**WASHINGTON TOWNSHIP HIGH SCHOOL**

**FRESHMAN TRANSITION PROGRAM**

The Freshman Transition Program was designed to prepare students for the academic, social, and personal changes they will experience during high school. The program focuses on issues that include building healthy relationships, conflict resolution, anti-bullying, internet/social media safety, self-confidence and self-discipline, sense of belonging in the school environment, understanding post-secondary education and life-long learning, use of time management, organizational and study skills, team building, decision-making, and self-reflection.

***There are three components to the program: Summer Freshman Orientation, Peer-to-Peer Freshman Transition Program, & Peer Mediation.***

**Summer Freshman Orientation**

The purpose of the summer camp is to alleviate the anxiety many students feel as they are about to begin their high school experience.

* How will I find my classes? - Will I be able to make new friends?
* Who can I go to for help? - What are the expectations of high school teachers?
* How do I get involved in sports and activities?
* What are my career options and what do colleges want to see?

Orientation runs for two days in August with an AM session and a PM session. Peer Counselors who volunteer to attend the orientation will get to know our freshman class and assist administrators, counselors, and teachers with activities, lessons, and campus tours.

**Peer-to-Peer Freshman Transition Program**

Each September, our junior and new senior Peer Counselors participate in a half day of training to run the full year transition program. Peer Counselors are assigned to each freshman Phys. Ed class of approximately 30 students. During the class period, Peer Counselors introduce a lesson, lead a group discussion, and facilitate a team building activity.

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| **Month** | **Lesson** | **Description** |
| September | Training | Peer Counselors receive training in lessons and teaching. |
| October | Welcome/Success in School/Getting Involved/Time & Stress Management | Introductions, Icebreakers, Getting Involved, Overview of clubs, sports, and activities, WTHS Culture, Succeeding in School, Time Management Discussion and activity, Managing Stress lesson.  |
| November | Social Groups/ Antibullying | Icebreaker, Lesson on Social Groups and Antibullying, “What Would You do?” Scenarios, Social Media Safety & Cyberbullying small group discussion, Social Group card activity, Video |
| December | College & Career Planning, Course Selection | College Admissions Game, Course Selection discussion & team activity. Self-reflection and goal-setting closure activity. |
| Semester 2 | Peer Mentoring/ Peer Mediations | Peer Counselors will mentor freshmen as needed. Members will be trained to lead Peer Mediations.  |

**Peer Mediation** – Peer Counselors are trained in conflict resolution and peer mediation using the program designed by the NJ State Bar Foundation. Peer Mediations are held as needed throughout the school year.