

**STUDENT ADVISORY ACTIVITY**  
**12<sup>TH</sup> GRADE**  
**SESSION# 19**

**Topic:** “Post-Graduate Survival Skills”

**Time Required:** 35 minutes

**Objectives:** Students will identify the skills needed to be successful after high school.

**School Core Values & Beliefs Expectations Codes:**

Knowledgeable Person, Complex Thinker, Self-Directed Learner

**Activity Statement:** Why is it important to learn post-graduate survival skills?

**Materials Needed:** “5 Skills Needed for Success after High School” handout

**Procedure:**

Students brainstorm concerns they have about moving on beyond high school. Advisor or student volunteer records concerns on board. After brainstorming, students share and discuss way of dealing with concerns.

**Discussion Questions:**

What other skills do you think are important to have to be successful after high school?

Name some of the successful people you know. What skills do they use to be successful?

**Closure:**

Share information on “5 Skills Needed for Success after High School” handout.

**Next Advisory Lesson:** High School vs. College vs. Workplace

## **5 Skills Needed for Success after High School**

### **Plan a Budget**

- Consider buying textbooks online; if possible wait until after the first day to buy texts- some are required for reference only
- Use credit cards wisely

### **Learn to Manage your Time**

- Establish a routine. Be realistic in balancing work/school, friends, family, and social life.

### **Be Aware**

- Familiarize yourself with resources, deadlines, prerequisites, office hours, and grading scales
- Know your job benefits-insurance plan, retirement, vacation/sick time
- Ask questions: Tell teacher/boss when you need help
- Know yourself – if you continually do poorly in your 8:00a.m. classes, don't schedule early morning classes

### **Be Good to Yourself**

- Get enough rest and eat well
- Exercise – join sports team, intramurals. Exercise relieves stress and will help you feel and sleep better
- Be your own person and don't give in to pressures
- Find a good place to study and don't tell anyone where it is
- Learn when to say no

### **Open Up**

- Get involved – community, clubs
- Take electives outside your major – consider studying abroad
- Meet as many people as you can from as many different backgrounds as you can
- Network
- Get to know your professors
- Take advice from older students, people in your major
- Give yourself a year to get comfortable