

# Transitioning to Life after High School

Relationships, Module 4



# AGENDA



1. Brainstorm: Name one big change you expect to happen in your life after high school graduation and how you feel about that change



2. Activity: Independently, use the checklist provided to keep track of the activities/tasks that you should be completing before finishing High School in preparation for Adulthood.



3. Reflect: How do you think completing the activities on the checklist will allow you to be successful later in your life?

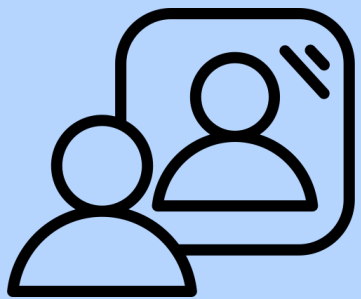
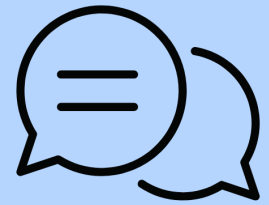


# BRAINSTORM



Name one big change you expect to happen in your life after high school graduation and how you feel about that change.





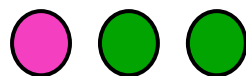
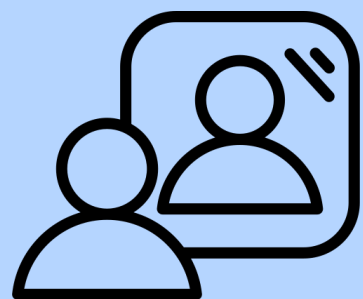
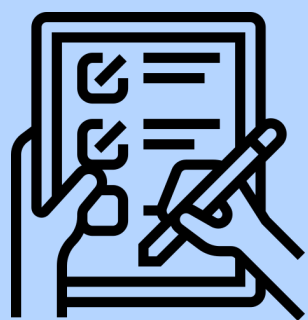
# DISCUSS



How do you feel about the changes that are happening in your life?

Are you excited? Nervous? Apprehensive? Optimistic? Confident? Insecure?





# DIVE IN



## WHAT ARE MY OPTIONS After High School



4-year college or university



2-year community college



Trade and certificate programs



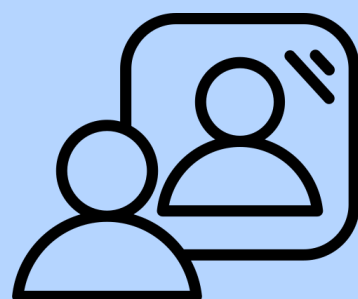
Going straight into the workforce



Military



Gap Year



# ACTIVITY



Independently, use the checklist provided to keep track of the activities/tasks that you should be completing before finishing High School in preparation for Adulthood.

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Worksheet

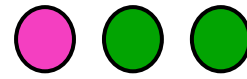
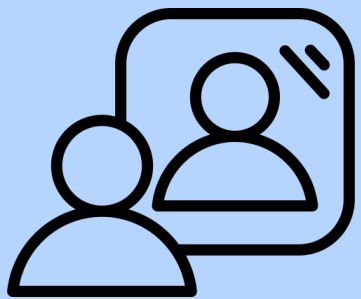
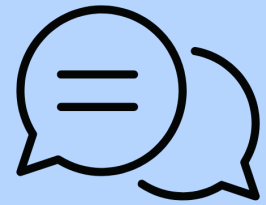
Name: \_\_\_\_\_ Date: \_\_\_\_\_

Transitioning to Life After High School

Topic	Facts for young adults	What I have learned by doing this task
Banking	You should have your own free savings and checking account. You can open one on your own when you turn 18. Your parents/ guardians may have opened a custodial account for you when you were a minor. Between the age of 18 and 25 (it varies by state) legal control of the account must be turned over to you.	
Credit cards	You can become an <a href="#">authorized user</a> on your parents'/guardians' credit card accounts. You can apply for a <a href="#">secure credit card</a> when you are 18. If you are a full time employee, you can apply for your own credit card at 18.	
Insurance	You can remain under your parents' /guardians' health insurance until you are 26. If you are driving, you can stay under your previous insurance policy or <a href="#">apply for your own</a> , although it will probably be more expensive. If you are renting your own apartment, you should apply for <a href="#">renter's insurance</a> .	
Register to vote	When you turn 18, and if you are a US citizen, you should register to vote in elections. This <a href="#">video</a> will walk you through the steps, which differ between states	

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# REFLECT



How do you think completing the activities on the checklist will allow you to be successful later in your life?





# Extend & Enrich

This is a great opportunity for students to go home and discuss their concerns with a trusted adult. Their parents/ guardians can help them make a plan and model how to complete these items, or at least guide them to the correct sources for help. You can ask your students to write a brief summary of how the conversation went at home. Students do NOT have to share personal details, but they can describe if the conversation was easy or difficult, what they learned from talking to their trusted adults, and what their next steps will be.





# Home Connection



## Home Connection

Transitioning to life after school

Dear \_\_\_\_\_,

I wanted to share with you what your student has been learning about transitioning from high school to adulthood. Our lesson focused on the changes and challenges that come with graduating and starting a new chapter in life. Graduation is called "commencement" because it marks the beginning of a new phase. While students are excited about leaving their studenthood behind, they can also feel anxious about the uncertainty of the future.

We discussed how students feel about these changes—whether excited, nervous, optimistic, or apprehensive. We addressed that any positive or negative change can be stressful for the mind and body. We also polled the students to see how many feel fully prepared for independent adulthood, and many were relieved to find that their classmates share similar feelings.

To continue this conversation at home, please ask your student, "What are some of the changes you are anticipating as you transition into adulthood, and how do you feel about them?" This can be a great opportunity to discuss your student's feelings and offer support as they prepare for this exciting new phase.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

\_\_\_\_\_  
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## Professional Development



Take 5 minutes to consider:

How would you rate your knowledge of the current events that might impact your students' lives? Depending on your own life stage and the subject matter you teach, you might be very in tune with what will impact your students as they become adults. If you feel the need to brush up, there are many sources for current events that can familiarize you with the problems young adults are facing today.

- <https://newsela.com/about/content/browse-content/>
- <https://www.nytimes.com/spotlight/learning-current-events>
- <https://www.allsides.com/unbiased-balanced-news>







# Further Study

- Social Emotional Us Podcast, Transitions and Change (27 mins):  
<https://podcasts.apple.com/us/podcast/transitions-and-change/id1583845892?i=1000544843904>







**Lesson Complete!**

