

**Session 4**  
**Are You Getting Ready?**

**Goals**

- The students will consider the importance of preparation for the future you want.
- The students will understand the importance of high school course and/or program selection in relation to future academic and career options.

**Materials**

Activity 1  
Activity 2  
Activity 3

**Procedure**

Greet the students. Wait until the students are seated and quiet. Briefly describe the goals of today's lesson. Reintroduce yourself to the students if necessary.

**Script**

Today we are going to think about what you are going to do after high school. Many of you expect to live in this same general area, get a job, marry and have a family. What kind of job will you get? You may not have thought much about finding a job. You may think that something will just "come along," but without planning, you may end up in a dull job that you do not like. Others of you may know what kind of jobs you want, but without planning, you may not be able to get those jobs because you lack the necessary skills and training. Some of you are thinking of attending a college or university. Now is the time to start planning and preparing yourself for college and/ or the job of your choice.

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**Activity 1: Self-Test**

College is still years away. Yet there are things to do and plans to make as early as eighth grade that will help get you to college. Are you doing them? Are you getting ready? Complete this simple self-test and find out if you are on the right track.

Answer True or False to each question. Then read Worksheet #1 to find out what your answers mean.

**Activity 2: Keeping A Record**

High school and college admissions boards are looking for well-rounded students. Complete the worksheet regarding your extra-curricular activities. It is important to keep a detailed list of clubs, sports teams, community organizations, projects, etc. This information can strongly influence your chances of admission to a high school or college.

**Activity 3: Personal Statement**

Whether you are applying for a job, for a scholarship, or to college often a personal statement is required. The information you provide in your personal statement can cause your application to stand out from the rest. It is important that you practice this task. What do you want a potential employer to know about you? What do you think would stand out with a college admissions board?

Be sure to tailor your statement to fit the purpose of your application. Introduce yourself in an honest and memorable way. Write a personal statement of your choice. You can write it as a part of a job application, scholarship application or college application. The choice is up to you.

## Session 4 Are You Getting Ready?

### Activity 4: Virginia Hero

**Henry Warren Beatty** (born March 30, 1937) is an Academy Award- and Golden Globe-winning American actor, producer, screenwriter and director, known as **Warren Beatty**.

Beatty was born in Richmond, Virginia's Bellevue neighborhood. His father, Ira Owens Beatty, was a professor of psychology, public school administrator and real estate agent, and his mother, Kathlyn Corinne (née MacLean), was a Nova Scotia-born drama teacher; his grandparents were also teachers. The family was Baptist. His father moved the family from Richmond to Norfolk, Virginia and then Arlington, Virginia where he became a middle school principal. Beatty's sister, three years his elder, is the talented and multi-award winning actress and writer Shirley MacLaine.

Beatty was a star football player at Washington-Lee High School in Arlington, Virginia. Encouraged toward acting by the success of his sister, who had recently established herself as a Hollywood star, he decided to work as a stagehand at the National Theater in Washington, D.C., during the summer prior to his senior year. This enabled him to establish contact with a few famous actors. Upon graduation from high school, he turned down 10 football scholarships to enroll in drama school.

He studied acting and directing at the Northwestern University school of drama. While at Northwestern, he appeared in the annual Dolphin show. He is a member of the Sigma Chi Fraternity. He dropped out after his freshman year to enroll in Stella Adler's Conservatory of Acting in New York City.

By the age of twenty two Beatty had appeared in about forty off-Broadway productions. He garnered a best actor Tony Award nomination in 1960 for his performance in William Inge's drama *A Loss of Roses*. It was to be his only appearance on the Broadway stage, however.

### Activity 5: Teen Health and Safety

#### The Warning Signs of Violence

Violence can happen even when a kid doesn't have a weapon. It's important to remember that violence comes in many different forms. It can be physical, like pushing, punching, or fighting with someone. Violence can also be psychological and may include name-calling, harassment, taunting, and other forms of bullying. People who are more likely to become violent may show some of these warning signs:

- cruelty to pets and other animals
- talking about weapons and violence
- fascination with violent video games, television, and movies
- threatening or bullying others
- isolation from family and friends

Of course, these signs don't necessarily mean that a person will become violent or bring a weapon to school. Still, you should take all signs and threats seriously, and share your concerns with a responsible adult early on. Speaking up about violence and weapons in school not only protects you, but your friends and classmates, too.