



E1MN is Minnesota's state agency partnership to advance Employment First outcomes for youth and adults with disabilities.

POSTSECONDARY EDUCATION & TRAINING: Building Awareness



These lessons can help students build their knowledge and awareness about postsecondary education and training, and about the topics they can explore as they make plans for life after high school.

LESSON PLANS FOR TEACHERS

LESSON 1: Postsecondary education and training definitionpage 2

LESSON 2: Postsecondary education and training topicspage 3

LENGTH

20–25 minutes for each lesson

TARGET PARTICIPANTS

Youth in transition (14–24 years of age)

Lesson 1: Postsecondary education and training definition



LENGTH: 20-25 minutes

OBJECTIVE: Students can describe postsecondary education and training.

INTRO

Talking point: We're going to spend some time talking about postsecondary education and training and how to explore this option.

DISCUSSION

What is postsecondary education and training?

Instructions: Ask each student to share what they think of when they hear the term 'postsecondary education and training' – "Let's go around the room and everyone share what they think of when they hear 'postsecondary education and training.'"

- Talking points:**
- Postsecondary education and training are ways you can build knowledge and skills after high school to help you get a job. It can include taking classes at a college or technical school, completing an apprenticeship, or doing a certification program.
 - What's great is that there are lots of different ways to get education and training after high school.

ACTIVITY

Stories about postsecondary education and training

Materials: Video: [Accessing postsecondary education and training options](#)

- Talking points:**
- Let's watch a 4-minute video about postsecondary education and training.
 - As you watch the video, see if any of the examples match what you want to do; is there anyone in the video getting something out of postsecondary education and training that you also want?
 - After the video I'll ask you to share the things you saw in the video that you also want. (*Play video.*)
 - You can see from the video that there are lots of ways to get education and training after high school.



Video: Accessing postsecondary education and training options

DISCUSSION

What might postsecondary education and training mean for you?

Instructions: Ask students to raise their hand and share an example of postsecondary education and training from the video, or an another example of postsecondary education and training they are interested in.

- Answers:**
- Taking college prep classes while in high school. Going to college. Taking classes like public speaking to build confidence. (TK)
 - Registering for computer classes at Hennepin Tech, with a desire to work with computers. (Joe)
 - Going to a community college. Talking with advisors at the school and getting their help figuring out how to pay for school. (Kevin)
 - Going to college and living on campus. (Ethan, Riss)

Lesson 2: Postsecondary education and training topics



LENGTH: 20-25 minutes

OBJECTIVE: Students can name at least one postsecondary education and training topic.

INTRO

Talking point: There are six topics that can help you explore postsecondary education and training. Let's look at each one, then let's see if we can match some of the topics to examples in a video.

DISCUSSION

Postsecondary education and training topics

Materials: Handout: [Accessing postsecondary education and training \(PDF\)](#)

- Instructions:**
- Give students the handout and describe the six topics by sharing the information on the handout: postsecondary options, campus visits, enrollment, financial aid, skills for success, and advocacy and supports.
 - After you've described each topic, ask students to pick one that they have spent some time thinking about or that they have questions about. Ask them to share their thoughts or questions about the topic.



Accessing postsecondary education and training handout

- Talking points:**
- Use these questions to prompt discussion if needed:
 - **Postsecondary options:** Have you been thinking that you want to get more training after high school to learn more skills for a certain type of job? Have you learned about all the different options for getting training?
 - **Campus visits:** Have you ever toured a college or other training program? If you have a type of college or training option in mind, have you gone there to see it and learn more about it?
 - **Enrollment:** Have you been wondering what the steps are for enrolling in a school after high school?
 - **Financial aid:** Do you know the costs of training programs and what resources are available to help you pay for college or other training?
 - **Skills for success:** Are you worried about having the study skills or test-taking skills to succeed in postsecondary education and training?
 - **Advocacy and supports:** Are you wondering who you would talk to about getting an accommodation or extra support at a school after high school?
 - By spending time working on each of these topics you can create a plan for getting more education and training after high school in a way that works best for you.

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Lesson 2: Postsecondary education and training topics (cont.)



ACTIVITY

A postsecondary education and training story

Materials: Video: [Mitchell's story](#)

- Talking points:**
- Now that you know the six topics that can help you explore postsecondary education and training, I'm going to play part of a video about Mitchell where he shares his experiences with postsecondary education.
 - As you listen to Mitchell, see if you can identify one of the postsecondary education and training topics that he brings up.



Video: *Mitchell's story*

Instructions: Play the video from 1:21–2:05, or if time allows, play the entire video.

DISCUSSION

A postsecondary education and training story

Instructions: Ask students to raise their hand if they know a postsecondary education and training topic that Mitchell brought up.

- Answers:**
- **Postsecondary options:** He went to Anoka Technical College. He started off taking general education classes.
 - **Campus visits:** Nothing in this segment.
 - **Enrollment:** Nothing in this segment.
 - **Financial aid:** Nothing in this segment.
 - **Skills for success:** Worked with a guidance counselor. If there were materials that weren't clear or if he had questions, they helped.
 - **Advocacy and supports:** Nothing in this segment.

CLOSING

Talking points:

- By working on each of these topics you can begin to identify postsecondary education or training that could help you create your best life.
- You don't have to wait, you can begin learning about these topics now!