

# NEW MEXICO 4-H

## Aggie Next Step

### Exploring High School



## Post Secondary Pathways



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# Exploring High School

## INTRODUCTION

High school is a chance to explore interests, build new skills, and discover what makes you thrive. In this lesson, participants will dive into the student handbook, explore a variety of electives, and check out extracurricular activities. They will see how these opportunities can help them succeed academically, socially, and personally.

## SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

## ACTIVITY

1. Have participants complete the *Pre-assessment*.
2. Start the discussion by asking:  
*Q: Who has seen or read their high school student handbook?*  
*Q: What information can you find in the handbook?*

Explain that they will be doing a handbook or website scavenger hunt.

3. Distribute *Scavenger Hunt Worksheet* and read instructions. Depending on group size and available technology, participants can work individually or in teams to complete the worksheet. Challenge participants to see who can find the most items in 10-15 minutes.

4. Wrap-up by having volunteers share the most interesting thing they learned.

5. Distribute the *Elective Selection Worksheet*, *Elective Example Sheet*, and *Tips for Choosing High School Electives*.

6. Spend some time reviewing each of the handouts and worksheet, touching on a few of the tips and strategies. Allow participants 10 minutes to complete the Elective Worksheet using either the Elective Example Sheet or the electives listed on the high school website.

## Supplies

- Worksheets
- Handouts
- Pens/Pencils
- Access to the student handbook and school website

## OUTCOMES

### Students will be able to:

- **Identify** school personnel and understand their roles.
- **Explore** graduation requirements and student policies.
- **Evaluate** how elective choices connect to career and personal interests.
- **Recognize** the benefits of participating in electives and extracurricular student activities.
- **Demonstrate** an understanding of elective selection strategies.



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7. Debrief by allowing participants to share some of their top electives and why they chose them. This is a good way for students to hear of electives they may not have considered.
8. Transition to extracurricular activities in high school. Start a discussion around what extracurricular activities they are currently involved in, what they discovered exploring the handbook and website, and what the benefits of participating are.
9. Divide participants into small groups of 3-4. Distribute the extracurricular infographics: *Making Better Choices*, *Good News – Bad News*, and *College – Careers*. Allow time for groups to review the infographics. Wrap-up by asking each group to share 1-2 things they learned from the infographics.
10. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.
- 11. Have participants complete *Post-assessment*.**

## WRAP UP

Great job exploring what high school has to offer! Understanding your school's resources, policies, and opportunities helps you make smart choices, be more confident, and get the most out of your high school experience.





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## RESOURCES

### NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 2.1.1: Select and employ appropriate reading and communication strategies to learn

CTE 2.1.3: Locate, organize, and reference written information

CTE 2.1.9: Listen to and speak with diverse individuals to enhance communication skills

CTE 9.1.1: Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-10: Plan education and career path aligned to personal goals

Optional ELA Alignment (Grades 6-12):

SL1: Participate in a range of conversations

RI1: Read closely to determine what the text says explicitly

### Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

*Engaging in Extracurricular Activities*

[https://www.youtube.com/watch?v=MVHy\\_hbKSa4](https://www.youtube.com/watch?v=MVHy_hbKSa4)

*What Extracurricular Activities Should You Do in High School?*

<https://www.youtube.com/watch?v=YrIAc3YL3E>