

## Guidance Lessons- Week of May 4th

### **Early Childhood**

This week we will start thinking about what school will be like next year! For friends in Headstart who will be continuing on in the same class, what are you looking forward to about coming back to your classroom next year? For friends who will be starting Kindergarten, watch the following story:

[Miss Bindergarten Gets Ready for Kindergarten w/ Music & EFX](#)

Talk with your kids about how Kindergarten seems different than preschool. If there are older siblings in the house, have them talk with your child about how school changes a little bit as you get older. Although the new school year is still a few months away, it can be helpful to start talking to your children about the transition early to help ease any worry or anxiety they may have.

### **Kindergarten**

This week we're going to start thinking about 1st grade and beyond! Have students reflect about what they loved about kindergarten. Was it the teacher? The friends in their class? Having center time? Eating in the lunchroom or playing at recess? Using any materials you have at home, have them draw a picture of something they loved about being in Kindergarten.

If there are older kids in the house, have them talk with your-soon-to-be 1st grader about what school is like later on in elementary and middle school.

### **1st Grade**

Our last unit of the year in counseling is about college. It might seem early to start talking about college already, but the earlier we start the more likely students are to start picturing themselves going to college. Ask students what they know about college. Is there anyone in the family who has been or is currently going to college? Explain that college is a school, just like Miller Park is a school! Does your family watch any college sports? If so, try googling some of the mascots for the teams your family likes, and talk to your child about where the colleges are using a map. If unable to do so, use the following local mascots to talk about colleges near us!



## 2nd Grade

Our last unit of the year in counseling is about college. It might seem early to start talking about college already, but the earlier we start the more likely students are to start picturing themselves going to college. Ask students what they know about college. Is there anyone in the family who has been or is currently going to college? Explain that college is a school, just like Miller Park is a school! Does your family watch any college sports? If so, try googling some of the mascots for the teams your family likes, and talk to your child about where the colleges are using a map. If unable to do so, use the following local mascots to talk about colleges near us!





### 3rd Grade

Hello, 3rd grade! Last week I shared with you some careers you might like if you are statements 1-5 are about you.

1. I like being around animals.
2. I like helping people who are younger than me, such as younger siblings.
3. I like being around babies.
4. I enjoy singing or playing an instrument.
5. I like to help fix things around the house and build structures with blocks.
6. I enjoy being outside in nature.
7. I like computer and video games.
8. I enjoy solving math problems and doing riddles or puzzles.
9. I am athletic and I enjoy physical activities.
10. I enjoy reading stories and writing about different topics.

Now I want to share with you some jobs that might be interesting to you if you circled anything in numbers 6-10.

6. Scientist, biologist, florist, park ranger, farmer

7. Computer programmer, computer repair, app creator, video game developer, software developer
8. Engineer, mathematician, accountant, statistician
9. Personal trainer, dancer, professional athlete,
10. Journalist, children's author, editor, blogger

After you have looked at the lists, choose three careers that sound interesting to you or that you want to know more about. Google the careers to find out more about them or try asking an adult or older sibling to tell you more about them.

#### **4th Grade**

Hello, 4th grade! Last week I had you think about the following questions:

1. What do you know about college? How is college like high school? How is it different?
2. Do you have people in your family who have gone to college? Who are they?
3. Think about the career you want to have when you grow up. Does it require a college degree?
4. What obstacles do you think might get in the way of you going to college? Who could you talk to about those obstacles?

This week I want you to focus on questions number 1 and 2. To start, here are some ways that college is different than K-12:

-In college, you get to choose a major, which helps you determine what classes you are going to take. You get to take classes that are mostly about what you want to do for a job!

-There are 2-year colleges called community colleges, 4-year colleges and universities, and technical or trade programs, where you spend as much time as you need to learn your skill, like welding.

**Can you find one example of each of these types of schools in Omaha by either doing a google search or asking an adult or older sibling in your home?**

Next, I want to talk to you about interviewing people in our family who have gone to college or to a program to learn a trade. If you can find an adult to talk to about their experience, ask them the following questions:

1. What did you study after high school and why?
2. Who or what helped you to reach your goal of going to college (or a training program)?

Feel free to email me your answers at [erika.mardock@ops.org](mailto:erika.mardock@ops.org)

Next week I will try to answer some of your questions!

## 5th Grade

Hello, 5th grade! Last week I asked you to read some information about middle school from 6th graders at Davis. I want to continue thinking about next year this week, as the enrollment and transfer process just opened up on May 1st. Students and parents if you do not know what your home middle school is or where you have been assigned, please reach out to me by email at [erika.mardock@ops.org](mailto:erika.mardock@ops.org) so I can assist. Also, if you need help with the online request to transfer process, I am happy to walk you through that as well.

Students, if you do not what school you are attending, please go to that middle school's website and do the following scavenger hunt:

1. Who is the prinicpal?
2. What is the school mascot?
3. What are the school colors?
4. What clubs and sports are available at your middle school?

If you are not able to do this, maybe you have an older sibling who can help answer those questions.