

It is important that middle school students think about their upcoming high school experience as they consider their college and career options.

While we have provided five recommended peer mentoring activities below, peer mentoring is by no means limited to these five activities. We encourage you to utilize and adapt our resources to best support the needs your site. Any college and career focused activities will benefit both the mentees and the mentors.

1. ASPIRE High School Panel

Choose 3-5 ASPIRE peer mentors to serve on a panel to answer questions about their high school experience. Be prepared to start the conversation with some general questions. Asking middle school students to submit questions in advance can help create a list of questions to ask as well as generate some excitement and student conversation about the activity. You may also want to have the high school ASPIRE peer mentors create their own version of *I Wish I'd Known* focusing on things they wish they had known as a high school freshman. Brief the ASPIRE peer mentors beforehand about some of the topics you would like to be discussed and appropriateness of answers.

Below is a list of questions that may be helpful during the panel:

- What elective courses are there, and which ones do you like best?
- What clubs are available?
- Should I take advanced placement courses?
- How many credits do you need to graduate? Is it hard to pass your courses?
- If you could do something over again, what would you do differently?
- What advice do you wish you had been given as an incoming freshman?
- What is your fondest or most fun memory of high school?
- Can you share with us the importance of planning/forecasting the right courses as an underclassman, and how these classes can impact your options of where you can go after high school?
- Can you share how being a part of ASPIRE has benefited you along your high school journey and planning for your future?

2. Curriculum

ASPIRE peer mentors can complete curriculum worksheets with groups of middle school students. Below is a list of suggested curriculum worksheets:

- [Making the Most of the High School Experience](#)
- [Peer Connections](#)
- [Helping My Friends Stay on Track](#)
- [Preparing for High School and Beyond](#)
- [Getting Involved](#)
- [Time Management](#)

3. College and Career Research

College and career research can be done online in small groups or individually and then discussed together as a group. Use the [College Evaluation Chart](#) and the [Career Evaluation Chart](#).

4. ASPIRE Site Visit

Getting middle school students on the high school campus can help to alleviate some of the anxiety they might experience at the beginning of their high school career. Visiting a high school campus helps them get to know their way around as well as where to go for help and how to access resources that are available to them.

A trip to the ASPIRE center will get middle school students familiar with where they will go for college and career resources. Invite ASPIRE high school volunteers to meet the middle school students and provide an opportunity to start building relationships between students and their future one-on-one mentors.

If middle school students are unable to visit the high school ASPIRE site, invite the ASPIRE volunteers from the high school to come talk with the middle school students on your campus.

5. College Campus Visit

Pairing middle school students with high school students during a college campus visit is a great way for students to experience a college campus together. Use the [Questions to Ask During a Campus Visit](#) document to help guide the experience.