Unit #1 Title: My Personal Plan of Study

Lesson Title: Assessing Personal Plan of Study for Life-Long Learning **Lesson:** 6 of 6

Grade Level: 12

Length of Lesson: 30-35 minutes

Missouri Comprehensive Guidance and Counseling Big Idea:
AD.6: Developing and Monitoring Personal Plan of Study

Grade Level Expectation (GLE):
AD.6.A.12: Apply information to revise and implement a Personal Plan of Study necessary for life-long learning.

American School Counselor Association National Standard (ASCA):
Academic Development
B. Students will make decisions, set goals, and take necessary action to achieve goals.

Materials (include activity sheets and/ or supporting resources)

Worksheet titled *Personal Plan of Study Review for Seniors*
Personal Plan of Study/Portfolios

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 1. Develop questions and ideas to initiate and refine research 2. Conduct research to answer questions and evaluate information and ideas
	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 5. Develop, monitor and revise plans of action to meet deadlines and accomplish goals 8. Explore, prepare for and seek educational and job opportunities

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

	Academic Content Area(s)	**Specific Skill(s)**
X	Communication Arts	1. Speaking and writing standard English (including grammar, usage, punctuation, spelling capitalization 6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	

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X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions
	Science	
	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

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

Lesson Measurable Learning Objectives:

The student will complete *Personal Plan of Study Review for Seniors*.
The student will write a letter to his/her future self about goals and planning for the future.

Lesson Formative Assessment (acceptable evidence):

Assessment should relate to the performance outcome for goals, objectives and GLE. Assessment can be question answer, performance activity, etc.
Students will review and revise their Personal Plan of Study and write letters to their future selves.

Lesson Preparation

Essential Questions:

Have you implemented your Personal Plan of Study necessary for life-long learning? Are you educationally prepared to go on beyond high school?

Engagement (Hook):

What have you accomplished to date? Has your Personal Plan of Study helped you to further your educational goals? (Use credit study review)

Procedures

Instructor Procedures/Instructional Strategies:	**Student Involvement/Instructional Activities:**
1. The counselor will discuss the value of present and future personal plan of study and goals with students.	1. Students will review and reflect on the development and appropriateness of their plans.
2. The counselor will pass out *Personal Plan of Study Review for Seniors* and give instructions for completing it.	2. The students will complete *Personal Plan of Study Review for Seniors* worksheet after instructions are given. Students will discuss the information on their *Personal Plan of Study Review for Seniors* worksheet.
3. After the worksheet is completed the counselor will ask students to rethink and	3. Students will write a letter to themselves. Letters include reflections about benefits of

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revise life-long learning plans.	planning for the future and reminders of life goals established at the end of high school.
4. Counselor will arrange for letters to be mailed in 5 years.	4. Stamped self addressed letters will be given to counselor for mailing in 5 years.

Teacher Follow-Up Activities

Collect *Personal Plan of Study Review for Seniors* worksheets that were not completed during the session.

Counselor reflection notes (completed after the lesson)

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Personal Plan of Study Review for Seniors

Name
_____

_____
Address Phone number

(Circle the items that apply and fill in blanks)

1. My post-secondary plans include:

   a. trade/technical school _____.
   (trade certificate or other certification)

   b. military _____.

   c. two year college _____.
   (certificate or associates degree)

   d. four year college/university _____.
   (degree)

   e. on-the-job training _____.
   (type of training)

   f. go directly into the work force _____.
   (type of job/occupation)

2. Rate the following subjects as each relates to your learning experience. (Circle one of the numbers beside each subject, 1 being the lowest, 5 being the highest.)

English	1	2	3	4	5
Mathematics	1	2	3	4	5
Social Studies	1	2	3	4	5
Science	1	2	3	4	5

Turn page over for completion

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3. What elective was the most valuable to your learning experience during your high school career?

4. List your extra-curricular activities in high school.

5. Have you participated in a vocational/technical program? (circle) Yes No
   If yes, what program? _____

6. I attend high school as a senior (circle) part-time full-time

7. What financial resources have you obtained to further your educational goals? (Circle all that apply.)
   A. A+
   B. Scholarship(s)
   C. Loan(s)
   D. Grants
   E. Job/support
   F. Savings
   G. Parental support

8. Rate your experience with the guidance/counseling department by circling one of the following: Satisfactory Unsatisfactory

   Comments:

9. Suggestions for improvement of learning, counseling, and administration at the high school level.

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