



## LESSON 2.4 Being Social Isn't that Tough, Is It?

### Module #2: Building Relationships & Getting Involved

The high school experience is truly defined by relationships and involvement. Students must learn to navigate relationships with adults in the building, classmates in the Freshman Focus class, and all the other students in the building. And, often the best way to get to know these individuals is through involvement with school clubs, activities, and athletics.

### Enduring Understandings

- I. **Building positive relationships is an important piece to a successful high school experience, and doing so requires skills, practice, and effort.**
- II. Knowing about, understanding, and participating in high school co-curricular, extra-curricular, and athletic activities will create a more meaningful, positive high school experience.

### Essential Questions

- I. **What are the keys to developing positive relationships? (I)**
- II. How can I engage in successful relationships with my teacher and other adults in my school life? (I)
- III. What opportunities are available for me to get involved in my high school? (II)

### Lesson Objective(s)

Students will learn and practice some basic "social skills" that will help them make friends, be more comfortable in social settings, and better enjoy their high school experience.

Challenge 1.3

Challenge 1.3

**Lesson 2.4**

Lesson 2.5

Challenge 1.4

### Directions:

1. Prior to conducting this lesson, student leaders should generate a social skills "tip sheet" to share with their freshmen. Tips should include suggestions like: (1) Always have a conversation starter ready – where did you go to middle school? Who's your favorite teacher? What's your first period class? (2) Get to class early – introduce yourself to the people your sitting next to; (3) Participate in extracurricular activities; (4) Find other students who have the same interests as you and talk about these interests.
2. Distribute your "tip sheet" to the class. Student leaders should review the tips. For some added fun, consider "acting out" each of the tips – it'll be funny, but you'll make your point.
3. Give freshmen the opportunity to add their own tips. Together, create a class social skills tip sheet. Write all the tips on large chart paper and display in the classroom to serve as a reminder for those ninth graders who may be needing a "social boost."

### Materials & Supplies

- Copies of your social skills tip sheet
- Chart paper
- Markers

**FOCUS  
POINT**

OK – so it seems silly, but "being social" doesn't come easy to everyone. Social skills are always evolving, and all freshmen can use a pointer or two from some upperclassmen. Remember, it's the quiet kid who is benefiting the most.

- Give your freshmen time to practice their skills in a "speed dating" format. Every 60 seconds, have each student rotate to a new classmate to talk to, ask questions, have conversation, etc.

**resources  
&  
extension**