

A S C A W E B I N A R S E R I E S

AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Help Students Prepare for the Transition out of High School with Text, Talk, Set to Go

Webinar Presenter: Raquel Goodrich

Webinar Date: March 13, 2020

AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

A S C A W E B I N A R S E R I E S

Learning outcomes:

- Identify the challenges associated with young adults' transition out of high school.
- Describe how to help emotionally prepare students for the transition year.
- Implement strategies to help high school juniors and seniors prepare for the transition year through interactive conversations using the Text, Talk, Set to Go platform.



The Jed Foundation is a nonprofit that protects emotional health and prevent suicide for our nation's teens and young adults



- Guides students, families and high school educators through the social, emotional and mental health challenges related to the transition out of high school to college and adulthood.

settogo.org



SET TO GO

A JED PROGRAM

- Research conducted in 2015 with The Jed Foundation, the Partnership for Drug Free Kids & The Jordan Porco Foundation



SURVEY



SET TO GO

A JED PROGRAM

60%

of students wish they had gotten more help with emotional preparation for college. The following groups of students were more likely than their counterparts to agree with this statement:



Have a lower GPA



Regularly consume drugs or alcohol



Take a leave of absence after the first term.

Small base (n<100) - results should be interpreted as directional only.



Rate their overall college experience as "terrible/poor"

AMERICAN SCHOOL COUNSELOR ASSOCIATION ASCA WEBINAR SERIES

45% felt that "it seems like everyone has college figured out but me."

Challenges to Getting Support

- 51% found it difficult at times to get emotional support at college when they needed it.
- 11% said they turned to no one for support when they needed it during their first term.
- 65% said they tended to keep their feelings about the difficulty of college to themselves.

- 50% of students feel stressed 'most' or 'all of the time.'
- 36% do not feel in control of managing the stress of day-to-day college life.

AMERICAN SCHOOL COUNSELOR ASSOCIATION ASCA WEBINAR SERIES

Non-academic pressures reported as extremely or very challenging include:

Paying for college expenses	40%
Making new friends	30%
Keeping in touch with family and friends not at their college	28%
Being independent	16%


Not an exhaustive list of the top selections that respondents found challenging

Risk of Substance Abuse

30% of students reported regularly consuming drugs or alcohol during their first semester.

These students are more likely than non-regular drug/alcohol users to rate their emotional health as "worse than other students" (39% vs 32%)

AMERICAN SCHOOL COUNSELOR ASSOCIATION ASCA WEBINAR SERIES



Rethinking College Preparation

- **87%** of students said college preparation during high school focused more on academics than emotional readiness.
- **57%** of students felt “a great deal of pressure” to attend a well-known college.
- **50%** said their independent living skills need improvement.

AMERICAN SCHOOL COUNSELOR ASSOCIATION ASCA WEBINAR SERIES

The Transition: Impacting Factors

- Living away from home for the first time
- Making primary decisions about what to eat, when to sleep, caring for emotional and physical health
- Making responsible decisions about personal safety and when to seek help, support or professional services
- Navigating a new environment, making new friends, stress management, time management
- Changing relationships with family and friends



Text, Talk, Set to Go



settogo.org/text-talk



Demonstration



Text, Talk, Set to Go Survey Results

- 85% reported a very positive experience
- 90% found the content useful in their preparation for the transition
- 90% reported increased knowledge about how to stay emotionally and mentally healthy in the transition
- 85% reported increased understanding of what emotional issues might come up in the transition





Organizing an Event at Your School

- **OPTION 1: ORGANIZE TEXT, TALK, SET TO GO IN CLASSROOMS**
 - Work with teachers to bring it to the classroom. Download the Faculty Organizing Guide, which includes the Teacher Lesson Plan, from our website.
- **OPTION 2: ORGANIZE TEXT, TALK, SET TO GO DURING AFTERSCHOOL CLUBS**
 - Work with student club leaders or faculty advisors to organize Text, Talk, Set to Go as part of the club's weekly activity
- **OPTION 3: CREATE A SCHOOL-WIDE EVENT**
 - Host it during a school-wide program by bringing it to every student



Organizing a School-wide Event

- **Form an organizing team**
 - Include juniors and seniors, school counselors, teachers, nurses, coaches, principals, deans, etc. on your team
 - Have your team give Text, Talk, Set to Go a try. Text SETTOGO to 89800
- **Make a plan**
- **Spread the Word**
 - Download Flyers & Social Media messages from our website
- **Add fun**
 - Serve food, encourage selfies, make it silly
 - Join the contest!
 - Win cash prizes for your school or club! Enter the Text, Talk, Set to Go contest and you could win one of two \$500 prizes for your school! Visit <https://www.tfaforms.com/4695504> to sign up and learn more.



A S C A W E B I N A R S E R I E S

Organizing an Event at Your School

Download the School Organizing Toolkit from

www.settogo.org/text-talk



A S C A W E B I N A R S E R I E S

School Contest (March - May)



Win \$500 for
your school



Questions & Answer



For More Information

Raquel Goodrich

Raquel@texttalkact.com

www.settogo.org/text-talk



School Organizing Toolkit For Faculty and Staff

Spring 2020

Introduction

Juniors and seniors can prepare to get *Set to Go* for the transition out of high school with The Jed Foundation's interactive Text, Talk, Set to Go conversation, delivered to their small groups through a series of pre-programmed text messages.

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevent suicide for our nation's teens and young adults. *Set to Go*, a program of The Jed Foundation, helps high school students prepare emotionally for the transition out of high school.

Here's how Text, Talk, Set to Go works:

Students gather together in groups of 3-4 with one cell phone for their group. They text SetToGo to 89800 to receive a series of text messages that guide their group through a conversation on getting prepared for the transition out of high school. The text messages include polling questions, discussion questions and social media interactions that help students start planning now for their transition year. To learn more, watch our informational video: <http://bit.ly/TTSTGvideo>.

This toolkit provides everything you need to organize successful Text, Talk, Set to Go events at your school. If you have questions or need help, please feel free to reach out to Raquel Goodrich at raquel@texttalkact.com.

Win Cash for Your School or Club/Chapter

Enter your school or club/chapter to win a \$500 cash prize*! The school and club/chapter with the most Text, Talk, Set to Go participants during JED's spring campaign wins!

Upon signing up for the contest, you will receive a unique organizer code for your school or club/chapter. During the spring campaign, be sure your Text, Talk, Set to Go participants enter the organizer code when prompted to do so. The school and club/chapter with the highest participation rate between March – May 2020 wins the cash prize**. To sign up for the contest, visit <https://www.tfaforms.com/4695504>.

** Contest winners will be asked to send a photo and description of their event for JED's promotional use. One school and one club/chapter will win, for a total of two winners each receiving a \$500 cash prize.*

*** For the school category, participation will be determined based on the ratio of total participants versus total students enrolled at the school.*



Getting Organized

As school or club/chapter faculty, you can play an important role in bringing this conversation to your school. The following options outline how you might go about organizing Text, Talk, Set to Go.

OPTION 1: ORGANIZE TEXT, TALK, SET TO GO DURING AFTERSCHOOL CLUBS/CHAPTERS

Work with student club leaders or faculty advisors to organize Text, Talk, Set to Go as part of the club/chapter's weekly activity. Check the Appendix section for a Teacher Lesson Plan that also works for club/chapter activities.

OPTION 2: ORGANIZE TEXT, TALK, SET TO GO IN CLASSROOMS

Work with teachers to organize Text, Talk, Set to Go as part of the bell schedule. Check the Appendix section for a Teacher Lesson Plan.

OPTION 3: BRING TEXT, TALK, SET TO GO TO EVERY JUNIOR & SENIOR AT SCHOOL

This option has the most impact, but will require a bit more organizing. Below are steps to take in order to make it happen.

Make a Plan

1. Form an organizing team

- › Consider including these people on your team:
 - › Juniors and seniors;
 - › School counselors;
 - › Teachers, nurses, coaches, principals, deans, etc.; and
 - › Student leaders and faculty advisors of school clubs and organizations.
- › Have your team give Text, Talk, Set to Go a try. Simply text SETTOGO to 89800 on a smartphone and follow the prompts.

2. Decide who else needs to be involved

- › Work with your principal/dean, guidance office, faculty and students to determine when and where to hold the conversations. Keep in mind that classroom-sized groups work best. Some schools chose to bring TTSTG into junior and senior English, Math or Science classes to ensure they reach all juniors and seniors.
- › Decide if the school wants to offer follow-up resources (check to see if the guidance office has additional college advising activities or resources that would pair with the Text, Talk, Set to Go event).

3. Spread the word

- › Create flyers/email invitations/social media posts:



- › Once you have a plan for your event, use the flyers, email templates and social media posts in the Appendix to spread the word.
- › Share the how-to video: <http://bit.ly/TTSTGvideo>.

4. Add fun

- › Serve food.
- › Add silliness (think costumes, mustaches, hats, #JEDSetToGo selfies).
- › Add prizes.
- › Did we mention food? Make sure people know you will have food. This is a huge draw.
- › Join the contest!
 - › Win cash prizes for your school or club! Enter the Text, Talk, Set to Go contest between March – May 2020 and you could win a \$500 prize for your school or club/chapter! Visit <https://www.tfaforms.com/4695504> to sign up and learn more.

APPENDICES

Pg. 5	Event Flyer
Pg. 6	Infographic
Pg. 7	How To Graphic
Pg. 8	Teacher Lesson Plan
Pg. 10	Email Template (to teachers/school clubs/etc.)
Pg. 11	Email Template (to school officials and counselors)
Pg. 12	Social Media Messages



Attention Juniors and Seniors!

Get set to go to college and prepare for the transition from high school by joining this interactive session. We'll talk about what we need to do now to be prepared for the transition from high school. Join us!



When:

Where:

School Code:

For more info: www.settogo.org/text-talk



WHAT IS IT?

Text, Talk, Set to Go combines text messaging with face to face dialogue. Gather 3-4 high school juniors and seniors and text SetToGo to 89800 for a fun and engaging conversation on getting emotionally prepared for the transition from high school.

WHY DO THIS?

Because 60% of college students wish they had gotten more help with emotional preparation for college.

Because 90% of TTSTG participants report an increased knowledge about how to stay emotionally and mentally healthy in the transition.

LEARN MORE

Visit settogo.org

On social: #JEDsettogo

GET STARTED

1. Text SETTOGO to 89800

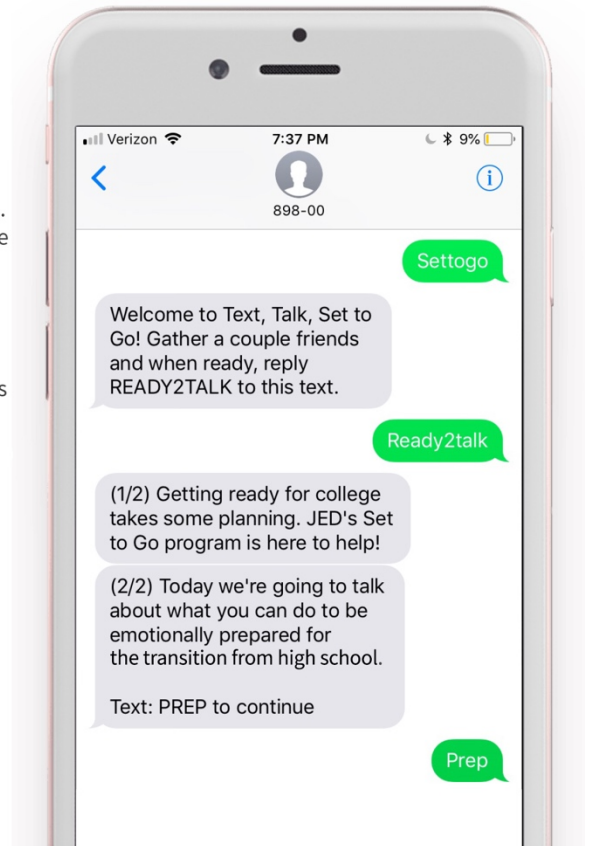
Participants gather with friends or parents/guardians in groups of 3-4 with one cell phone. Text SETTOGO to 89800 to begin.

2. Follow the text prompts

Each group moves through the texted script at their own pace. Groups will talk about how to get emotionally prepared for the the transition from high school.

3. Be a part of the change

Let the program guide you through a series of discussion questions, social media interactions, and polling questions. As a group, you'll discover new ideas and perspectives - and develop a plan to help you succeed.



Powered by:



In partnership with:





Teacher Lesson Plan

This guide is designed to help students get the most from their Text, Talk, Set to Go experience. This lesson plan outlines how to lead the Text, Talk, Set to Go activity in a classroom or club setting.

Lesson Plan

1. Introduce Text, Talk, Set to Go

5 minutes

- › The Jed Foundation, a nonprofit that exists to protect emotional health and prevent suicide for our nation’s teens and young adults, created Text, Talk, Set to Go to help prepare students for their transition out of high school.
- › In a few minutes, we’ll gather in small groups of 3-4 with one cell phone per group. Your group will text SetToGo to the number 89800 to receive a series of text messages to get you talking together about the transition out of high school and how you can prepare for it.

2. Text, Talk, Set to Go

30 minutes

Provide instructions & assistance to students

- › **Instructions**
 - › **Small Groups Matter.** Invite students to divide into groups of 3-4 people. Each group should have one cell phone.
 - › **Make Sure Everyone Understands the KEYWORDS.** Let students know that they will receive a series of text messages to help them talk about getting ready for the transition out of high school. The script advances to the next question when you send a text that begins with the keyword. Keywords are indicated in CAPS at the end of each message. It works most smoothly if participants type the keyword and then any message they want to add all in one text. Most problems people report with the script are actually due to missing or incorrect keywords.
 - › **Talk First, then Text.** For questions that ask groups to text in their responses, it works best if participants discuss each question as a group and then one person types a short summary.
 - › **Getting Started.** When everyone is ready, invite them to text “SetToGo” to 89800, just as if 89800 were their friend’s number and “SetToGo” was where you would type, “what’s up?”
- › **Timekeeping**
 - › You may also want to text “SetToGo” to 89800 and follow the prompts, letting the group know when it is time to move from one question to the next.

3. Closing Activity

10 minutes

Lead a debrief of Text, Talk, Set to Go

- › Once everyone is done with Text, Talk, Set to Go invite the group to discuss a few closing questions.
 - › What was it like to participate in Text, Talk, Set to Go?
 - › Did you hear anything surprising?
 - › Did you learn something new?

- › In the coming days, is there anything you would like to do to follow up on this conversation?
- › Are there any actions you want to take as a group to follow up on this conversation?

Troubleshooting

- › The keywords are NOT case sensitive.
- › It sometimes takes a few seconds for a text to come through, just as it does when texting a friend.
- › If students don't get the next question, have them type the keyword again and be sure it is the first word in the text.
- › If students get a message that isn't about the transition out of high school, they typed the wrong keyword at the beginning of your message. Have them go back to the last text that was on topic and type the keyword given there again.
- › Any time the keyword is typed, the script will send you the next question. If it advances before the group has typed all they want to say, don't worry. Just have them type the message they want to send and then the keyword again and they'll be back on track.
- › Most of Text, Talk, Set to Go works fine on any phone, but there are a few links that work only on smart phones.
- › There is no limit to how long a message you can send. A phone may only show 160 characters, but Text, Talk, Set to Go will see your whole message.
- › Rest assured that we will not share or sell participants' information and all comments provided by participants are kept anonymous.
- › Standard text rates apply, so groups should use someone's phone who has a high or unlimited text limit.

We'd love to hear your group's experience with Text, Talk, Set to Go! Please send comments to Raquel at raquel@texttalkact.com.

Email Template (to teachers/school clubs/etc.)

Dear _____:

I thought you might be interested in this college preparation resource being offered **free** by The Jed Foundation:

Text, Talk, Set to Go is a program geared toward getting youth to talk about preparing for college and the transition out of high school – an especially important conversation given that 60% of college students wish they had gotten more help with emotional preparation for college and all youth benefit from being more prepared for adulthood. Text, Talk, Set to Go uses text messaging (a preferred form of communication for today's youth) to facilitate a 45-minute face-to-face conversation amongst high school students on preparedness for the transition out of high school. As a bonus, our school/club can be entered into a participation contest, and the school with the most participants between March – May 2020 will win \$500.

Here's how it works:

- High school juniors and seniors gather in small groups (3-4 people) with one cell phone per group.
- They text SetToGo to the number 89800 to receive a series of text messages that guides their group through a conversation on the transition out of high school: why it is important to prepare, how to prepare for it, and how to set an action plan to promote success.
- The text messages include videos, social media interactions, polling questions and discussion questions.
- Watch this how-to video to learn more: <http://bit.ly/TTSTGvideo>.

I'd like to talk with you about doing Text, Talk, Set to Go in your classroom or afterschool club. Please help us get students prepared for for the transition out of high school.

When would be a good time for me to talk with you about this opportunity?

Sincerely _____

Email Template (to school officials and counselors)

Dear _____:

I thought you might be interested in this college preparation resource being offered **free** by The Jed Foundation:

Text, Talk, Set to Go is a program geared toward getting youth to talk about preparing for college and the transition out of high school – an especially important conversation given that 60% of college students wish they had gotten more help with emotional preparation for college and all youth benefit from being more prepared for adulthood. Text, Talk, Set to Go uses text messaging (a preferred form of communication for today's youth) to facilitate a 45-minute face-to-face conversation amongst high school students on preparedness for the transition out of high school. As a bonus, our school/club can be entered into a participation contest, and the school with the most participants between March – May 2020 will win \$500.

Here's how it works:

- High school juniors and seniors gather in small groups (3-4 people) with one cell phone per group.
- They text SetToGo to the number 89800 to receive a series of text messages that guides their group through a conversation on the transition out of high school: why it is important to prepare, how to prepare for it, and how to set an action plan to promote success.
- The text messages include videos, social media interactions, polling questions and discussion questions.
- Watch this how-to video to learn more: <http://bit.ly/TTSTGvideo>.

I've put together a team to help organize Text, Talk, Set to Go at our school. Here's what we propose:

- › This spring, set aside 45-60 minutes for students to participate (this can happen all at one time, during lunch, in select classrooms, during a school assembly or after school).
- › Have students gather in groups of 3-4 and text SetToGo to 89800 on one of their cell phones. The group will receive polling questions, discussion questions and information by way of text messaging.

Here is what we will do to support the process:

- › Provide all written materials and flyers for the event
- › Help plan logistics with you and/or students

When would be a good time for me to talk with you about this opportunity?

Sincerely _____

Social Media Messages

SAMPLE INSTAGRAM POSTS



Text SetToGo to 89800 now! Visit settogo.org/text-talk to learn more AND help us win \$500 for our school! #JEDsettogo



Are you ready for the transition out of high school? Visit settogo.org/text-talk to get prepared AND help us win \$500! #JEDsettogo

Sample Tweets

60% of students don't feel emotionally prepared for college. Let's get everyone set to go with a fun, engaging activity: <http://bit.ly/TTSTGvideo> #JEDsettogo

Get set to go to college and the transition out of high school and help us win \$\$ for our school! Visit settogo.org/text-talk to learn how. #JEDsettogo

When you don't know which way to turn, who will you go to during your freshman year of college? Visit settogo.org/text-talk to work on your action plan. #JEDsettogo

Sample Facebook Posts

60% of students don't feel emotionally prepared for college. Let's get everyone set to go with a fun, engaging activity: <http://bit.ly/TTSTGvideo> #JEDsetto

Preparing for the transition out of high school is often neglected. Visit setto.org/text-talk to learn more about how we can prepare for lifelong success. Double bonus: help win \$500 for our school! #JEDsetto

Let's help students start the conversation on getting emotionally prepared for the transition out of high school. Text SETTOGO to 89800 today! Visit setto.org/text-talk to learn more AND help us win \$500 for our school! #JEDsetto