

Session Five

Transitions: From Here to There

ACTIVITY A: Challenges of Change

Objectives: Parents will –

- Identify the challenges associated with their childrens' moving from one educational level to another
- Create coping strategies for their children and themselves.

Materials Needed:

- Flip chart/markets
- Prewritten flip chart – Challenges (facilitator prepares prior to session)

OVERVIEW

The purpose of this activity is for parents to identify the various demands of different levels of education and create coping strategies that will help their children overcome transition challenges.

ACTION ONE – *Change Challenges*

For this activity, I'm going to ask you to divide into groups according to the following schematic: [put divisions on flip chart]. Everyone with last names beginning with A-F are in one group. Everyone with names from G-L are in group two, M-R will be in group three. And S-Z in group four.

- If one category has a small number, ask several to merge with another group. Or if you prefer, have parents group by the age of their students.

The first group will represent the transition from elementary to middle school.

Group two will represent the transition from middle school to high school.

Group three will represent the transition from high school to college.

Group four will represent the transition from one home or community to another.

Any questions?

Your first task is to identify the challenges your young people will find in each of the transitions. The challenges will be grouped in three areas: academic challenges, social challenges, and personal challenges.

- Refer to flip chart you prepared prior to the session.



For example: In high school, the school day starts and ends at the same time each day. In college a student only goes to class when one is scheduled. Or in elementary school, you have one primary teacher for the entire year. In middle school, you have a different teacher for almost every subject. When you move from one neighborhood to another, you move away from people you know to a place where you don't know anyone. Questions?

Appoint someone to report your group's findings when I call time.

- After each report, allow for reflection –
Does anyone have anything to add?

How do you think these challenges make our kids feel?

Can you give any examples of how you or your children have overcome any of these challenges?

- Hang challenges on the wall.

ACTION TWO – *Helpful Change Strategies*

Our second task is to get back into our groups and develop three strategies that you can use to help your children overcome the challenges that were mentioned by your group. We'll share those strategies after about six to eight minutes. For example, ahead of enrolling in a new school, visit the school with your children, get the layout, talk to the principal, and so forth.

- Call groups back together to report strategies.
- Ask for additional ideas from the other groups.
- Supplement responses with your own experiences – ideas from other sessions.
- Relate strategies to challenges.
- Offer to type strategies (or ask for a volunteer to help) and distribute them by mail.

REVIEW

We have identified a number of challenges our children face when they transition from one school or community to another. How many of you have faced similar challenges?

What are some of the ways you conquered your challenges?

We've also identified a number of ways we can help our children meet these challenges. Which did you think are the most useful? Do you have any to add?

Will you be more attentive to these challenges now that you are aware of what they are?