

# SOARS LESSON PLAN

(9:16 – 10:00)

## Lesson Plan 1- Introduction to Soar

### **Introduction/Ice Breaker-**

- Introduce yourself to the students. Tell them some information about who you are. Share where you grew up and attended school along with one piece of information they would not know about you.
- Explain to the students that SOAR is a program that was implemented in our school, and we will be helping them find a career path that works, along with getting to know each other better.
- Our purpose is to prepare our students for a successful future. (Share with the students that you want to see them be successful and that you want to help them with anything they need in order to be successful.)
- Explain to the students that the relationship is a student/advisor relationship and that your purpose is to help them along as they become successful members of society.
- Share with the students the different lessons that will be covered throughout the entire semester.
  - Ability Profiler
  - Self Respect, Values
  - Tolerance and Discrimination
  - On-line Safety
  - Etiquette/Respecting authority
- Soar will meet once a month for 40 Minutes a day
- Schedule an individual meeting with each student----As the advisor of your group we would like you to meet for 5 to 10 minutes with each individual in your group outside of the SOAR time. In this meeting, you will act somewhat like a college advisor, making sure the students are on the right path for their goals in life. This meeting will help you learn about your students and where they want to go with their lives. As the advisor this is a great way to begin that relationship. In this meeting you should discuss with each student their credits, what they plan on doing with their lives, courses, etc. Our students need to have some relevance to what they are doing. For example, If a student wants to be a doctor but they are taking only two sciences throughout high school ,they are obviously not on the right course to be a doctor. (It is your job in this meeting to

help guide them.) Please get to know your students so that they feel they have someone to count on in their schooling process.

- Have a signup sheet for the students as a time you can get together. You can choose when you will be available to meet with students. It may be before or after school or during your prep period depending on your schedule.

### **Lesson –**

- Today is a day that you are trying to get to know your students and what they are all about. This will be low key as we are looking to develop relationships. Feel free to bring a treat if you would like.
- Ice Breaker Game: 10 Fingers Game
  - o Have all of the students stand in a circle and hold both hands in front of them, spreading out all 10 fingers.
  - o Starting with the youngest person, have that person say one thing about himself.
  - o Continue around the circle in a clockwise order. Do not repeat a statement that has already been used. Everyone should close one finger for each time someone says something about herself that is also true for that person. Once you have no outstretched fingers remaining, step out of the circle.
  - o The last person to have fingers held up is the winner.

### **Closure (5 Min) –**

- Remind the students that they need to meet with you independently. Make sure that all the students have scheduled a time to meet with you before this session is over.
- If you have some extra time, have the students journal about what they would like to see accomplished in SOAR. Invite the students to email you their responses.
- If the students have any questions, make sure they know they can contact you at any time.