

**Unit #1 Title:** Transitioning to Middle School

**Lesson Title:** Middle School Here I Come! (Part 2) **Lesson:** 2 of 2

Note: For best results you may want to spread this lesson over 2 class sessions.

**Grade Level:** 5

**Length of Lesson:** 40-60 minutes

**Missouri Comprehensive Guidance Standard:**  
 AD.5: Applying the Skills of Transitioning Between Educational Levels

**Grade Level Expectation (GLE):**  
 AD.5.A.05.a.i: Develop an understanding of educational tasks and skills necessary to make a smooth transition to the middle school structure.

**American School Counselor Association National Standard (ASCA):**  
 Academic Development  
 A. Students will acquire the attitudes, knowledge and skills contributing to effective learning in school and across the lifespan

**Materials (include activity sheets and/ or supporting resources)**

Activity Sheet. – *Transition to Middle School*  
*Transition to Middle School* Instruction Sheet.  
 Provide written information about middle school and invite the middle school Counselor(s)/Teacher to talk with students about expectations.  
 Activity Sheet - *Future Plan of Action*

**Show Me Standards: Performance Goals (check one or more that apply and identify relevant process standards)**

X	Goal 1: Gather, analyze and apply information and ideas 8. Organize data, information, and ideas into useful forms for analysis or presentation. 10. Apply acquired information, ideas and skills to different contexts as students, workers, citizens, and consumers.
	Goal 2: Communicate effectively within and beyond the classroom
X	Goal 3: Recognize and solve problems 2. Develop and apply strategies based on ways others have prevented or solved problems. 3. Develop and apply strategies based on one’s own experience in preventing or solving problems.
X	Goal 4: Make decisions and act as responsible members of society 3. Analyze the duties and responsibilities of individuals in societies

**This lesson supports the development of skills in the following academic content areas.**

Academic Content Area(s)	Specific Skill(s)
Communication Arts	
Mathematics	
X Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions 7. The use of tools of social science inquiry.
Science	
Health/Physical Education	
Fine Arts	

**Enduring Life Skill(s)**

Perseverance		Integrity	X	Problem Solving
Courage		Compassion		Tolerance
Respect	X	Goal Setting		

**Lesson Assessment (acceptable evidence):**

<p><b>Assessment should relate to the performance outcome for goals, objectives and GLE’s.</b>  <b>Assessment can be question answer, performance activity, etc.</b>                  Students will write a plan of action for the future setting goals to be successful in school.</p>
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**Lesson Preparation**

<p><b>Essential Questions:</b>                  What does the word transition mean? Are you in transition? If so, how?</p> <p><b>Engagement (Hook):</b> The counselor will give the students a Transition to Middle School Activity Sheet. Students will complete the sheet with the guidance of the school counselor.</p>
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**Procedures**

<p><b>Instructor Procedures:</b>  <b>Note:</b> Completing the Activity Sheet together will allow the counselor to assess the engagement of individual students.</p> <ol style="list-style-type: none"> <li>The counselor asks the students to share their thoughts and concerns about transitioning to middle school from the <i>Transition to Middle School</i> Activity Sheet. Using the <i>Transition to Middle School</i> Instruction Sheet.</li> <li>Counselor has students write any questions they might have about transitioning to middle school at the bottom of the activity sheet and on index cards. Index cards are given to middle school counselor.</li> </ol>	<p><b>Student Involvement:</b></p> <ol style="list-style-type: none"> <li>Students reflect on the elementary school experience as well as their thoughts and concerns about transition to middle school.</li> <li>Students write down any questions or concerns they might have at the bottom of the activity sheet.</li> </ol>
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<p>3. At this time or during the next session the counselor provides information about middle school or introduces the middle school counselor/teacher to talk about middle school transition.</p> <p>4. At the end of class the counselor will have students complete the Activity Sheet - <i>Future Plan of Action</i> to set any goals they might need to complete before transitioning. Counselor encourages students to implement their <i>Future Plan of Action</i> as they continue to talk about transition to middle school.</p> <p>5. Counselor and students bring closure to the lesson by completing Section 7 of “Transition to Middle School Activity Sheet” and sharing 5<sup>th</sup> grade memories using large group process described in Section 1.</p>	<p>3. Students will share their questions and concerns at this time.</p> <p>4. Students write complete their <i>Future Plan of Action</i> Activity Sheet. Students will implement their plan of Action.</p> <p>5. One student will share a 5<sup>th</sup> grade memory and then invite someone else to share a memory.</p>
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**Teacher Follow-Up Activities**

The teacher will review the *Transition to Middle School and Future Plan of Action* Activity Sheets. Also, the counselor will continue to reinforce skills needed to transition to middle school.

**Counselor reflection notes (completed after the lesson)**

# TRANSITION TO MIDDLE SCHOOL

Developed by: Carolyn Roof

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

School \_\_\_\_\_ Class \_\_\_\_\_

## Section 1: Write one special memory you have about elementary school at each grade level.

Kindergarten - \_\_\_\_\_

1<sup>st</sup> Grade - \_\_\_\_\_

2<sup>nd</sup> Grade - \_\_\_\_\_

3<sup>rd</sup> Grade - \_\_\_\_\_

4<sup>th</sup> Grade - \_\_\_\_\_

## Section 2: What are your thoughts about transitioning to middle school?

Positive thoughts	Concerns
a.	a.
b.	b.

## Section 3: What are three things you would like to get involved in at middle school?

a.
b.
c.

**Section 4: List three qualities you want to have in a friend in middle school.**

a.
b.
c.

**Section 5: Are there things you need to change about yourself or skills you need before moving to middle school? If so, what?**

a.
b.
c.

**Section 6: What questions would you like to ask a middle school counselors/teacher?**

**Section List one or two memories you will take with you about 5<sup>th</sup> Grade.**

a.
b.



# Future Plan of Action



What do I need to improve?

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I want to improve the following.

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I will take the following steps to improve.

Steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Follow up evaluation: How did I do?

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## TRANSITION TO MIDDLE SCHOOL INSTRUCTION SHEET

Developed by Carolyn Magnuson

As each section is completed prompt students to talk with a partner or larger group. The counselor will use chart paper during the lesson to collect ideas. The chart paper will be saved for the teacher to use in the future or the counselor to use in the next session.

**Section 1:** Special memories are those that stand out from the rest...they include memories of adults and peers as well as events (e.g. field trips, honors). Share with a partner and then with the larger group (if you feel comfortable doing so). Process continues until all students who want have had an opportunity to share a memory.

**Section 2:** Thoughts about Transition to middle school... Getting ready for something new brings mixed feelings. We are excited about new opportunities and worried or anxious about the unknown and/or not knowing what to do (e.g. getting lost between classes, larger school). After writing positive thoughts and concerns about transition to middle school share thoughts with your partner. Also, share thoughts with the larger group and develop a list on chart paper of mutual positive thoughts and concerns. Discuss common concerns. Some students may want to write a question or concern in Section 6 to discuss further with middle school counselors.

**Section 3:** Involvement...Middle School offers many opportunities for involvement in organizations/activities of interest. Have students share their ideas. If students aren't aware of the activities offered, then encourage them to write a question to ask the middle school counselor(s) for more information.

**Section 4:** Friendship...Friends are treasures! Make sure the friends you choose are GENUINE TREASURES! When the qualities you seek have been written, share your ideas with the larger group. The counselor will write ideas on chart paper..."Qualities I treasure in a friend." Discuss the challenges of making and keeping friends and the importance of choosing your friends wisely.

**Section 5:** Changes... Use these ideas when developing the *Future Plan of Action* Activity Sheet.

**Section 6:** Questions... Have students write questions on index cards to share when the middle school counselor(s) visits the classroom to talk about transition.

**Section 7:** 5<sup>th</sup> grade memories... Follow procedure suggested for large group sharing in #1.