

## **Your Future, Your Voice — A Personal Pathways Expo**

**Grade Level:** High School

**Time:** 2 class periods (90–120 min)

**Big Idea:**

Students will explore community and school resources, deepen their understanding of their rights and responsibilities, and practice self-advocacy as they plan for the future.

**Lesson Overview**

**1. Warm-Up: Resource Scavenger Shuffle (10–15 min)**

Students circulate the room to match **resource cards** with categories: *Mental Well-Being, Physical Well-Being, Financial Help, Academic Support, Career & Post-High School Guidance.*

Examples:

- School counseling center
- FAFSA/ORSAAs workshops
- Local community health clinic
- Tutoring centers
- Local workforce partners

**Class Debrief Questions:**

- What resources helped you that you didn't know about before?
- What resources could help you reach a career goal?

**Standards Targeted:** HS.HECPS.A2 — identifying resources for well-being and assistance.

**2. Mini-Lecture + Think-Pair-Share (20 min)**

**Topic:** *Rights & Responsibilities as a Student and Community Member*

Explain that students have rights (to support, services, safe learning environments) and responsibilities (to seek help, participate, make informed decisions).

**Partner Prompt:**

- Identify one right you think is most important and one responsibility you feel strongly about.

- How do your rights and responsibilities interact when planning your future (education, finances, career)?

**Standards Targeted:** HS.HECPS.A3 — understanding rights and responsibilities.

### **3. Activity: “Self-Advocacy Action Plan” (40 min)**

#### **Personal Reflection (10 min)**

Students complete a short worksheet answering:

- What’s one need or concern you have about your future (college, career, health, finances)?
- What resource(s) could help you with this?
- Who could support you in accessing this resource?

#### **Draft an Advocacy Script (20 min)**

Students craft a **written script** they could use to request support — whether it’s asking a counselor for financial planning help, emailing a community partner for internship info, or talking to a teacher about accommodations.

They must include:

- A clear statement of need
  - Why the support/resource matters to them
  - A request for assistance
- (Example: an email to a school counselor asking for help completing FAFSA.)*

#### **Practice & Role-Play (10 min)**

In pairs or small groups, students practice delivering their scripts. Peers offer feedback on clarity, tone, and confidence.

**Standards Targeted:** HS.HECPS.A4 — self-advocacy through clear communication, expressing needs, and seeking support.

### **4. Culminating Assessment: Personal Pathway Expo (Homework / Next Class)**

Students create a **portfolio board or digital slide** that includes:

- One *resource map* with annotations (school/community)
- One *rights & responsibilities reflection*

- Their *advocacy script* and a short explanation of why they chose it

Students present their portfolios in a gallery walk, mini-conference style.

**Assessment Criteria:**

- Evidence of resource exploration and understanding
- Clear articulation of rights and responsibilities
- Effective self-advocacy communication in both writing and speaking

**Extensions & Modifications**

**For more academic support:**

- Provide sentence starters for advocacy scripts
- Offer examples of professional emails or script templates

**For deeper challenge:**

- Students research community organizations that support their post-high school goals
- Students send a real email/application based on their script

**Resource Scavenger & Mapping Sheet**  
**Your Support Systems: School & Community Resources**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Identify Resources**

List at least **one resource** for each category.

<b>Category</b>	<b>School or Community Resource</b>	<b>What It Helps With</b>
Mental Well-Being		
Physical Health		
Academic Support		
Financial Help		
Career or Post-High School Planning		

**Using Resources**

Answer in complete sentences.

1. Which resource surprised you the most? Why?
2. Which resource could help you **right now** or in the near future?

**Rights & Responsibilities Reflection**  
**Being a Student and Community Member**

**Name:** \_\_\_\_\_

List **two rights** you have as a student or community member.

1. \_\_\_\_\_

2. \_\_\_\_\_

List **two responsibilities** that come with those rights.

1. \_\_\_\_\_

2. \_\_\_\_\_

**Part C: Real-World Thinking**

Why is it important to understand both rights *and* responsibilities when planning for your future? Include 3 reasons and support each reason with examples or evidence.

**Self-Advocacy Action Plan**  
**Speaking Up for Your Future**

**Name:** \_\_\_\_\_

**Identify a Need**

What is **one concern, question, or goal** you have related to your future?  
(circle one or write your own)

- ☐ College
- ☐ Career
- ☐ Mental or physical health
- ☐ Money/financial aid
- ☐ Academic support
- ☐ Other: \_\_\_\_\_

Describe it:

**Find Support**

Which resource or person could help you with this?

Why is this resource a good fit?

**Advocacy Script (Draft)**

Write what you would say or write to ask for help.

Example: an email to a counselor, a conversation with a teacher, or a message to a community organization.

## **Advocacy Practice & Reflection**

### **Using Your Voice**

**Name:** \_\_\_\_\_

#### **Practice Feedback (Peer or Self)**

After practicing your script, answer:

1. One thing I did well:
2. One thing I could improve:

#### **Reflection**

Answer in 3–5 sentences:

How does self-advocacy help you succeed in school, work, or life?

<b>School Counseling Center</b>  Emotional support, stress management, coping skills, and mental health resources.	<b>Teen Mental Health Hotline (988)</b>  Crisis support, confidential conversation, and guidance for mental health concerns.
<b>Mindfulness &amp; Meditation Club</b>  Relaxation, focus, reducing anxiety, and improving emotional regulation.	<b>Community Therapy Center</b>  Affordable counseling sessions, support groups, and therapy referrals.
<b>Local Community Health Clinic</b>  Physical checkups, vaccinations, screenings, and minor medical care.	<b>School Nurse / Health Office</b>  First aid, health concerns during school, guidance on wellness.
<b>YMCA / Community Fitness Center</b>  Access to exercise programs, sports, wellness classes, and recreational activities.	<b>Nutritionist / Dietitian</b>  Personalized diet plans, healthy eating guidance, and managing physical wellness.
<b>Tutoring Center / After-School Tutoring Program</b>  Homework help, subject-specific tutoring, study skills, and test prep.	<b>Library / Learning Resource Center</b>  Research assistance, quiet study spaces, access to books and online materials.
<b>Peer Mentoring Program</b>  Academic guidance, motivation, and navigating challenging courses.	<b>Special Education Services</b>  Accommodations, IEP support, and academic assistance for students with learning differences.
<b>FAFSA / ORSAA Workshops</b>  Completing financial aid applications for college, scholarships, and grants.	<b>School Financial Aid Office</b>  Guidance on scholarships, budgeting, and understanding student loans.



<b>Local Nonprofit Youth Programs</b>  Grants, emergency funds, and financial literacy workshops.	<b>Bank or Credit Union Youth Programs</b>  Budgeting education, opening accounts, and basic money management.
<b>School Career Center / Guidance Office</b>  Career counseling, college applications, resume writing, and job search support.	<b>Local Workforce Development Center</b>  Job training, internship programs, career readiness workshops, and skill-building.
<b>Community College / University Advising Office</b>  College program planning, application assistance, and postsecondary options.	<b>Local Professional Mentorship Programs</b>  Shadowing opportunities, mentorship, networking, and career exposure.
<b>Apprenticeship / Trade Programs</b>  Hands-on skill-building, trade certifications, and entry into careers after high school.	

## **RESOURCE SORTING SHEET**

**Mental Well-Being**

**Physical Health**

**Academic Support**

**Financial Help**

**Career & Post-High School Planning**