

Middle School Roadmap

September

Objectives:

1. Professionalism
2. First Impressions
3. Self-Awareness

College Readiness Coaching:

- Monthly Check In Questions
 - Are you meeting with your mentor?
 - Review Grades/GPA

Mentor Focus/Talking Points:

- Check in with student about summer and the start of their school year.
- Self Awareness Questions
 - What are your goals for this year?
 - What is one thing you want to change from last year and one thing you want to remain the same?
 - What did you learn at the Fall Workshop? What was your favorite lesson learned?
- Identify Support Systems
 - Teachers, Guidance Counselor(s), Coaches, Other
- **Mentor Toolkit Activity**
 - 18: Exploring Social Emotional Skills - The One Minute Reflection
 - Objective: Practicing Self-Awareness

Middle School Roadmap

October

Objectives:

1. Understanding First Generation
2. Personal Adversities & Resiliency
3. Identifying Personal Support Systems on the Journey to High School and Post-Secondary Success

Mentor Focus/Talking Points:

- Assist with understanding the student's personal journey to post-secondary education and goals.
 - Think about and talk about scenarios where a student overcame adversity or demonstrated resilience. Allow the student to reflect and reminisce.
- Discuss High School and post-secondary goals. Begin exploring post-secondary desires/opportunities.
 - What are the student's goals for High School?
 - Who may be a support system in High School?
 - What are the student's career interests?
 - Does the student know what they want to study in college?
- **Mentor Toolkit Activity**
 - 21: Exploring Social Emotional Skills - Shared Goals
 - Objective: Practicing relationship building skills & working collaboratively to develop a plan for the student's goals.
 - 32: Preparing for College - Why College?
 - Objective: To gain an understanding of the importance of a post-secondary education.

Middle School Roadmap

November

Objectives:

1. Interest Inventory
2. Community Service

Mentor Focus/Talking Points:

- Assist with interest brainstorming.
 - What does the student like in terms of career interests?
 - What does the student know about that specific field or line of work?
- Does the student know about community service requirements for High School? What kind of community service has the student completed? What type of community service projects interest the student?
 - What does community service mean to the student?
 - What is the importance of community service?
- **Mentor Toolkit Activity**
 - 33: Preparing for College - Know your Degrees
 - Objective: Learn the value and meaning of the various post-secondary academic degrees.

Middle School Roadmap

December

Objectives:

1. Reflect on the first half of the school year.

Mentor Focus/Talking Points:

- Review and reflect about semester 1.
 - Discuss various aspects of school life and classes.
 - Discuss personal life and check-in with the student about their life and relationships with others.
- Discuss goals for 2023 and semester 2.
- Discuss plans for Winter Break and the Holidays.
- **Mentor Toolkit Activity**
 - 6: Setting Realistic Goals - SMART Goals
 - Objective: Gain an understanding of goal setting and identify personal short and long term goals for semester 2.

Middle School Roadmap

January

Objectives:

1. Importance of Service

Mentor Focus:

- Share your experiences with Community Service and Volunteering
- Engage in conversations about Community Service
 - Importance of Service
 - Opportunities for Community Service
- **Mentor Toolkit Activity**
 - 42: Ways to Gain Work Experience
 - Objective: Learn about the different ways to gain work experience.
 - Focus on the “Volunteer Projects” section to guide conversations around Community Service.

Middle School Roadmap

February

Objectives:

1. Critical Thinking
2. Teamwork
3. Problem Solving
4. Career Exploration

Mentor Focus:

- Share your personal story about career exploration and your professional journey.
- Talk about different programs offered at different colleges and universities.
 - Explore certificates and/or degrees needed for career areas of interest.
- **Mentor Toolkit Activity**
 - 33: Know Your Degrees
 - Objective: The student will learn the value and meaning of the various post-secondary academic degrees.

Middle School Roadmap

March

Objectives:

1. First Generation Shared Experience

Mentor Focus:

- Discuss different colleges and universities and your student's desires related to their post-secondary goals.
- **Mentor Toolkit Activity**
 - 22: How Do I Decide?
 - Objective: The student and mentor will practice social emotional skills of responsible decision-making.

Middle School Roadmap

April & May

Objectives:

1. End of Year Celebrations

Mentor Focus:

- Review goals that were set for the 2022-2023 school year and discuss accomplishments.
- Discuss the student's desire to set new goals and aspirations for the 2023-2024 school year.
- Celebrate your student's successes from throughout the school year and life lessons that have been learned.