

# Masteri.

## How to cope with Change and Transitions

### About Masteri Mentors

At Masteri our mission is to empower everyone to be themselves so they are enabled to positively make a dent to their communities. Masteri Mentors provides EQ, psycho-social and personal development skills through a relatable, educational and friendly approach to help students become their best selves. Made by students, for students.

Masteri Mentors is the brainchild of two of Beyond's youth board members, Louise Appiah-Lyons and Jeremy Lyons. To find out more, please contact them.

#### Introduction:

This lesson explores the challenges of growing up, transitioning from school to the post school world.

#### Objectives:

Students will be able to articulate some of their fears that surround growing up and moving on from secondary education. Students will be able to identify how pressure affects us differently; both positively and negatively.

#### Notes:

This lesson plan links into the British Values of Individual Liberty and Mutual Respect and links to all SMSCs.

#### Duration:

50 minutes - 1 hour (approx)

#### Target Age:

16-18 year olds

**Resources:** accompanying presentation

#### Introduction - 5-10 mins

We suggest presenting the topic by highlighting that they are currently young and soon to go out into the world. We think that considering the points within this lesson will help them during the period of transition that will come after school/ college.

Before you begin, try to share your own personal experiences of success and hardship if possible.

- How are you feeling and what do you identify as? (Students will write down their name and what they identify as without showing anyone)
- Contracting house rules
- Learning objectives

# Careers and Educational Choices

## Background Info (2 minutes):

As you come of age you will face numerous decisions regarding your career and education:

- ‘Do I go to university or pursue other options such as an apprenticeship?’
- ‘What sort of job do I want to apply for?’
- ‘Is it ok if I switch jobs/delay university/choose an alternative career path?’
- Throughout this time you will likely feel pressure from various places: parents, teachers, peers, society
- We hope to explain some of the challenges to you and give a better understanding of what is to come

## Some options for after school/ college:

- University
- Alternative education options
- Apprenticeships
- Internships
- Switching vs. staying at jobs
- Retaking university/delaying/taking years out

## Exercise - 5 minutes

### Guess the Age

This is a quick game where students have to guess what age the person became famous/had their big break. The main point here is to illustrate that success and finding one’s passion can happen at any age. We hope to highlight that there is no need to be in a rush or compare yourself to those around you.

### Answers:

Colonel Sanders: 62

Stan Lee: 39

Bob Ross: 41

Greta Thunberg: 15

Mark Zuckerberg: 19

Daniel Radcliffe: 10

## Discussion Questions - 8 minutes

- What moments have you felt pressured to make a choice so far?
- What moments in your near future do you feel will be significant choices and how do you feel about these?
- Have you started thinking about future career paths?
- What do you think are important considerations when making big decisions?

# Personal and Emotional

## Background Info - 2 minutes

- People with higher emotional intelligence find it easier to form and maintain interpersonal relationships and to ‘fit in’ to group situations.
- People with higher emotional intelligence are also better at understanding their own psychological state, which can include managing stress effectively and being less likely to suffer from depression
- Self-awareness can include emotional awareness, accurate self-assessment, self-confidence
- Self-regulation can include self-control, trustworthiness, conscientiousness, adaptability, innovation

## 9 types of intelligence - 13 minutes

This is a short video explaining the '9 types of intelligence'; psychologically backed research into the theory that there is more than just academic intelligence.

The video helps to illustrate the point that everyone is different and has differing strengths.

It's important that students focus on these and don't compare themselves to others, as well as use these advantages to their fullest potential.

### Recap the 9 types of intelligence

- Intelligence
- Emotions
- Perspectives
- Hobbies
- Personal Growth
- Relationships

### Discussion Questions

- On a personal level, what does Coming of Age mean to you?
- What examples can you think of for different types of intelligence?
- Do you think emotional intelligence develops overtime?
- What activities beyond education do you think contribute to your personal development?

## Understanding the Pressures - 10 minutes

### Background Info:

#### Pressure Can be Bad

- Increase stress
- Feeling overwhelmed
- Physical and mental negatives
- Affects everyone and can cause overload and lose sight of the goal

#### Pressure can be Good:

- A motivator
- Can increase performance
- Can encourage us to move out of our comfort zone
- Can show you care about something and is natural
- Helps you to keep focus

#### Ways to cope with Pressure:

- Time management e.g. calendar
- Taking time out to do hobbies e.g. exercise
- Seeking help if feeling overwhelmed

### Discussion Questions

- Who do you feel pressure most from?
- Is pressure always negative?
- Is it best to grow outside of your comfort zone

**Teacher prompt:** how could the following people potentially influence the way you feel about transition

- Parents
- Teachers
- Peers
- Society

### Feedback from the students:

- How do they feel
- Share one thing you've learnt from today's session