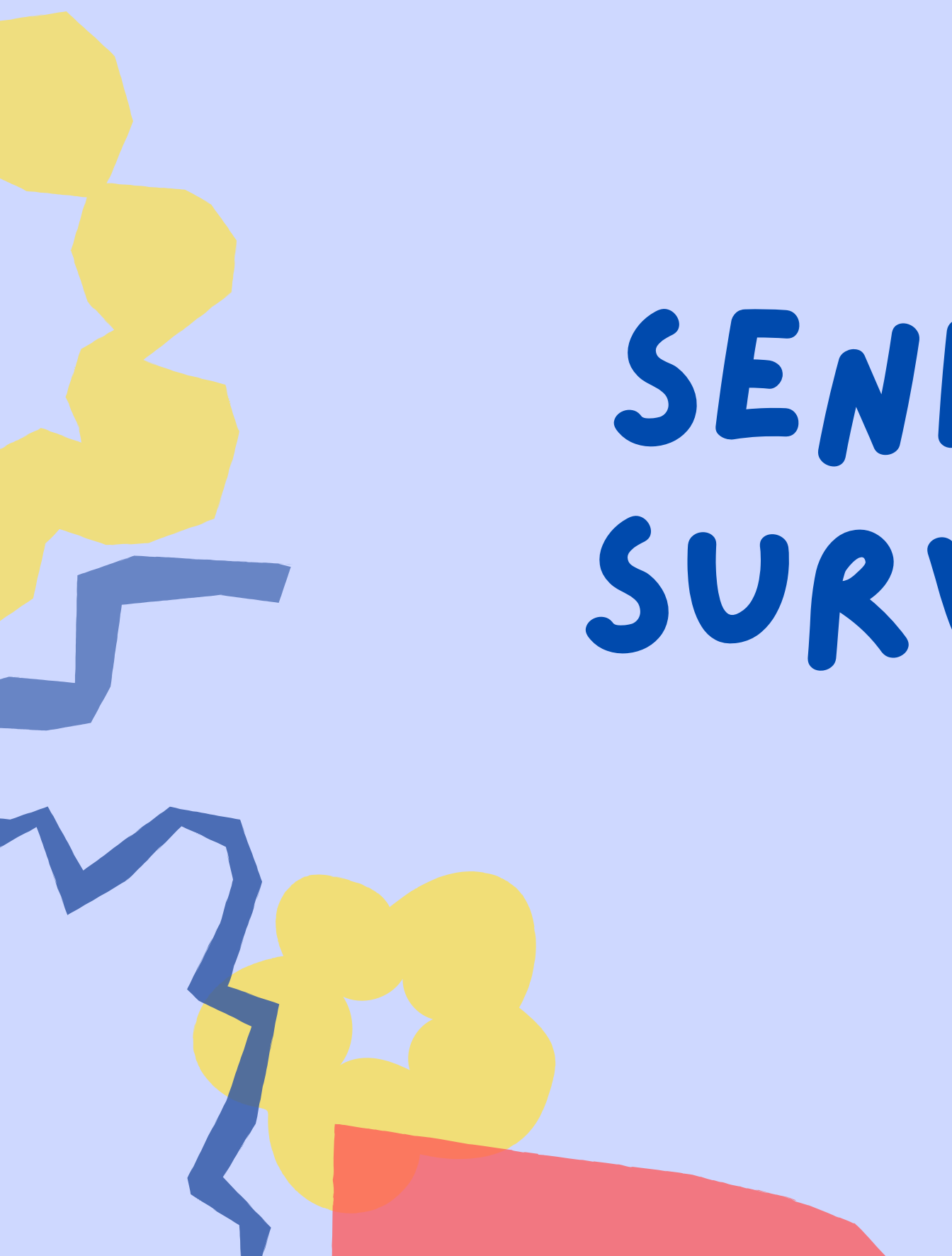
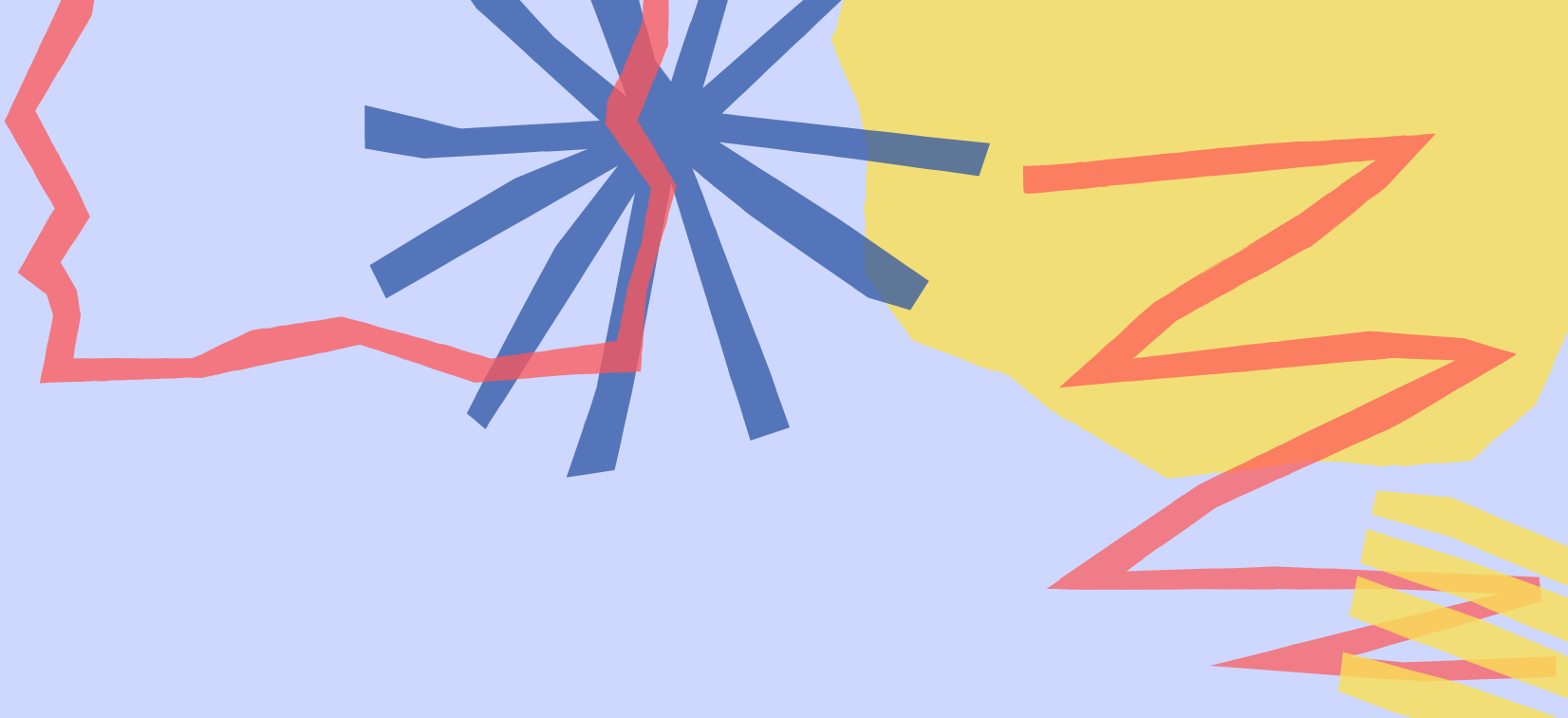




# ***LIFE AFTER HIGH SCHOOL***

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***12TH GRADE LESSON***



# SENIOR SURVEY

Take a few minutes  
to complete your  
senior survey!

# AGENDA

- Summer Melt
- Adulting Skills
- Managing Your Money
- Doing Your Laundry
- Eating Healthy/Cooking Skills
- Managing Your Time
- Making Appointments
- Having a Roommate
- Scenarios
- Being Aware of Resources on Campus







# **ASCA MINDSET & BEHAVIOR STUDENT STANDARD**

**B-SMS 10. Ability to manage  
transitions and adapt to change**







# OBJECTIVE

Students will be able to identify resources/tools helpful in managing the transition to life after high school.



# SUMMER MELT

What is it?  
Why does it happen?  
How can I stop it?

# WHAT IS IT?

The gap between deciding to go to a college and actually showing up at the college in the fall





# WHY DOES IT HAPPEN?

- Self-doubt
- Confused about next steps
- Lack of support
- Financial concerns







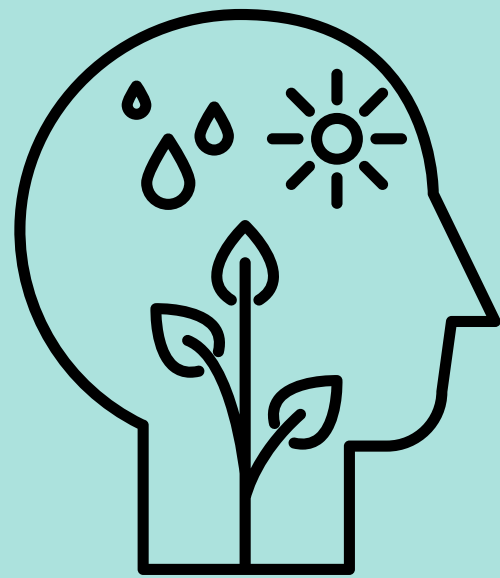
## *HOW CAN I STOP IT?*

- Visit campus before you start
- Find a mentor
- Stay organized
- Don't be afraid to ask for help

**WHAT ARE  
ADULTING  
SKILLS ?**







Growth

# ADULTING SKILLS

are things like.....

- Managing your money
- Doing your laundry
- Eating healthy/cooking skills
- Managing your time
- Making appointments

# MANAGING YOUR MONEY

Set up a budget  
(lots of apps out  
there)

Understand your  
financial aid  
package (loans,  
debt, interest  
rates)

Spend your  
student loan  
money wisely

Get a  
job

Don't go  
credit card  
crazy

# DOING YOUR LAUNDRY



Understand how much and when to use detergent, fabric softener, and bleach.



If in a dorm, plan to sit with your clothes. Do homework while you wait.



Practice at home before you go.



Have money set aside to do laundry if needed.



Change your sheets weekly.





# EATING HEALTHY/COOKING SKILLS



Keep healthy snacks around in your living space

Practice some of your favorite recipes at home

Pick a well-balanced meal in the dining halls

Ask family and friends for "easy" recipes to make with few ingredients/cooking materials

Low income, check Cal Fresh or school's Food Pantry

Drink plenty of water



# MANAGING YOUR TIME

Going to class  
and visit  
professors' office  
hours

Get a part-  
time job

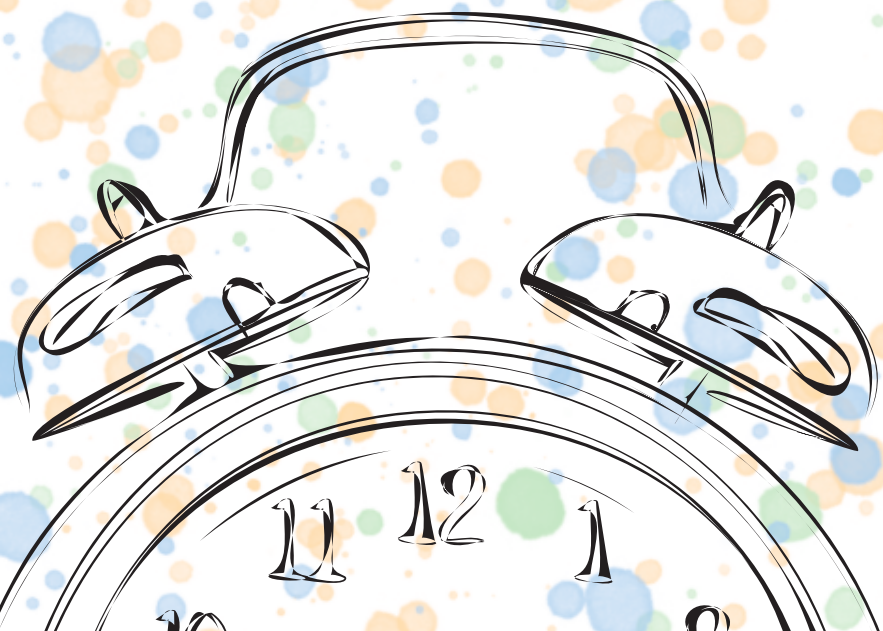
Make time to  
eat 3 meals per  
day

Set your alarm  
and don't sleep  
away your day

Allow time for  
self-care like  
working out or  
spending time  
with friends

Keep a calendar  
or planner of  
important dates

Figure out when  
and where you  
study best



# MAKING APPOINTMENTS

- Online or by phone
- Confirm appointments as necessary when they are near
- Show up early/on time
  - Doctor, counseling center, dentist, health clinic on campus, financial aid office, academic advisor's office, tutoring center, professor's office hours, and more





# HAVING A ROOMMATE 101

- Practice open communication
- Set expectations upfront
- Don't let something small build until you're frustrated
- Don't expect to be best friends
- Respect each other and each other's schedules
- Keep your space tidy
- if you're having issues, seek out your RA (resident assistant)
- Get to know each other
- If it's not a perfect fit...remember - this is not forever!





# ACTIVITY

We will now look at some scenarios.  
There are 5 total.

With your elbow partner, read and  
discuss each scenario. Please take  
one (1) minute per scenario.

We will share with the class in about  
5 minutes.

WHAT DO  
YOU DO?



## SCENARIO #1

At first, your roommate asks to borrow your stuff (your shampoo, your school supplies, your clothes, etc.), but then they eventually stop asking. You're starting to get frustrated.

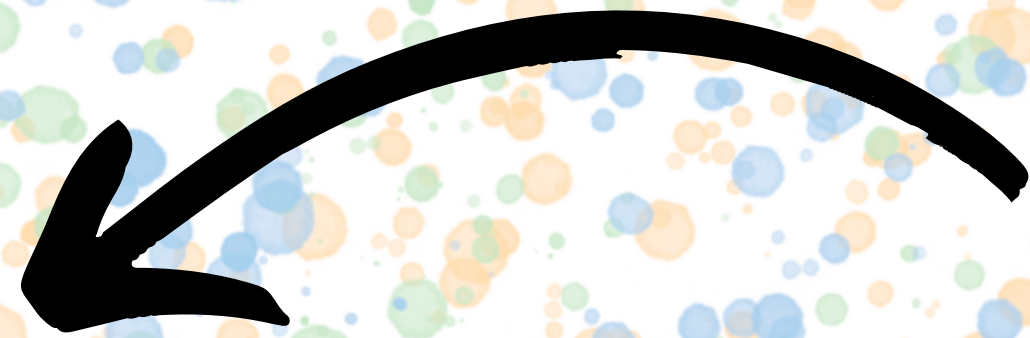




## SCENARIO #2

You are not doing well in one of your classes that is required for your major. You need to pass this class to keep your scholarship money. You've never sought out extra help before.

WHAT DO  
YOU DO?





WHAT DO  
YOU DO?



## SCENARIO #3

You're doing laundry in the dorm room laundry area. You leave and come back to your wet clothes laying in a pile on the ground, so that someone else could now use the washer.





# SCENARIO #4

You've had a rough first semester. You got sick once. You miss home. Your classes are harder than you expected. Everyone on social media looks like they're loving college.

WHAT DO  
YOU DO?





WHAT DO  
YOU DO?



## SCENARIO #5

You signed up to be a Campus Ambassador, and you're working in the Student Writing Center. You're taking the maximum amount of credit hours, so your classes are tough and stressful. You sleep about 4-5 hours per night after you get your studying done. It's starting to take a toll on your physical and mental health.



# BEING AWARE OF RESOURCES ON CAMPUS

Every campus is different, but some of these may include...

- Writing center
- Tutoring center
- Legal services
- Academic advising
- Nutrition services
- Financial aid services
- Student disability services
- Mental health/counseling/wellness services

- Workout facilities, group fitness classes, & personal training
- Career services (looking for an internship, mock interviews, resume writing)
- Club involvement, fairs, fraternity/sorority recruitment



# DIRECTIONS

## UC/CSU/CC/Privates

1. Google is your best friend!
  - a. Google examples: UC Berkeley self-care resources OR UC berkeley mental health/health services
2. Go to the school health services website.

## Community

1. Google is still your best friend!
2. Go to → 211a.org and type in the resource you need + zip code.
3. Search your city's website for community resources → norwalk.org
4. Keywords: mental health resources, "free"



**WHAT OTHER  
QUESTIONS DO YOU  
HAVE?**

