

YOUTH

PLANNING AGE-APPROPRIATE ACTIVITIES TRAINING TO GO

Total time: 30 minutes

Preparation: Set up the room in rounds or squares of 6-8. Create 3-6 activity stations that highlight activities from each of the following Y4Y tools in the College and Career Readiness module:

- *Awareness Activities*
- *Exploration Toolkit*
- *Sample Preparation Activities*

For each activity station, have clear instructions and the materials necessary to do the activity. If doing the extension activity on slide 4, consider printing the tools above as handouts for participants.



OBJECTIVES

Understand the different types of college and career readiness activities

Explore engaging, age-appropriate college and career readiness activities

Assess what you already do and infuse a college and career readiness focus



Time: 1 minute

Explain: During this training, we will go over the different types of college and career activities that you could use in your program. We will have some time to try examples of hands-on activities geared toward each grade level we work with. Last, we will consider how to infuse college and career readiness into our regular program activities.

A collage of images showing a teacher and students in a classroom setting. The teacher, a woman with curly hair, is looking down at a student's work. A young girl is smiling and holding up a piece of paper. Another student is visible in the background. A blue banner with the word "BRAINSTORM" is overlaid on the right side of the image.

BRAINSTORM

What are **age appropriate college and career goals** for each school level?



Time: 8 minutes

Explain: Students of all ages have different developmental needs, interests and skills. It's important to consider these differences in planning for college and career readiness. Let's think about what we expect students should be learning or doing at different levels.

Here are some examples:

- K-5: Students should understand there are different kinds of jobs. Students should develop their interests and skills.
- 6-8: Students should know what classes to take in middle and high school to prepare them for higher education. Students should develop good study skills or work habits.
- 9-12: Students should know how to apply to college. Students should know to apply for a job
- Now we will get into groups by school level and brainstorm what the age-appropriate college and career readiness goals should be for our programs.

Activity: Break into groups of 3 or 4 by school level. Groups will brainstorm examples of age-appropriate goals for the designated level.

Debrief: have participants share ideas.



**PLANNING
AGE-APPROPRIATE
ACTIVITIES**



Promote Awareness

(all grades; hallmark of K-5 programs)

Expand Exploration

(all grades; hallmark of 6-8 programs)

Support Preparation

(grades 6-12; hallmark of 9-12 programs)

Time: 10 minutes

Explain: When planning age-appropriate activities, pay attention to these three different types:

1. Awareness Activities_(K-12): Awareness activities expose students to various postsecondary educational and career options.
2. Exploration Activities_(mainly 6-8): Exploration activities allow students to discover their interests and strengths, and identify the educational steps they need to take to reach their career goals.
3. Preparation Activities_(mainly 9-12): Preparation activities connect students and their families to the resources they need to create and achieve a concrete plan for the postsecondary pathway of their choice. Preparation activities should align with goals of the academic and technical training students receive to graduate and succeed after high school.

Around the room are activity stations that highlight these three different types of activities. You will have about 8 minutes to go around and try out the activities. There are directions and materials at each station. As you go around, please note which activities you think your students would enjoy doing and think about possible modifications.

Activity: Have participants try out the activity stations.

Debrief: Make a collaborative list of age-appropriate activities that students would enjoy doing. Discuss possible modifications to the activities.

Extension activity: Have participants brainstorm additional age-appropriate activities that could promote awareness, exploration or preparation.

INFUSING COLLEGE AND CAREER READINESS





| Topic | What my program is doing now | Ideas for infusing college and career readiness |
|-------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Service Learning | Designing and implementing a service learning unit for students | Have youth develop a project plan and budget for the fund-raising event. |
| STEM | Incorporating STEM activities that fit your overall time, schedule and staff | Citizen science projects can be an excellent way to teach STEM concepts while young people work for and in support of real projects. |
| Literacy | Building vocabulary through hands-on activities | Have youth write their own books based on their college or career research. |

Time: 10 minutes

Explain: Here is a sample chart of different afterschool topic areas. It shows examples of what your program might be doing now, and also ideas for infusing it with college and career readiness activities.

Activity: In small groups based on topic area, have participants brainstorm activities they are already doing in their program and also ideas for infusing college and career readiness. Encourage them to make connections to the age-appropriate activity ideas they came up with earlier.

Debrief: Have groups share ideas.



NEXT STEPS



- 1. What ideas can be put into action soon?**
- 2. What resources or support do we need to implement these ideas?**

Time: 2 minutes

Discuss: have the group identify a few next steps to implement the learning from this training into the program.

Closing reflection: Each participant will share one new thing they would like to learn more about, based on today's training.