

# Where am I? High School 101



## Goals

Participants will be able to:

- Describe what to expect from high school.

## Pre-group Preparation

- Contact the following staff: Wellness Coordinator, Dean/ Head Counselor, Assistant Principal, Nurse, Parent Liaison, Peer Resources, CWAL, including the following staff if they are onsite: College to Career Counselor, Student Advisor, and GEAR Up Coordinator
- Inform the staff of **Plan A**: a group visit to their office so they can describe their role and how they support the students at the school to succeed *or* **Plan B**: a group panel where each staff member attends the panel and describes their roles, their background, how they support students, where their office is, their hours, etc.
- “Who’s Got My Back?” Handout (one per participant)
- Prompts for Staff Speakers/ Visits (one per staff member)
- **Plan C**: If possible, reserve access to Internet-ready computers for group session and obtain the website address for the high school
- **Plan D**: If no computers are available, prepare folders with information regarding the school (i.e., school location and bus routes, school map, school rules, school population, school programs and resources, mission, classes offered, etc.); this information should be available online either on the school’s website or their profile page at [http://portal.sfusd.edu/template/default.cfm?page=school\\_info.profiles](http://portal.sfusd.edu/template/default.cfm?page=school_info.profiles)
- Obtain a prize
- Obtain SFUSD Student/Parent Handbooks (one per participant)
- “This is My School, Y’all!” handouts (one per participant)

## Materials

- Pens or pencils
- Prize
- Plan B: Folders with school information
- “This is My School, Y’all!” handouts

- SFUSD Student/Parent Handbooks
- “Who’s Got My Back?” Handouts
- Post Group Agreements and goals for the session

### Icebreaker – Human Knot

- Ask participants to stand in a circle facing each other. Each person reaches out with one hand and grabs the hand of another person who is not on either immediate side. Then, members do the same with their other hand. The group then tries to untangle itself without letting go of hands until they form a circle again.

### Discussion

We can all get pretty tangled up in each other’s lives sometimes, and it’s often helpful for us to work together to get out of those tough knots. For this reason, we’re going to explore today all of the different resources, programs, and people here at the school that can help you out figure out the solution you’re stuck in a knot.

### Activity 1 – School Resource Mapping: Who’s Got My Back?

- Explain that it is important to not only learn what programs your school has to offer but also what resources there are on campus when you need support
- Pass out the “Who’s Got My Back?” Handout
- **Plan A:** a group visit to their office so they can describe their role and how they support the students at the school to succeed
- **Plan B:** a group panel where each staff member attends the panel and describes their roles, their background, how they support students, where their office is, their hours, etc.
- For either **Plan A or Plan B:** Prepare staff with a copy of the “Who’s Got My Back?” handout to prompt them and inform students to fill out their handouts

### Discussion

Ask participants to share some things they learned about the resources and staff members at the school. Would you feel comfortable accessing these staff members if you needed help? Who would you go to if you needed transportation support? A lunch card? Information about college? Someone was picking on you? You needed to change your schedule? Etc.

If time allows....

### Activity 2 – School Scavenger Hunt

- Plan A: Distribute “This is My School, Y’all!” handouts, and pens or pencils. Give participants a certain amount of time to find out as much as they can about their school. Whoever has the most points, wins the prize!
- Plan C: Take participants to computer lab. Ask them to find the school’s website and fill out handout. Provide students with SFUSD website address.
- Plan D: Distribute folders; ask students to fill out handouts with information provided.

## Discussion

Ask participants to share some things they found out about the school.

Anything you’re excited about? Any surprises? Worries or concerns? Will this help you prepare to succeed in high school?

Distribute SFUSD Student Handbook and encourage members to look through it in their own time.

## Check Out – Who do you know?

Share one thing they learned about a staff member.