



UTAH
WOMEN &
LEADERSHIP
Project

BENEFITS OF COMPLETING COLLEGE:

Parenting

LESSON PLAN #5

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EXTENSION

Benefits of Completing College: Parenting

PURPOSE

Students will understand the benefits of achieving a postsecondary education and how those benefits relate to being a parent.

LEARNING OUTCOMES

Students will understand how obtaining a postsecondary education can help them make better and more informed parenting choices in their lifetime.

OPENING JOURNAL PROMPT

Answer the following question: Do you think that finishing a postsecondary education will help you be a better parent if you choose to have children?

INPUT FROM YOU

The teacher will pass out the *Benefits of Completing College: Parenting* handout to the students. As a class the students and teacher will read the material and discuss the content.

VOCABULARY ACTIVATION

The teacher will pair the students and pass out the *Active Vocabulary Sheet* to students. The class will read the directions together and start the task. The vocabulary words include: Attributes, Influencer, Attainment, Parenting, Expectation, Perpetuate, Aspirations, and Autonomy. Students will also be asked to create a sentence using each word to show understanding.

INPUT FROM YOU

The class will come back together and go over the vocabulary words while creating examples of each for an even firmer understanding.

The teacher will hand out the *Educated Parent Quiz* for the students to complete individually. Then together as a class the teacher and the students will go over each answer for a firm understanding of the answers and research.

GUIDED PRACTICE

The teacher will group the students and distribute the *Attributes of an Educated Parent* worksheet for the class to complete. The teacher will explain the directions and go through the first example for the students.

Benefits of Completing College: Parenting

CLOSURE

The students will share as a class a few of their answers in the *Attributes of an Educated Parent* worksheet.

CHECK FOR UNDERSTANDING

Closing Journal Prompt: Do you agree with this statement? Why or why not?

"Education truly perpetuates education."

ASSESSMENT

Students will be asked to create a campaign that describes the benefits of postsecondary education as they relate to parenting. This can be a poster board, a small presentation/speech, or a PowerPoint. This can be done in class or as homework.

MATERIALS

Benefits of Completing College: Parenting Handout
Active Vocabulary Sheet
The Educated Parent Quiz and Answer Key
Attributes of an Educated Parent Worksheet

SUPPLEMENTARY MATERIALS

Education Pays:

<http://trends.collegeboard.org/education-pays>

The Value of Education Brief:

<https://www.usu.edu/uwlp/files/briefs/1-value-of-higher-education.pdf>

Utah Women & Leadership Project - Clips and Videos:

<https://www.usu.edu/uwlp/resources/videos>

Goals for the Common Good:

http://www.measureofamerica.org/file/common_good_forecaster_full_report.pdf

Benefits of Completing College:
Parenting

MATERIALS



Benefits of Completing College

PARENTING

Higher education can have a tremendous impact on an individual's parenting knowledge, skills, and choices. The following list includes a few of the many reasons why college degrees can contribute to better parenting.

Children of college-educated parents are better prepared for school.

- ⌘ Parents who earn college degrees tend to spend more time preparing their children for academic success by reading and doing homework with them; this better prepares children for reading and math at younger ages.
- ⌘ One study reported that preschoolers whose parents held bachelor degrees (compared with high school diplomas) were twice as likely to recognize all of the letters of the alphabet.

Educated parents are more likely to be involved in their children's educational activities.

- ⌘ Parents with higher levels of education more often participate with their school-aged children in a variety of activities: going to libraries and museums; attending concerts, cultural events, and extracurricular activities; and participating in community, religious, and ethnic activities.
- ⌘ Children of college-educated parents are more likely to develop a love for learning while young.

Educated parents are more likely to have healthier children.

- ⌘ Educated mothers are more likely to give birth to healthier babies, since they are less likely to consume alcohol or smoke and more likely to receive prenatal care.
- ⌘ More educated parents create healthy lifestyles for their children. For example, children living in households with college-educated adults are less likely to be obese.

College-educated parents tend to have college-educated children.

- ⌘ Children whose parents are college educated enter and graduate from college in greater numbers and also have higher degree aspirations.
- ⌘ Students of parents who have graduated from college are less than half as likely to withdraw before their second year.

Educated parents are more likely to be self-reliant and to provide for their families.

- ⌘ Children of college-educated parents are more likely to be able to financially support themselves and their families.
- ⌘ Educated individuals are better able to find jobs with increased autonomy and flexibility; this allows them more opportunities for family-friendly work schedules, arrangements, and locations.

When parents are college educated, they are typically more engaged in their children's learning and education. It is also more likely their children will be healthier, better prepared for school, and will attend and graduate from college. Educated parents strengthen children, families, and communities. Pay it forward: get your education!

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Educated parents strengthen children, families, and communities. Pay it forward: get your education!



Benefits of Completing College: **Parenting**

NAME:




DATE:

Attributes of an Educated Parent

Directions: Students will group together to fill out this worksheet. Brainstorm attributes of an educated parent and write them down on the left side. Then write the action of that attribute on the right side. See the first row filled out for you as an example.

An Educated Parent is/has...

An Educated Parent does...

a healthy lifestyle		encourage healthy activities for their children
		
		
		
		
		
		
		

NAME:

DATE:

Active Vocabulary Worksheet

Directions: With your partner, find the definitions of each word and together create a sentence using the word. Each of you must fill out your own sheet.

Attributes:

Dictionary definition _____

Create a sentence with the word *Attributes* _____

Influencer:

Dictionary definition _____

Create a sentence with the word *Influencer* _____

Attainment:

Dictionary definition _____

Create a sentence with the word *Attainment* _____

Parenting:

Dictionary definition _____

Create a sentence with the word *Parenting* _____

Expectation:

Dictionary definition _____

Create a sentence with the word *Expectation* _____

Perpetuate:

Dictionary definition _____

Create a sentence with the word *Perpetuate* _____

Aspirations:

Dictionary definition _____

Create a sentence with the word *Aspirations* _____

Autonomy:

Dictionary definition _____

Create a sentence with the word *Autonomy* _____

NAME:

DATE:

The Educated Parent Quiz

Directions: Please answer the following questions as best you can on your own. Questions 1-4 are Multiple Choice and 5-8 are True or False statements.

1. A parent with a college degree or who has a certificate (like a cosmetologist) is
 - a) more likely to be involved in their children's educational activities
 - b) more likely to have healthier children
 - c) more likely to be self-reliant and to provide for their families
 - d) all of the above

2. Women and men with a college education
 - a) have a higher self-esteem
 - b) are better leaders
 - c) live a healthier lifestyle
 - d) are better at decision making
 - e) all of the above

3. College-educated parents:
 - a) are better able to find jobs with increased flexibility
 - b) spend more time reading to their children
 - c) spend more time participating in community, religious, and ethnic activities.
 - d) all of the above

4. College-educated parents will most likely pass on to their children a:
 - a) healthy start at life
 - b) a great start for a love of lifetime learning
 - c) none of the above
 - d) both a and b

5. True or False:
Children with parents who have bachelor degrees are less likely to be able to recognize all the letters of the alphabet.

6. True or False:
Children living in households with college-educated parents are less likely to be obese.

7. True or False:
Children with college-educated parents are more likely to develop a love for learning at an early age.

8. True or False:
Children of college-educated parents are less likely to be able to financially support themselves and their families.

Benefits of Completing College: Parenting

The Educated Parent Quiz - ANSWER KEY

1. A parent with a college degree or who has a certificate (like a cosmetologist) is
 - a) more likely to be involved in their children's educational activities
 - b) more likely to have healthier children
 - c) more likely to be self-reliant and to provide for their families
 - d) **all of the above**

2. Women and men with a college education
 - a) have a higher self-esteem
 - b) are better leaders
 - c) live a healthier lifestyle
 - d) are better at decision making
 - e) **all of the above**

3. College-educated parents:
 - a) are better able to find jobs with increased flexibility
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 - d) **all of the above**

4. College-educated parents will most likely pass on to their children a:
 - a) healthy start at life
 - b) a great start for a love of lifetime learning
 - c) none of the above
 - d) **both a and b**

5. True or **False**:
Children with parents who have bachelor degrees are less likely to be able to recognize all the letters of the alphabet.
Their parents tend to spend more time preparing them for academic success by reading and doing homework with them.

6. **True** or False:
Children living in households with college-educated parents are less likely to be obese.
They are also more likely to engage in healthy activities and healthy eating habits.

7. **True** or False:
Children with college-educated parents are more likely to develop a love for learning at an early age.
They are more likely to visit libraries, museums, and attend concerts and other cultural events.

8. True or **False**:
Children of college-educated parents are *more* likely to be able to financially support themselves and their families.
They are also more likely to find jobs with increased autonomy, flexibility, and overall job satisfaction.