



LIVE TIMEWISE HIGH SCHOOL & BEYOND



Session 8: Transitions and Leisure

Discussion

A transition is a change or shift from one state, subject, place, etc. to another. It is a significant change or shift in a person's life that involves adjusting to new circumstances and roles. These transitions can be planned or unplanned, positive or negative, and involve both internal psychological shifts and external changes. Times of transitions might increase risk of negative outcomes because you may be around new people or maybe are more unsure of yourself and you take unhealthy risks. But times of transitions can also have many opportunities to grow and learn about yourself and others, as well as the ability to increase skills in a number of areas.

- We all go through transitions over time. What are the transitions you see coming up for you in the near future? [seasonal transition such as from winter to spring, to out-of-school summer activities, transition to life after high school, transition to living in another community, and so on.]

Activity/Reflection

- How do transitions impact how you spend your time? (give examples)
- How will your leisure time be affected? How will your relationships be affected?
- How might you plan for leisure during these transitions?

**For those approaching high school graduation- check out this worksheet.
Leisure Time- Transitioning from High School to College**