Coordinator
- What is plagiarism? - Social Studies Teacher

WHO COULD TEACH IT?



- Leadership - Head of School
- Online Safety - IT Director
- Etiquette Basics - Director of Admissions
- Coping Skills - School Counselor
- Personal Safety Tips - Dean of Students
- Stress Management - Head of World Languages (Yoga Teacher)
- Sexual Health - Guest speaker/School Nurse

SENIOR SEMINAR - SPRING ONLY



- Personal Finance - bank accounts, checkbook, credit cards, student loans
- Nutrition - Cooking for yourself, balanced diet, etc.
- Pros and cons of fraternities and sororities? And when is a good time to pledge?
- Health Issues - What happens if I get sick? Where can I get help? What are common issues in college?
- Legal Rights once you turn 18
- Personal Safety - the basics, physically, online, party problems, etc.

SENIOR SEMINAR



- Living with others
 - Dorm life/sharing an apartment - what to expect
 - Being a good roommate - what does that mean
- Getting a job in college - tips for resumes, interviews, etc.
- Basic Auto-Maintenance/Basics of fixing things, using tools, etc./Transportation - getting around without a car
- Alumni guest speakers - what I wished I knew before college/reflections on what worked for them

FRESHMAN AT FOOD BANK





WITH JET TILA



OUTCOMES



- Parents love the program. See it as a value added program for attending Pine.
- Several parents offered to teach a session. Finance, DIY, Greek Life
- Well received by students. Current Junior class first class to receive it and when asked to reflect on the program, commented that the program helped particularly in the area of organization and goal setting.
- Senior Seminar - first class in 16/17, enjoyed the class and parents very grateful for the class.
- Becomes a collaborative program for administration, the feeling of a team serving our students together in an additional way

SUGGESTIONS FOR YOU



- If dealing with much larger numbers maybe semester program
- Appeal to administration to get involved - Faculty appreciate seeing them involved
- Lots of resources out there on all of these topics, you do not have to reinvent the wheel
- Utilize parents, perhaps make Parents Association Officers part of the program
- Make these Seminars part of your marketing/admissions materials - parents love it
- The most challenging thing is Time/schedule, think creatively how it could fit in yours - is there a required program it replaces? Is there a time where it can fit?

THANK YOU



- I would be happy to send additional information, links etc to anyone interested

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