

Transitioning from Middle School to High School

TIPS FOR PARENTS

Parent involvement in young adolescent students' transition from middle to high school is critical. When parents are involved in students' transition to high school, they tend to stay involved in their child's school experiences and when parents are involved in their child's high school experiences, students achieve more, are better adjusted and are less likely to drop out of school.

Parents can become involved

- Attend orientation program for incoming freshmen and their families
- Become familiar with the parent-student handbook and the school website
- Meet teachers during back-to-school nights
- Attend parent-teacher conferences
- Volunteer and chaperone
- Register for parent e-mail groups facilitated by teachers, counselors, or extracurricular sponsors
- Join the PTA, Parent Student Association, or similar support groups
- Read the student newspaper and parent newsletter

Parents can provide academic support

- Set up a structured time and place for homework and study (complete with school supplies)
- Buy a calendar or planner for your child and encourage its use during the summer. Camps, social events, vacations, and other activities should be recorded. This will teach time management skills
- Help teens maintain a daily routine that includes
 - Healthy meals
 - A good night's sleep
 - Physical exercise

Parents can provide emotional support

- Encourage self-confidence and patience as new relationships' are built. Let your teen know that he or she shouldn't expect to come home the first day of school with a solid new group of friends
- Talk about values and make certain that your teen knows and can articulate his or her personal ethics and values.
- Help your teen to learn to deal with conflict by practicing assertiveness and learning when to just walk away
- Make it a point to have a conversation with your teen each and every day

Parents can encourage social and extracurricular activities

- Take your child to an athletic contest, a visual or performing arts presentation, or some other event at the high school. This will help him or her become familiar with the facility, recognize the faces of older students, and perhaps meet staff
- Encourage your child to join activities which are compatible with their interests and talents
- Enable your child to join in social activities: "I see there's a football game today. I can drive you and your friends to the game."
- Encourage your student to choose friends based on compatibility rather than popularity
- Welcome friends into your home so you can get to know them