

11B 3.2 My Fit Factors – Part 1

PHASE OVERVIEW

Pairs will identify the key components of match and fit so that they can research and select post-secondary pathways that are strong options for the mentee. An emphasis will be placed on academic match to ensure that students are not under-matching. Pairs will work together to create a list of 5-10 post-secondary options.



LESSON OBJECTIVE

SWBAT identify the various fit factors they should take into consideration as they find college matches for themselves.

PURPOSE

This lesson has students identifying three fit factor preferences: school/program size, location, and diversity. These factors give parameters that will help students create a meaningful post-secondary list in a focused manner. Research shows that students are more likely to be successful if they apply to post-secondary options that connect with their needs, interests, and goals.

AGENDA

5 min *Do Now: My Dream HS*

25 min *My Fit Factors*

10 min *Mentor Connection*



KEY TAKEAWAY

Identifying my fit factors will help me find post-secondary options that fit my needs, interests, and goals!

FACILITATOR NOTES:

The Fit Factor Guide should appear when students open this week's Platform lesson. If it does not, you can have students access the file by clicking on "Files," and then clicking on the "My Fit Factor Guide" link.

Students should complete the Fit Factor Guide alongside the lesson. Students should use the guide to write down their personal interests as they relate to each fit factor. The guide will be used in the next lesson as well.

MATERIALS: [3.2 My Fit Factors \(part 1\) Handout](#).

My Fit Factors Guide (located on the Platform), [3.2 My Fit Factors \(part 1\) PowerPoint](#)

Do Now: My Dream HS		Notes
Students will make the connection between analyzing high school fit factors and post-secondary fit factors.		
Slide 2: 5 min	<i>Direct students to answer on their worksheet (3 min):</i> Suppose you are given an unlimited amount of money to create your own dream high school. What would the school look like? STUDENT DISCUSSION (2 min): <i>Prompt students to discuss the factors they took into consideration as they were creating their own dream high school.</i>	

Learn and Engage: My Fit Factors		Notes
Students will identify the various fit factors they should take into consideration as they find post-secondary matches for themselves.		
Slide 3: 1 min	<i>Have a student read the key takeaway</i> Identifying my fit factors will help me find post-secondary options that fit my needs, interests, and goals!	
Slide 4: 1 min	TALKING POINTS As we saw in our do-now example, there are many elements for us to consider as we try to create the best environment for ourselves. As we start thinking about the schools/programs we want to apply to next year, how do we find the right programs that meet our needs amongst the thousands of options available to us? The first step to finding post-secondary options that are good matches for us is to think through our fit factors! Our fit factors are size, location, diversity, academic fit, student supports, and financial fit Today we will begin to review these fit factors!	

Slide 5: 1 min	TALKING POINTS While we are going to mostly focus on colleges for this lesson, these fit factors can apply to any type of post-high school program: whether you join the military, pursue a vocational program, enter the workforce immediately after high school, or engage in a service/volunteer program.	
Slide 6: 2 min	TALKING POINTS As we are going through each fit factor, we are going to write down our thoughts in our fit factor guide! This guide will be shared with your mentor and me so we can help you create a strong list of post-secondary options to research! <i>Have students pull up the guide on the platform lesson</i>	
Slide 7: 2 min	TALKING POINTS Think about the size of our high school! We have ____ students in our school. If we were a college, we would be considered a _____ school. (<i>Use your current school size as an example</i>) For colleges, a small college has less than 5,000 students. A medium sized college has 5-10,000 students and a large college has over 10,000 students. There are potential benefits and disadvantages to attending different sized schools. For example, at larger schools, you may have more resources and people to connect with, but classes may be crowded, and you may have less individual support. At smaller schools, you may have more individualized attention and support but have less resources/people to connect with! Let's take a look at what different class sizes can look like on the next slide.	
Slide 8: 3 min	TALKING POINTS The picture on the left is what a typical college class would look like at a large school. The picture on the right is typical of what a college class would look like at a very small school. STUDENT DISCUSSION: <i>What are your thoughts as you compare both classrooms? Does anything about either picture surprise you?</i>	

Slide 9: 4 min	STUDENT DISCUSSION Would you rather attend a large school, a medium sized school or a smaller school? Why? <i>Direct students to write down their thoughts on page 1 of their fit factor guide.</i>	
Slide 10: 5 min	TALKING POINTS Another important fit factor to consider is location. Do you want to continue living at home, have a bit of distance or be far away? Do you want to be in an urban environment (city), suburban environment (small town), or rural environment (countryside)? <u>Consider:</u> ● Family commitments ● How you would feel adjusting to a new environment/experiences ● Your desire for independence STUDENT DISCUSSION: Do you want to continue living at home, have a bit of distance or be far away? Do you want to be in an urban environment (city), suburban environment (small town), or rural environment (countryside)? <i>Direct students to write down their thoughts on page 2 of their fit factor guide.</i>	
Slide 11: 5 min	Diversity is an important fit factor because it has been shown that having people who reflect your identity in college makes it so you are more likely to successfully complete your program. There are many components to identity such as: ● Gender ● Race ● Sexual orientation ● Ethnicity ● Religious background ● Geographic background (where you are from – which state, city, town) ● Socio-economic background (identifying as low income, middle class or well off)	

	There are also many different types of colleges to meet identity needs such as: • Same gender colleges (all men or all women schools) • Historically Black Colleges (large population of Black study body) • Hispanic Serving Institutions (large population of Latino students) • LGBTQ+ friendly colleges • Tribal Colleges (schools associated with Native American groups) • Religiously affiliated colleges (example: Christian colleges, Jewish majority colleges, etc.). STUDENT DISCUSSION: <i>What does diversity mean to you? What do you need to feel represented within an environment? Direct students to write down their thoughts on page 3 of their fit factor guide.</i>	
Slide 12: 1 min	Now that we have covered our first three fit factors, make sure you have filled out the first 3 sections of your fit factor guide. If you have not done so, please do so before our next class.	
Slide 13: Mentor Connection	TALKING POINTS Let's write to our mentors!	
Slide 14: Extend	<i>If you have additional time remaining, consider asking students what new information they have learned from their mentor's message.</i>	



Mentor Connection

1) Respond to your mentor's message and share one high point and one low point for this week.

My high point for this week is..., my low point for this week is...

2) Of the fit factors covered today in class (size, location, diversity), which is the most important to you? Why?

The fit factor most important to me is... because...



Mentee Connection

Overview:

This week in class, your mentee began to analyze the fit factors they will be taking into consideration as they research post-secondary programs. The fit factors are:

- 1) School/program size
- 2) Location
- 3) Diversity
- 4) Academic Fit
- 5) Student supports
- 6) Financial fit

Your mentee focused on the first three fit factors in class: school/program size, location, and diversity.

[Please read over this Mentor Guide to Fit Factors for more information.](#)

In your response to your mentee:

- 1) Share your high point and low point for this week.
- 2) Looking back, which fit factor (size, location or diversity) was the most important to you as you were carrying out your own post-secondary research? Why?
- 3) Once you were on your post-secondary pathway, which one of these fit factors was actually central to your satisfaction?

If your mentee was unable to identify fit factors for themselves, please encourage them to engage with the work.