

**Freshmen**  
**April 11, 2017**

**Objective:** Students think about the strengths and supports that they can rely upon as they prepare for postsecondary success.

**Resources Needed for this Activity:**

- Student copies of Asset Checklist Handout that were collected in the last session
- Paper copies [**9\_U6\_A2\_40 Developmental Assets Handout**]

**Assignment(s):**

Assignment	Standard(s)	Points	Assigned	Due
<b>Using Your Assets to Overcome Challenges</b>	CS.CD.01 Assess personal characteristics related to educational and career goals.	5	4/11/17	4/11/17

**Opening: 7 minutes** – The advisor begins the session by asking students to write down three challenges that they think they may face in getting ready to be admitted to and succeed in a postsecondary institution including, community colleges, trades school, apprenticeships, workforce, etc.

If students need assistance in identifying these challenges, the advisor can prompt student thinking by urging the students to think about:

- The challenge of becoming academically ready for some type of college
- The challenge of finding the right postsecondary institution and gaining admission to that institution
- The challenge of finding a career field and identifying the postsecondary programs required to succeed in that field
- The challenge of paying for postsecondary education
- The challenge of sticking to a goal over time and working with other students, teachers, parents, and adults to realize goals for postsecondary education

The advisor should then ask several students to share the challenges they have identified.

**Activity: 20 minutes** – The advisor should remind students that they have many assets they can rely upon in preparing for postsecondary success. Students are to be reminded that during the last advisory session they examined 40 assets that the Search Institute has identified that help young people succeed in life. Those assets are both internal strengths and external supports.

- The advisor should then give students back the Asset Checklists they filled out during the previous advisory session as well as the student handout 40 Developmental Assets

The advisor will explain that each question on the Asset Checklist corresponds with the same numbered asset on the list of 40 assets. Students should look up the names of the assets that they checked on their checklists.

The advisor now asks students to look back at the three challenges they wrote about in becoming college ready. The advisor should ask students to identify at least one External Asset and one Internal Asset that

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**Identifying Internal Strengths and External Supports**

they think will help them overcome one or more of those challenges to becoming college ready by the end of high school.

The advisor should then ask several students to share the assets that they can rely upon to overcome challenges to college readiness.

**Closure: 3 minutes** – The advisor should remind students that no matter how many challenges they face in life, they have strengths inside themselves and people and resources around them that they can rely upon. This would also be a good time to remind students of the list of resources that was shared with them during the *Seeking Help in High School (Unit 3)*.