

Using The ME! Lessons

The ME! Lessons were developed to help educators teach students critical transition skills. Prior to beginning the lessons, please review the Scope and Sequence and the Lesson Plans. We recommend that educators teach the units and lessons in the order presented in the scope and sequence. We also encourage educators to include additional activities as they see appropriate to further enrich the lessons.

We estimate that it will take approximately 17-23 hours to teach the lessons with each lesson taking 45-60 minutes, not including the extension activities. The time required will vary based on individual teacher and student needs. Lessons may be taught daily or once or twice a week, depending on teacher and student needs. The more time between lessons, the more time needed for review. Lessons may be taught as part of existing curricula or as a stand-alone course. Please give us feedback on how you teach the lessons, how long it took, and any suggestions for change. Send your comments to zarrowinstitute@ou.edu.

The major components of the units include the ME! Book, KWL Chart, Self-Awareness Research Project, and My Meeting activity. The ME! Book is a student portfolio developed over the course of the 10 units. Please see the ME! Book instructions included in Unit 1 materials for details on the ME! Book.

A KWL chart (Ogle, 1986) is a teaching strategy that provides structure for students as they comprehend, recall, and organize information they have learned. During Unit 1 and 2, students are introduced to the KWL chart. Please see Using a KWL Chart included with Unit 1 materials for additional information regarding the use of the KWL chart.

Unit 6 is dedicated to the introduction, planning, completion, and presentation of the Self-Awareness Research Project. This project is designed to encourage students to identify, describe, and research their abilities, strengths, disability, and plans for the future. While three lessons have been dedicated to the project, it is likely that most educators will need to use additional class time for project completion.

The My Meeting activity is completed during Unit 7 and requires students to create a written plan to self-advocate for accommodations in a subject area class. Each student must meet with a teacher to advocate according to the student-developed written plan and then have that teacher complete an evaluation of the student's performance.

At the beginning of each of the 10 units, you will find a description of the unit purpose and an overview of each lesson included in the unit. Additionally, the Oklahoma PASS standards addressed in the unit are listed before the unit lesson plans. The numbering of the PASS standards has been kept the same as the numbering in the PASS document from the Oklahoma State Department of Education (OSDE). Therefore, some of the standards identified for each unit may appear to be missing a number or objective. For example, Unit 2 PASS standards for Social Studies and Instructional Technology begin with Standard 4. This indicates that the PASS standards 1-3 for those two areas were not addressed in Unit 2.

Each detailed lesson plan includes student objectives, materials, lesson opening, procedures, closure, and student evaluation. As you read through the lessons you will notice some italicized text. The italicized text indicates a script included to help educators address important information while facilitating class discussion and presenting lesson content.

Eleven of the 23 lessons include an Extension Activity. These activities are not required, but we strongly recommend that educators include each Extension Activity whenever possible as they provide students with valuable information and additional opportunities for discussion and evaluation.

Four of the 10 units include Critical Thinking activities that require students to identify problems and solutions from a scenario provided at the beginning of the unit. At the conclusion of the unit, students revisit the scenario to discuss the problems and solutions they originally identified and elaborate or change their responses based on the information learned during the unit. The Extension Activity included in Unit 10 provides students an opportunity to develop their own Critical Thinking scenario.

Each of the 10 units (excluding unit 6) includes a brief Knowledge Quiz for students to complete. The Knowledge Quiz may be completed at the end of the unit to assess student knowledge or at the beginning and end of the unit as a way for students to evaluate what they learned during the unit. It is highly recommended that educators include each Knowledge Quiz as a useful student self-assessment tool and not simply as a “test” at the end of the unit. Quiz items that students struggle with should be added to KWL charts as something to be “learned”.

Educators using the ME! Lessons may modify all lesson materials as needed to better meet individual student and teacher needs. Please send your modified versions and suggestions to zarrowinstitute@ou.edu so that they may be considered for posting for others to use.