

Overview

In this session, scholars will reflect further on their career pathways, considering how they can manage the impressions they make and continue to develop a strong sense of who they are. The session will also provide time for scholars and mentors to review and reflect on their experiences in True2U. Scholars will think about the importance of these insights for their lives now and as they prepare to transition into high school.

Session Spotlights

- Career Pathways
- Self-Awareness and Impressions
- Reflection and Growth

Learning Objectives

- Explore strategies for managing impressions and representing themselves effectively
- Recognize the importance of self-awareness and reflection in preparing for high school
- Reflect on their True2U experience, career pathway, and progress toward their goals

Mentor Preparation

- ☐ Review Session 7: Curriculum Guide, worksheets, activities, and reflection questions
- ☐ Communicate with mentor partner(s)
 - Divide activity facilitation responsibilities
- ☐ Develop talking points
- ☐ Prepare your Session 7 PowerPoint (includes link to Wrap Up Video)
- ☐ Complete Impressions worksheet example

SESSION 7: Timing and Materials

Session Activities	Time
Activity 7(a): Impressions • Session 7 PowerPoint • True2U Trackers • Name Tents • Pencils • Impressions worksheet (Tracker pg. 52)	20 minutes
Activity 7(b): True2U/CMSD End of Year Wrap Up • Wrap Up Video (Link in Session 7 PowerPoint) • Scholars can take notes on questions/feedback. If it works best for your class, give scholars their snack before the video starts	35 minutes
Activity 7(c): Future-Focused True2U Reflection • Reflections worksheet (Tracker pg. 53)	10 minutes
Activity 7(d): High School Visions • Poster Board - 1 per scholar • Materials packets to share	50 minutes
Total Time	120 minutes



Mentor Tips:

- During the Impressions activity, a good question to ask scholars is, *"If I asked your friend/family to describe you, what do you think they would say?"*
- Feel free to stop the video one or two times and highlight information you think is important for scholars to know.
- While scholars are working on True2U Reflection and High School Visions, circulate and provide additional questions or guidance
- **Remind Scholars:** That their True2U Tracker is theirs to keep, take home, and use as a future-focused reflection tool throughout high school and beyond.
- Take notes on scholar feedback in your True2U Curriculum Guide for program improvement efforts.
- Please return all unused and reusable materials to the materials box. These will be returned to True2U in the coming weeks.

Session 7 Step-by-Step Activity Guide

Before you start your session, set up your Session 7 PowerPoint using the classroom Clever Touch/Computer Screen.

Activity 7(a) Impressions (20 minutes)

◆ Mentors:

- ☐ Distribute True2U Trackers, Name Tents, and pencils
- ☐ Using the Session 7 PowerPoint
 - Welcome and Recap Session 6
 - Review Session 7 Agenda
 - Introduce Impressions worksheet
- ☐ Review the Impressions worksheet (Tracker pg. 52)
- ☐ Guide scholars in discussions and activities to encourage them to think about the impressions they make
- ☐ Tie into when they practiced mock interviews during Session 6

● Scholars:

- Reflect on the impressions they make and how they interact with others

Activity 7(b) Wrap Up Video (35 minutes)

◆ Mentors:

- ☐ Introduce the Wrap Up Video (Link in Session 7 PowerPoint)
- ☐ Encourage scholars to take notes
- ☐ Distribute snacks when appropriate

● Scholars:

- Watch the video to learn more about GPA, high school activities, Say Yes, etc.

BREAK INCLUDED DURING VIDEO PRESENTATION

Activity 7(c) Future-Focused True2U Reflection (10 minutes)

◆ Mentors:

- ☐ Introduce the Reflections worksheet (Tracker pg. 53)
- ☐ Choose to review questions one at a time or all at once

● Scholars:

- Using the Reflections worksheet, reflect on their experiences in True2U by answering the prompting questions, which will help guide them in creating their Vision Boards - Activity 7(d)

Activity 7(d) High School Visions (50 minutes)



Mentors:

- ☐ Introduce the High School Vision Board activity
- ☐ Show examples provided in Session 7 PowerPoint
- ☐ Remind scholars of all the learning and growth they participated in throughout the year
- ☐ Distribute materials (poster board, stickers, pencils, markers, etc.)



Scholars:

- Use their Reflections worksheet to create a Vision Board for what they envision for their high school experience
- Present their Vision Boards in a gallery walk

Detailed Facilitation (Study Guide)

Be sure to review, edit, and add your personal touches to the Session 7 PowerPoint template to be used during your session.

Activity 7(a) Impressions (20 minutes)

 **Goal:** During this activity, scholars should think about how they are seen by the people in their lives and if this matches how they want to be seen. Scholars will think about how their words and actions are perceived by others.

 Materials Needed:

- Impressions worksheet (Tracker pg. 52)
- Impressions posters (one for each mentor)
- Adhesive/Tape
- Pencils

 **Distribute:** Trackers, pencils, and have scholars put their Name Tents on their desks.

 Mentors: Welcome and Recap Session 6

- *“Who remembers something we talked about in our first session?”*

☐ **Using the PowerPoint slides:** Review Session 7 agenda

☐ **Introduce** Impressions worksheet (Tracker pg. 52)

- *“Some studies say that people make major decisions about us within the first seven seconds of meeting us. How we present ourselves, our attitudes, our posture – people are looking at these things and are forming opinions about us.”*

☐ **Discussion Prompt:**

- *“Do you form opinions of people based on how they present themselves?”*

☐ **Share:** The activity will help scholars think about the impressions that we give to people.

☐ **Ask:** Scholars to share an example of a time when they changed how they presented themselves or acted to fit into different environments.

☐ **Share:** Your own personal examples, such as:

- When you interview for a job.
- When you make professional phone calls.
- When you're at your job versus when you're at home.

☐ **Review:** The list of characteristics. You don't need to go over every word; focus on the ones that scholars may be unfamiliar with.

☐ **Share:** The first 3 columns of your Impression worksheet (either poster or in Session PowerPoint).

☐ **Discussion Prompts:** Encourage them to think about the impressions they make.

- *“What impressions do we give different groups of people? How we act with our families might be different from how we act at school or with our friends – and what about people we first meet?”*

☐ Tie into when they practiced mock interviews during Session 6.

☐ **How it works:** Reflect on how these 3 different groups of people probably see them.

☐ Four columns at the top of the worksheet, **fill out only the first three columns.**

- *"Think about putting yourself in someone else's shoes, how do those people really see you?"*
- ☐ Check off or shade in only the **top 5** characteristics of how you think...
 1. *Your parents/guardians see you.*
 2. *Your friends see you.*
 3. *People you meet for the very first time see you.*
- ◆ ● **Mentors and Scholars: Debrief**
 - *"Did you find it hard to put yourself in someone else's shoes and think about the impressions you make?"*
 - *"Did you mark different traits for the different groups? Why do you think they're different?"*
 - *"Did anything surprise you?"*
 - *"Why do you think people form these opinions of you?"*
 - *"Which of the groups do you think has the most accurate understanding of who you really are? Why?"*
- ◆ **Mentors: Final step**, have the scholars complete the **fourth column**.
- ☐ **Share:** Have scholars think back to Session 4 when they learned about personal values.
 - *"What's important to us and how do we want to live our lives?"*
- ☐ Complete the fourth column, have scholars reflect on the impressions they make and how they want to present themselves to others.
- ☐ Check the **top 5** attributes you want people to see in you.
- **Scholars:**
 - Individually complete their Impression worksheet
 - Reflect on the impressions they make and how they interact with others.
- ◆ ● **Mentors and Scholars: Debrief**
 - *"What similarities or differences do you see between the first three columns of your worksheet and the fourth column we just completed?"*
 - *"Why do you think they're similar or different?"*
- ◆ **Mentors: Wrap Up**
 - ☐ Have scholars think about attending high school, meeting a lot of new people, what they want their high school experience to look like, making good impressions, and being remembered positively.

Impressions

Put yourself in someone else's shoes! For this activity, think about how the groups of people below see you based on your words, actions, and the environment they see you in, etc. You can only check off **5** words for each group. After you've completed the blue columns, stop until your mentors give you the next set of instructions.

Characteristics	Parents and Guardians	Friends	People You First Meet		How You Want to be Seen
Creative				S t o p H e r e	
Sarcastic					
Lazy					
Good Listener					
Organized					
Energetic					
Distant					
Funny					
Caring					
Opinionated					
Observant					
Confident					
Calm					
Easily Agitated					
Smart					
Serious					
Open-Minded					
Judgmental					
Honest					
Quiet					
Motivated					
Adaptable					
Social					
Resilient					

Activity 7(b) True2U/CMSD Wrap Up Video (35 minutes)

 **Goal:** Scholars will explore opportunities available to them and understand how their choices can build strong support networks that help them reach their goals and vision for high school.

 **Materials Needed:** Video Link in Session 7 PowerPoint

 **Mentors:** Introduce the Wrap Up Video

☐ Encourage scholars to take notes for any questions/feedback.

☐ Include snacks when time is appropriate.

 **Scholars:**

➤ Watch the video to learn more about GPA, high school activities, Say Yes, etc.

BREAK INCLUDED IN PREVIOUS ACTIVITY
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Activity 7(c) Future-Focused True2U Reflection (10 minutes)

 **Goal:** Scholars will reflect on their True2U and 8th-grade experience and brainstorm ideas for their Vision Board. This activity is designed for scholars and mentors to reflect on their time together and what they have learned from their experiences in the True2U Program.

 **Mentors:** Introduce the Reflections worksheet (Tracker pg. 53).

- *“We’ve all learned something about ourselves through this program – mentors and scholars. Let’s take some time to think about what we’ve learned through participating in this program.”*

☐ Options: choose to review questions one at a time or all at once.

 **Scholars:**

- Using the Reflections worksheet in their tracker, reflect on their experiences in True2U by answering the prompting questions.

Reflection Questions:

1. When you’re in high school this Fall, what is one thing you’ll remember from True2U?
2. List 3 things you learned about yourself this year:
3. What are 3 things you want to accomplish in high school?
4. What questions do you still have about high school, after high school, and careers?

  **Mentors and Scholars:** Debrief

☐ After scholars finish their worksheets, invite two or three volunteers to share one or two of their responses with the group.

☐ Reflect on this year by highlighting the key points and what lessons can be taken from True2U.

☐ **Discussion Prompts:**

- *“Which activity or session did you like the most and why?”*
- *“How can the activities/session be improved and why?”*
- *“How can True2U be improved for next year?”*

Activity 7(d) High School Visions (50 minutes)

 **Goal:** Scholars create and share their personal vision boards.

 **Materials Needed:**

- True2U Vision Board for each scholar
- True2U Vision Board packet of materials
- Markers
- Glue Sticks
- Example vision boards in the Session 7 PowerPoint

 **Room Set-Up:**

- Space for scholars to work on their Vision Board
- Wall or table space to display for a gallery walk

 **Mentors:** Introduce Vision Board activity

- *“Let’s think about our visions for the next four years – what we want our high school experiences to look like.”*

 **Distribute:** True2U Vision Board to each scholar

- ☐ Lay out the markers, glue sticks, and the contents of the True2U Vision Board packet of materials on a table for scholars to use what they want, but they need to share.
- ☐ Encourage scholars to be creative with their vision boards; however, they want, but it needs to be school-appropriate.
- ☐ They can write words, draw pictures, glue pictures, list people or programs – whatever they feel is important for the next four years.
- ☐ Let scholars have approximately **30 minutes** to work on the activity, and know that they will be sharing their vision boards at the end.
- ☐ Walk around and assist scholars as needed.

 **Mentor note:** If you have materials that you want to bring in to supplement this activity, please feel free to do so, but it is not required.

 **Scholars:**

- Work independently to create their Vision Boards.

 **Mentors:**

- ☐ After scholars have worked for about 30 minutes, gather back together.
- ☐ Lead scholars in the present/share/gallery walk.
- ☐ Remind them that they participated in one back in Session 2 for their Career Cluster Posters.

 **Scholars:**

- Share their Vision Board in a silent gallery walk.
- Walk around the room, quietly viewing each Vision Board.
- Take notes on something interesting they learned, constructive feedback, and any questions.

◆● Mentors and Scholars: Debrief

- ☐ **Have scholars share:** One or two highlights from their Vision Board or something they learned from a peer.
- ☐ **Discussion Prompts:**
 - *“What steps can you take to make these visions become realities?”*
 - *“What can we do to get back to our goals and visions if we happen to experience an obstacle?”*
- ◆ **Mentors: Wrap-Up**
 - *“Anytime we move into a new phase in our lives, it’s important that we set goals and envision what we want the new phase to look like. Once we have a vision for ourselves, we can then make decisions and act in a way that helps to make that vision come true. No matter where you’re going to high school, it’s up to you to make the most of it, find your support and opportunities – to do what you can to make your visions come true.”*
- ☐ **Remind Scholars:** Their True2U Tracker is theirs to keep, take home, and use as a future-focused reflection tool throughout high school and beyond.
- ☐ **Discussion Prompts:** If there is extra time, choose a few questions to ask based on the group dynamics.
- ☐ Mentors can share their answers to applicable questions as well.
 - *“What was the best part of this year?”*
 - *“What words of wisdom would you pass on to a 6th or 7th grader?”*
 - *“After participating in this program, how would you respond if someone asked, what do you want to be when you grow up?”*
 - *“What was something that made you laugh this year?”*
 - *“What was your favorite activity or field trip this year? And why?”*
 - *“What was your biggest area of growth this year?”*
 - *“What was one of your favorite memories from this year?”*
 - *“What are your summer plans?”*
 - *“How are you feeling about going into high school next year?”*
 - *“What are you most excited about as you move into high school?”*
 - *“What accomplishment are you most proud of from this year?”*

[Mentor Notes on Scholar Feedback](#)