

Lesson 3

Week in the life of a college student: *Coach Guide*

Learning Goals

1. Students will learn what a college student's schedule looks like
2. Students will see the difference between their elementary school schedule and college schedule
3. Students will have their specific questions answered by coaches

Introduction (~10 minutes)

- **Welcome your classroom back to Beaver Hangouts**
 - Remind your students of last week's lesson about types of college campuses
 - Recap your week as a college student and ask students to share something they did since the last time you saw them.
- **Introduce this week's lesson: sharing what life is like for college students**
 - Talk about the difference in your schedule as you moved from elementary to middle to high school
 - Talk about adjustments you had to make when starting college. Some examples could be: choosing your own classes, having more free time, being more independent, etc.

Activity 1 (~10 minutes)

- **Elementary school schedule**
 - Ask the teacher to hand out the blank schedules to their students. Encourage them to use colored pencils, crayons, or markers to make their current schedule. If they have trouble, give them examples of things to add: school, sports, clubs, family time, etc.
 - Emphasize that this doesn't need to be specific. They can block off "school" as opposed to each individual class they go to. Keep it simple for them!

Activity 2 (~30 minutes)

- **College schedule**
 - Ask the teacher to hand out the weekly schedule example. Emphasize that every college student has a different schedule and that you have a large say in how your schedule looks.
 - Go through the different blocks on the schedule
 - Describe what each one means, how often it happens, etc.
 - See notes for descriptions. Feel free to add your own thoughts and how it relates to your college experience
 - After you go through the schedule, talk about how you fill in your free time, making sure you touch on homework and studying.



- Have students fill out the questions on the worksheet. If they have trouble, feel free to give them some examples of what your answer would have been when you were in their place.
- Ask if anyone would like to share some of their answers and how they think college will be different from elementary school.

Closing/Assignment (~5 minutes)

➤ **Wrap-up**

- Leave some time for students to ask you questions

