

Lesson 1

Introduction to Beaver Hangouts: *Coach Guide*

Learning Goals

1. Students and coaches will get to know each other and establish a “safe space”
2. Students will be able to define “post-secondary education”
3. Students and coaches will establish ground rules and goals of the class for the year

Introduction (~5 minutes)

- **Welcome your classroom to Beaver Hangouts**
 - Introduce yourself to your students and give them a brief overview of your background. You may want to include things like:
 - Your personal background (Where are you from? What was it like growing up there? Do you have any siblings?)
 - Your educational background (Are you a first generation college student? Did you go to public or private school?)
 - Why did you choose to come to Oregon State University?

Think, Pair, Share! (~5 minutes)

- **Interview Icebreaker**
 - Have each student stand up one at a time and share their name and what they want to be when they grow up.
 - Write list of each name to reference throughout the term.

Pre-Program Survey (~10 minutes)

- **Survey**
 - Follow survey directions.
 - As you go along with the lesson plan you may need to adjust the times of the activities.

Activity (~10 minutes)

- **Safe Space and Ground Rules**
 - What is a Safe Space?
 - Read this definition aloud to your class: *“A place where anyone can relax and be fully self-expressed, without fear of being made to feel uncomfortable, unwelcome, or unsafe on account of biological sex, race/ethnicity, sexual orientation, gender identity or expression, cultural background, age, or physical or mental ability; a place where the rules guard each person's self-respect and dignity and strongly encourage everyone to respect others.”*



- Ask students to raise their hands and come up with ways we can create a Safe Space during Skype sessions. Write down their responses to refer to throughout the year.
- Ground Rules
 - This is an opportunity to get students involved with establishing ground rules for the year. Have them come up with some rules and write them down. (These might include: raising your hand when you have something to say, standing up or coming up to the camera when it's your turn to speak, keeping questions appropriate and on task, etc.)

Lesson (~15 minutes)

- **What is Post-Secondary Education?**
 - Ask students to raise their hand if they have heard of the term “post-secondary education”. If so, call on someone to define it. **Definition:** *Any form of education beyond high school.*
 - Have students come up with different types of post-secondary education. This might include: colleges, universities, community colleges, ROTC programs, vocational/trade schools, certificate programs, apprenticeships, & more)
 - Talk about what form of post-secondary education you are currently pursuing and how you determined it was the right path for you.
- **Learning Goals**
 - Talk about some of the topics you are going to cover during your Skype sessions this year.
 - Ask students to write down three things they would like to learn more about this year, regarding post-secondary education, careers, etc. Have them share.
 - Write down these ideas!

Closing/Assignment (~5 minutes)

- **Wrap-up**
 - Leave some time for students to ask you questions
 - Give students a short assignment for Week 2. The lesson plan for next week will be about college myths. To prepare for this, ask the students to write one or two concerns they have about college on a piece of paper and collect that in a small box.
 - Let the students know that you guys will start off next week by tallying everyone’s concerns about college. Reassure them that these will be anonymous.

