

Lesson 2

College Fears and Common Myths: *Coach Guide*

Learning Goals

1. Students will understand it is perfectly normal to have fears about going to college
2. Students will learn about their coach's fears and begin to build a trusting relationship
3. Common college myths will be debunked

Introduction (~10 minutes)

- **Recap your week as a college student.**
- **Introduce the lesson plan for this week.**
 - Use this time to share something about your life with your students. For example,
 - What activities or events did you attend or participate in this week?
 - What assignments did you have or tests did you take?
 - What was your favorite part of the week?
 - Ask the students to share what the best part of their week has been
 - Why do you, the coach, think this activity is important? What were your fears prior to coming to college?
 - This lesson has many great opportunities to establish common ground with your students!

Activity 1 (~15 minutes)

- **Common College Fears**
 - In week 1, the students should have compiled an anonymous bag filled with slips of papers with their fears written on it. This activity will reveal what those fears are.
 - The classroom – have each student pick out a slip of paper and read them off one by one.
 - The coach – record what is read by the students on a poster board. Put tally marks on repeated fears. This poster board will be present at all Beaver Hangouts sessions and each lesson will aim to knock down each fear throughout the year.
 - If the students didn't compile a bag from week 1, have the students should raise their hand and share a fear with you. Record what is said by each student as they share them.

Activity 2 (~15 minutes)

- **College Myths Powerpoint**
 - As you go through the PowerPoint, relate these concerns back to your own experience of applying to college.



- To show the PowerPoint, select the “Screenshare” option on Skype and make the presentation fullscreen. The students will still be able to hear your voice, but will only be able to see the presentation slides.
- Tips:
 - Ask for volunteers to read the myth out loud to the class.
 - Give the students some time to discuss their thoughts about the myth before revealing the answer.
 - Share your own stories about anything that relates to the PowerPoint throughout the discussion.

Closing/Assignment (~5 minutes)

➤ **Wrap-up**

- Leave some time for students to ask you questions
- Give the students a little preview about the next lesson plan.

