TRANSITION SUPPORT
POST-HIGH SCHOOL PANEL

We know that youth in transition – especially as they graduate or move out of their childhood homes and move on – may be at greater risk for suicidal thinking, lowered self-esteem, lost belongingness, even suicide attempts or death. Fortunately, schools and communities can easily support youth with transitions by implementing a few simple activities. Below is a suggested activity to help students think about this transition before they enter this transition time.

STUDENT PANEL DISCUSSION

Schools should consider hosting an annual panel with former students from the previous years' graduating classes to address students in their former high school.

The panel should include students who are attending college both out of state – if available and in-state, students in the work world, and perhaps a student or two who are unemployed.

Diversity of panel members is important, both in terms of their life choices and that they represent diversity of the school.

Panel members might address prepared questions as well as take questions from the student audience.

After the presentation, students might fill out the accompanying *Self-Reflection Questionnaire for Juniors and Seniors* document so that they begin to consider their own plans for post-high school.