



Helping Your Child Transition to High School

High school is all about increasing your student's responsibility and independence. In middle school, they are taught social skills and time management, all while having a support system of teachers and various school faculty. High school is designed to transition students into becoming a young adult by giving them a little more responsibility. Below is a list of tips to help your child transition to High School.

- **Be Your Child's Support System**
 - Change is difficult. Going from Middle School to High School is a learning curve for many students due to challenging academics, making new friends, and learning a new school's environment. It is important that you talk with your child and let them know you are there for them if needed.
 - Attend parent teacher conferences so you are informed about your child's school academic procedures. This also lets your child know you support and care about their academic efforts.
- **Prepare Your Child for the Expectations of Their New School**
 - **Visit the school** with your child so they feel more comfortable with the layout of the school. This will decrease their anxiety for their first day and ease them into feeling more comfortable in their new environment.
 - Help your child understand the expectations of **extracurriculars**. High school has more extracurriculars than elementary or middle schools. This is a great time for students to explore their passions and interests, while also teaching time management skills. Be sure to leave some down time for your student because it's important for them to relax as well.
 - **Homework** gets more intense and grades become critical for their future. A way to prepare your child for a more intense workload is to set up a space for your child to work that is quiet, well-lit, and distraction free. Also, sit down with your child regularly to discuss class loads and make sure their academics and extracurricular activities are balanced.
 - **Instill organizational skills** within your child by teaching them to stay focused and turn in work on time. Have your child make prioritized daily to-do lists, and study in a quiet and clean workspace. Organizational skills will not only help your child in their daily school life, but also in their future life as a young adult.

- **Check in with Your Child**

- Make an effort to talk with your child every day, so they know what goes on at school is important to you as well.
- When talking to your child, it's important to listen, make eye contact, and avoid multitasking. Remember to talk with your child, not at him or her and be sure to ask open ended questions.

References

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