# Contents

## Lessons and Workshops for Students

**Preface**  

### A. Introductory Activities

1. Who Are the Copilots in My Life?  
2. Oral History  
3. What Does Success Mean to Me?  

### B. Academic Consciousness

"I believe in myself ... I believe in my future ... I can reach my goals!"

1. Who Am I?  
2. Road Map to Success  

### C. Academic Success is a Collaborative Effort

"I believe in me ... you believe in me!"

1. Navigating the Road to My Future  
2. Helping My Friends Stay on Track  

### D. Academic Success Has Communal Benefits

"I believe I can reach my full potential ... for myself, for my family, and for my community!"

1. The Benefits of College  
2. Educating Myself Benefits Others  

### E. Learning Style Knowledge Is Needed for Academic Success

"I believe that if I try my hardest, I can learn anything!"

1. What Type of Student Am I?  
2. What Types of Students Do Colleges Want?
F. MAKING SUCCESSFUL TRANSITIONS
   “I believe I can make good choices ... when I face challenges ... when I go through changes ... when I achieve success!”
   1. Changes, Choices and Lessons 89
   2. Preparing for High School and Beyond 102

G. BELIEVING THE COLLEGE DREAM — A LOOK BACK, A LOOK FORWARD
   “I believe in the college dream!”
   1. Curriculum Reflection 121
   2. Student Education Pledge 125
   3. Friends and Family Night 129

Schools and Families Working Together

H. PARENT/COMMUNITY CONVERSATIONS

   Introduction 131
   1. Looking Ahead — Expectations for Our Children’s Future 134
   2. Why College? A Better Future for Our Children 144
   3. Learning Outside of School — Utilizing Community Resources 154
   4. Changes — Making Successful Transitions 165
   5. Roots and Wings — Roots to the Community, Wings to the World 175

I. APPENDICES

   1. Implementation 181
   2. Additional Resources 183
   3. Curriculum and Skill Standards 185