

# Summer Support Services

## Program Outline

June - August 2025

Description of Programs:

### Elementary Students

Cost: \$375 for 8 sessions (1 hour length)  
July-August with weekly dates TBD

- 1. Getting to Know You** - Icebreaker activity to discover student's interests and what motivates them.
- 2. Identifying Strengths** - Shared Writing and Art activity to understand student's skills and strengths.
- 3. Goal-Setting** - What are goals and why are they important? Create a goal plan with steps to follow.
- 4. Communication** - Practice social skills needed for success in the classroom through improv activities.
- 5. Emotions + Learning** - Understand how our emotions impact our learning and get to know what we need to be ready to learn. Build tools and strategies for emotional regulation.
- 6. Gaining Focus** - Explore ideas for how to regulate ourselves so we are better able to pay attention and focus on getting our work done.
- 7. Organization** - Review options for how to organize our ideas and materials.
- 8. Planning for Fall** - Return to school in September with a plan for success in future classes.

- Lessons will build in opportunities for weekly use of social skills, language and math.

*\*Students will receive copies of skill development resources and a digital fall planning booklet.*

### Focus on

Elementary Students will focus on strengthening their basic executive functioning skills and social/emotional learning while understanding how they can use their strengths.

Language & Math

Organization

Goal Setting

Social Skills



# Summer Support Services Program Outline

## High-school/ Secondary Students



Cost: \$375 for 8 sessions (1 hour length)  
July-August with weekly dates TBD

- 1. Goal-Setting** - Getting to know the student's interests, strengths and challenges and understanding the area they would like to focus on. Year in Review: what courses went well and what needs to improve?
- 2. What is your Learning Style?** - Discover how you learn best and apply this to learning and studying.
- 3. Managing your Time** - Time management and prioritization strategies, creating a schedule that works.
- 4. Stress Regulation** - Discover your anxiety reduction strategies and build a stress toolbox. Reduce stress from most common challenges you experience with your courses. Review of mindful use of technology.
- 5. What is Metacognition?** - The importance of reflection skills and thinking about our own learning.
- 6. Communication with Teachers** - Helps prepare student for future interactions with teachers and later on Instructors/Professors.
- 7. Self-Advocacy + Asking for Help** - How to effectively ask for what you need and ways to ask for help.
- 8. Building a Plan for the Fall** - Review useful tools and build a learning strategy for fall courses.

- Students can choose 1-2 subjects or academic areas to focus on throughout the program and can target building skills for those classes while setting goals for academic success.

*\*Students will receive copies of skill development resources and a digital fall planning booklet.*

### Focus on

Secondary students will focus on self-awareness and understanding their skills and learning preferences as well as self-advocacy skills and practicing communication with teachers. Stress regulation is also an area of focus.

Choose 1-2  
Academic  
Areas

Communication

Self-Advocacy  
&  
Asking for Help

Stress  
Regulation



# Summer Support Services Program Outline

## Post-Secondary Prep

Cost: \$575 for 12 sessions (1 hour length)  
June-August with weekly dates TBD

1. **Getting to Know You** - Explore student's interests and motivations for attending post-secondary.
2. **Assess your Skills** - Student will review their strengths and skills, and what went well with their secondary school classes. Discover challenges to create a plan for improvement.
3. **Goal-Setting** - What do you want to achieve during your first semester? Create an action plan for where to start and explore ideas and strategies for success.
4. **Preparing for a Transition** - Review common differences between high school and college/university. Identify potential areas of difficulty and who can help during the transition time.
5. **Organization** - Organize a digital or paperwork filing process in anticipation of fall courses. Develop a strategy for staying organized and keeping track of important information.
6. **Understanding your Work Habits** - What are your most common distractions? Create strategies to ensure they do not affect your learning. Review tips for productivity and avoiding procrastination.
7. **Time Management and Prioritization** - Creating an effective schedule and prioritizing coursework.
8. **Managing Deadlines** - Students will review the importance of tracking assignments to get work in on time.
9. **Exam and Study Planning** - Tests and exams can be one of the most stressful aspects of post-secondary. Learn useful strategies for studying and how to prepare for tests and exams.
10. **Stress-Management Planning** - Create a weekly plan for stress-management and build a toolkit.
11. **Self-Advocacy & Communication** - Strategies and tips for good communication habits for connecting with classmates, instructors and campus resource providers. How to follow up to ensure needs are met.
12. **Transition Planning** - Create a College/University Prep Checklist to connect with your goal & action plan.

• Student will receive a digital Transition Plan and Fall Planning Booklet.

### Focus on

Future college or university students will prepare for their transition by focusing on understanding the potential upcoming challenges and ensuring they are organized and prepared for their first courses. Students will build a toolkit of resources to access during their first year of studies.

Transition to  
post-secondary

Planning &  
Preparation

Assess  
skills

Resource  
Building



# Summer Support Services Program Outline

## Program Format



*Sessions will typically follow the format of:*

- Lesson + Activity: Learn and Apply new Skills
  - Images, visuals and videos are added for enhanced understanding of topics, interactive activities are included for engagement and resources shared for future use.
- Break (if needed)
- Activity #2
- Wrap up: Review what to work on for the week
  - Students will be provided with an activity they can work during the week, that they can complete prior to next session, for practicing skills and consolidation of learning.

*Session Formats:*

- Virtual (via Zoom)
- In-person: in the Tiny Township area

*Scheduling:*

- Session timing will be determined during program registration (at mutually-agreed upon time).



## Who Summer Support Programs are For

*Students who may benefit from these programs:*

- are motivated to learn new things and try new ways of doing something
- want to showcase their knowledge (that may not always be easy for them to demonstrate) and would like to improve their quality of work
- find school stressful because of executive functioning challenges
- are unsure of how to meet expectations of teachers or learning assignments
- would like to become more organized in general



## Why Summer Planning is Helpful

It's Important to remember that all students can learn to improve their work and their overall experience at school!

*Ways planning is helpful and essential for student success with education:*

- ✓ Helps reduce stress by thinking ahead about what to expect and reviewing possibilities
- ✓ Students will have strategies to use for when they are experiencing challenges
- ✓ Students can reflect on how they learn best and create strategies for success
- ✓ Allows students to have a plan to follow and prioritize what is important
- ✓ Students will be more familiar with supports available to them
- ✓ Reviews steps for how to be successful by creating achievable goals

