

Lesson OC.1 – The Name Game

Directions:

1. Divide the students evenly between the student leaders. Direct participants to sit in a circle and talk to their neighbors on each side to learn something about each one.
2. After a few minutes, the mentor will ask participants to take turns telling the group their full names (including middle names), and to talk about their names:
 - Where did your name come from? (i.e., family, book, movie star, etc.)
 - Do you have a nickname and how did you get it? Do you have more than one nickname?
 - Do you have any funny stories about your name?
 - How do you feel about your name?
3. As each participant finishes talking about his or her names, the mentor will ask those on each side to share something interesting they have learned about their neighbor.
4. When everyone has finished, ask one or two people to see if they can go all the way around the circle remembering each person's name.

- There are no materials/supplies needed for this lesson.

materials
&
supplies

Lesson OC.2 – Do What I Do

Directions:

1. Student leaders should have everyone form a circular seating arrangement, or divide the class evenly between the student leaders.
2. When the freshmen are seated, the student leader(s) explains that since this exercise is designed to help them become better acquainted with one another, the group members are first to think of something they enjoy doing.
3. Student leaders then solicit a volunteer to begin the activity. The volunteer states his or her first name and then mentions some activity or pastime he or she enjoys. Other interests can also be used: favorite animal, favorite movie, favorite song. The person to the volunteer's right repeats what the volunteer has said and adds his or her name and favorite The next person repeats what the others have said and adds his or her personal information. For example: "His name is David, and he likes to eat; her name is Sarah and she likes to read; and my name is Ann, and I like to sail."
4. Group members may, at any time, help a person who has some difficulty remembering a particular name or activity.
5. The exercise continues around the circle until the last person (or the student leaders) has repeated all of the names and activities and added his or her name and personal information.

- There are no materials/supplies needed for this lesson.

materials
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supplies

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Lesson OC.3 – School Scramble

Directions:

1. Divide the freshmen evenly between the student leaders.
2. Each student leader should take his/her group of freshmen on a “school scramble.” Using the “School Scramble” worksheet below, guide freshmen through the building helping them fill in each of the blanks. **Note:** You may consider creating your own unique school scramble worksheet to meet the specific needs of your school.
3. Make this a competition – this first team back with all the correct answers wins a prize.
4. Once everyone has returned to the classroom, go over the answers to all of the questions.

- Copies of the “School Scramble” worksheet

materials
&
supplies

SCHOOL SCRAMBLE

1. The office of the principal is in _____.
2. The Athletic Office is located _____.
3. The name of a school secretary is _____.
4. Another name for the PAC is _____.
5. The most attractive piece of art at school is located _____.
6. The largest classroom in the building is _____.
7. The easiest access to a computer in the building is _____.
8. The librarian on duty right now is _____.
9. The best place to find a police officer at school is _____.
10. The best place to meet people at school is _____.
11. A music teacher in the building is _____.
12. The best place to get medical attention is _____.
13. The best place to buy class materials and candy is _____.
14. The best place to get tutoring if you need help is _____.
15. My counselor's office is located in _____.
16. The best place around to buy ice cream is _____.
17. The place to pay your fees is located _____.
18. This place has three basketball courts. _____.
19. Who is the head of the Guidance Department? _____.
20. The phone number for the Attendance Office is _____.

Lesson OC.4 – Dixie Towers

Directions:

1. Divide freshmen into groups of four (one group per student leader). Set up a desk or table for each group. Using the masking tape, mark a 4-5 foot square on the floor in front of each desk. Give each group two blindfolds and 3-4 marshmallows.
2. Explain that the game will last five minutes and that all the members of each team must remain inside their taped box during the game. Two team members will wear the blindfolds, and they are the only ones who may touch the cups. The marshmallows are not for eating but for throwing.
3. The blindfolded team members will build the tower, making it as tall as possible, staying inside the taped box at all times.
4. The other two members will have the marshmallows and may only throw them at the towers of other teams, staying inside the taped box the entire time. They may not reuse marshmallows that are thrown at their tower.
5. The team with the tallest tower at the end of the five minutes is the winning team.

- Dixie® cups, at least 10 per group
- Bag of large marshmallows
- Masking tape
- Two blindfolds for each group

materials
&
supplies

Lesson OC.5 – A Web of Yarn

Directions:

1. Divide the freshmen into two or three teams (max. 10 per group).
2. Give a book to each team and explain that each team must create a web with the yarn that will support the book in the air. All of the team members must hold onto the web but each member may use only one hand. Student leaders should determine the amount of time teams may have to work.
3. When the time is up, each team must carry the web with the book in it along a designated course, i.e., down a hallway and back, or around in a circle, etc. The team may run or walk, and the first team to complete the course without dropping the book is the winning team.
4. After completing the activity, have a brief discussion with your freshmen. Questions should include:
 - What different team roles did you see in your group?
 - How did it require you to work as a team?
 - What problem-solving skills did you use?
 - What was your motivation to succeed?
 - How did working as a team help you to succeed?

- Spools of yarn (one for each small group)
- Scissors
- Masking tape
- Books (each group needs to have the same book)

materials
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supplies

Lesson OC.6 – Trash Inventions

Directions:

1. Divide the freshmen into four groups (one group for each student leader). Give each group a note card, paperclip, rubber band, a paper cup, and one piece of tape. Tell them to make something using all of these materials, with a three-minute time limit.
2. Each group should name their creations.
3. Student leaders should establish a time limit for creating the invention. Once everyone is finished, have each group share. The class should vote on the “best” invention.

- Note cards
- Paperclips
- Rubber bands
- Tape
- Paper cups

materials
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supplies

Lesson OC.7 – Differences Between Middle School & High School

Directions:

1. Prior to conducting this lesson, the student leaders and faculty advisor should review the differences between middle school and high school (below). The school may consider revising these “differences” to match the specific differences that apply to your school.
2. When the freshmen arrive, ask them to brainstorm what they think the differences are between middle school and high school. Have them jot these ideas down on a piece of paper.
3. After a few minutes, ask students to share their ideas, and write them on the chalkboard.
4. After everyone has shared, distribute the “Differences Between Middle School and High School” worksheet (below). Guide students through a discussion of the differences between middle school and high school so that they can fill in all of the blanks.

Note: A discussion guide is below.

- Copies of the “Differences Between Middle School and High School” worksheet

materials
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Differences Between Middle School and High School

1. You are responsible for your own _____.
2. You have a lot of new _____ with classes, clubs, music, art, drama, and sports that are available in high school.
3. You will have a lot more _____, but also a lot more _____ in high school.
4. You will notice a _____ difference in the high school building.
5. You will see a lot more _____ in the students at the high school.
6. You need to keep yourself _____.
7. You will participate in _____ during the school day to allow you to get involved in activities in the building.
8. You will take _____ and _____ exams for each of your classes.
9. You will experience more school _____ in high school.
10. You will have more _____ for lunches.
11. You will receive a bigger payoff for your academic _____ in high school.
12. You will have easy _____ to administrators and guidance counselors to discuss any needs you may have.
13. You will find many _____ to help you academically.
14. You will have higher academic and _____ expectations placed on you.
15. You need to manage your _____ effectively.
16. You need to develop more _____ and self-discipline to adapt to the freedom you will receive.
17. You will experience more _____ pressure in high school..
18. You can attend many _____ events throughout your high school career.
19. You can be _____ in high school and become your _____ person.
20. You have the _____ to say you go to this school.

Differences Between Middle School and High School Discussion Guide (SAMPLE)

1. You are responsible for your own academics.
 - No one reminds you to do your work or stays on you to improve your grades - It is completely up to you!
 - Your high school classes determine your entrance into college – do well your freshman year so you do not have to dig yourself out of a hole later on in order to be accepted into the college of your choice.
 - If you take a class with summer reading requirements, do it early – do not try and cram it in the week before school starts.
2. You have a lot of new opportunities with classes, clubs, music, art, drama and sports that are available in high school.
3. You will have a lot more independence, but also a lot more responsibility in high school.
4. You will notice a size difference in the high school building.
 - There are many more people in the building as well, so you cannot stand in the hallways and talk – you need to keep walking or move into a room.
5. You will see a lot more variety in the students at the high school.
 - The actions, behavior and dress of the students are more diverse and mature than at the middle school level.
 - You will learn about yourself as a person based on your associations and interactions with new people you meet in high school.
6. You need to keep yourself organized.
7. You will participate in “club days” during the school day to allow you to get involved in activities in the building.
 - There are many activities that take place during the school day (drama productions, variety shows, artistic programs, intramurals, etc.) that you can attend as well!
8. You will take semester and final exams for each of your classes.
9. You will experience more school spirit in high school.
 - There are huge rivalries in athletics and major competitions in art, music, drama and academics that do not exist in middle school.
10. You will have more choice for lunches in high school.
11. You will receive a bigger payoff for your academic achievement in high school.
12. You will have easy access to administrators and guidance counselors to discuss any needs you may have.

13. You will find many resources to help you succeed academically (math lab, write place, tutoring, etc.)
14. You will have higher academic and behavioral expectations placed on you.
15. You need to manage your time effectively.
16. You need to develop more self-control and self-discipline to adapt to the freedom you will receive.
17. You will experience more peer pressure in high school.
18. You can attend many social events throughout your high school career that you do not have in middle school. (Homecoming, Prom, After Bash, etc.)
19. You can be yourself in high school and become your own person.
 - There are a lot more groups to fit into in high school, so you will meet new people and make new friends based on your interests and personality!
20. You have the right to say you go to this school – It is definitely something you can brag about!