

Moving from Middle School into High School

TIPS FOR STUDENTS

The transition from middle to high school can be one of the most emotionally difficult and academically challenging times in your life. It's tough to be at the top of the ladder in middle school and to have to start at the bottom again when you go to high school.

You are probably both excited and concerned about going to high school. You are looking forward to more freedom, more choices, the opportunity to participate in more extracurricular activities, and the opportunity to develop friendships. You might also be concerned about some of the social and academic challenges in the high school.

Social Challenges

Many students admit to being "nervous" and "scared" about

- Older students teasing them
- Getting lost in their larger, unfamiliar school
- Making bad grades
- Stricter high school teachers
- Much more and much harder work than they had in middle school

But after attending the 1st semester of 9th grade many students say that

- There was some teasing, but most older students were willing to help them and even made good friends
- The older students did not "bully freshmen" or "stand around laughing at them"
- The school did not seem nearly as large or difficult to get around in as they had feared
- They really did not have problems getting lost
- They liked being able to choose their classes and extracurricular activities,
- They did say the high school classes were more difficult and realized they needed to manage their time, especially when they got involved in extracurricular activities

Academic Challenges

Many students, no matter how well they have done in middle school, have academic challenges during high school. Schoolwork might seem a lot more difficult and demanding than it was in your middle school.

- Grades will become more important to you (remember they all count)
- Plan on homework and projects taking more time to complete
- Tests and exams count for a higher percentage of the final grade
- Teachers will expect good note-taking skills
- Many students find they need to learn how to study and how to manage their time once they move to the high school

Relationship Challenges

- You might be concerned about making being accepted or rejected by others. Many students have questions like:
 - Will I look stupid?
 - Will others like me?
 - Will I embarrass myself?
- Just remember, making friends takes time
 - In the beginning students are polite but formal
 - Then they progress to teasing and questioning
 - Finally to trusting and valuing one another