

Family Lessons: Educator Guide

Goal: Students will reflect on their postsecondary education, housing, finance, and emotional priorities in order to identify key factors that will influence their decisions after high school.

Family lessons provide a holistic approach to the often technical process of college and career exploration and planning. Family lessons provide an opportunity for students to pause, reflect, and explore their networks for support, while also creating space for emotional and social factors that may weigh on students. The lessons are focused on student self-evaluation as it relates to college and career readiness and planning. Students produce material they can use to guide them on the path to independence.

Recommended Preparation

- **Select a Family Lesson.** There are family lessons for students in grades 8th-12th. Select the right lesson for your students. Though each lesson is curated for a specific grade level, you may find them appropriate for broader groups of students.
- **Review the Family Lesson Student Worksheet.** Each lesson focuses on self-reflection and exploration. The worksheet provides clear instructions for students to complete the lesson. Determine how you will use the worksheet.

Getting Started

- You may print the **Student Worksheet** for students or embed the link in the materials you share with students.

Suggested Usage

You may choose to use this activity in a variety of ways or settings:

- In class, then assign a portion to be completed at home.
- As a task for the student to complete before an individual meeting.
- As homework.

Family Lesson: Home After High School: Student Worksheet

Goal: You will reflect on your postsecondary education, housing, finance, and emotional priorities in order to identify key factors that will influence your decisions after high school.

Part I: Reflect

Review the checklists below and check off the items that reflect your plans and/or resonate with you.

✓ Postsecondary Education

- Community College
- 4-year College (i.e. CSU, UC, independent)
- Other (i.e. straight to the workforce or military)
- I do not know. Explain:

✓ Housing

- On-campus college housing (i.e. dormitory)
- Where I live now
- With friends or other family members
- I do not know yet

✓ Financial Support

- Work study job during the school year at my college
- Temporary job during college breaks
- Parental support
- I am worried about how I will support myself
- I will need to help support my family
- Other:

✓ Emotions

- I know I can always go back to the place I call home now
- I worry my home will not feel like home if I decide to leave after high school
- I worry college will not feel like home
- I have people in my life who make me feel at home.

Part II: Journal

- Sign in to [CaliforniaColleges.edu](https://www.californiacolleges.edu). Go to **My Plan** and then **My Journal**. In the **College Journal** section, find **prompt #02**:
“How do you define “home”? Do you plan to leave home after you graduate from high school? Why or why not? Is this a choice you are making on your own? Are you making the decision with your family?”

Part III: Share

Choose a parent, older sibling, or other family member with whom you are close, and together, reflect on what “home” means to you. What will home look and feel like after you graduate from high school?