**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Range** | **Time Needed** |
| Junior High/Middle School Transitioning | 5-6 | 30 + minutes |

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| **Domain** | **Mindset Standards** | **Behavior Standards** |
| Academic | 1-5 | LS 1, 3, 6-10 SMS 1, 9, 11 SS 5 |

**Learning Objectives:**

* Students will have the opportunity to understand the importance of the next step of their educational process
* Student will establish the importance of setting goals and planning ahead.
* Understand concerns students may have with the transition as well as reduce anxiety.

**Supplies/Materials:**

A copy of your school’s/district’s handbook for middle school/junior high (you may choose to create either handouts for each student with some of the highlights and/or a visual presentation to do highlight important information)

**Outline:**

***Note:*** *The transition to the middle school/junior high format can be exciting yet stressful for students. The purpose of this is to help answer questions, reduce stress, and allow students to make connections for the future of their education.*

1. Begin with giving students a general explanation of your school/district’s general transition to 6th/7th grade. Be sure to field questions along the way. Let students know if you do not know the answer, you will find it out and share during the next class.
2. Depending on your time limitations, you may want to partner with the classroom teacher and have students write questions before class. This may help in tailor what information you share as well as screen for inappropriate questions.
3. As appropriate and time allows, be sure to explain how success in junior high/middle school sets up positive attitudes and behaviors moving into high school. Include pertinent information for your district regarding classes that may count toward high school graduation credit, etc. (i.e. health integration).
4. This lesson is designed to be more of a guided discussion than a formal lesson. It helps students realize they are not alone in their fears or concerns with the transition.
5. This session can be utilized to compliment other transitional activities your school/district may already have in place or to help create activities to help with the transition.   
    Ideas include:
   * Having student council members or other students come to the 5th/6th grade to discuss MS/JH and field questions (pre-selected)
   * Have MS/JH staff visit 5th/6th grade to discuss MS/JH and field questions (pre-selected)
   * Tour the MS/JH [even if there are other “open house” style activities in place]