

Transitioning to High School

Northville High School Counseling Department

Where to Start?

There is a variety of advice out there - what should you listen to?

- ❑ <https://blog.collegevine.com/9-tips-for-helping-your-teen-transition-to-high-school/>
- ❑ <http://www.concordiaacademy.com/blog/high-school-transition/>
- ❑ <https://www.noodle.com/articles/6-tips-to-help-your-freshman-adjust-to-high-school>
- ❑ Consider your expectations. Be careful making your worries your student's worries.
- ❑ Create a 4 year plan and be willing to change it.
- ❑ **Trust your gut. If you think something is wrong, it probably is (esp with drug use). Extreme change is not typical “teen” behavior.**
- ❑ Change can take a while - be patient!
- ❑ Remember: [The antidote to anxiety is action](#)
- ❑ Pick your battles, and then stick to your guns

Students share:

What have been the differences between 8th & 9th grade?

- More independence, solve problems on your own
- Need to spend more time doing homework and studying
- Need to talk with teachers more
- Need to be more organized

Focus on Mental Health

Model healthy living habits make for a more resilient and problem solving teen

- ❑ Adequate sleep
- ❑ Proper diet & exercise
- ❑ Monitor amount of screen time
 - ❑ [Fear Of Missing Out: Is social media making your teen depressed?](#)
- ❑ Encourage face to face connections & relationships (with adults and teens)
- ❑ Create opportunities for success to balance the failures
 - ❑ “Success” looks different for each student
 - ❑ Allow them to take risks and learn from failure.
- ❑ Encourage reading for pleasure when in summer and breaks
 - ❑ [Reading fiction promotes critical thinking and good mental health](#)

Are you doing these things?

Biggest Adjustments

- ❑ Classes are every other day for 87 minutes
- ❑ Students have more responsibility for their learning and knowing what is happening at school
- ❑ Classes are more challenging at the high school level
- ❑ Tests focus more on critical analysis and application, less on memorization and identification
- ❑ Grades count in Freshman year for GPA
- ❑ Over 90 clubs/sports to get involved in
- ❑ Social pressures/Social media

Parent adjustments

- ❑ Ups and downs. Students still need parental oversight in freshman year. Try coaching versus directing. Help them problem solve versus solving the problem for them.
- ❑ Practice more active listening. Reflect on what you are hearing your child say before immediately giving a response/suggestions
 - ❑ Could lead to them coming up with solutions themselves and owning their choices and behaviors.
- ❑ Try your best to regulate your own emotions and reactions - if we as adults are not regulating well, we can't expect our kids to!
- ❑ Balancing technology.
- ❑ Increased desire for independence. Goal: Independent learner ready for post-secondary experiences & challenges

Important must haves by the second week of school:

- ❑ Review the entire [website](#) (preferably this was done over summer)
- ❑ Make sure Mistar login is working for [student](#) and [parent](#). Note all teachers names and [email addresses](#) and make special note of your Seminar teacher!
- ❑ Make sure students and parents are signed up for the [NHS listserv](#)
- ❑ Locate and Read the [Mustang Trail!!](#)
- ❑ Have a copy of the [A day B day C day schedule](#) - add important dates in your calendar
- ❑ Have your **student** provide you with each teacher's syllabus, contact information and method for delivering assignments (moodle, google classroom, etc..)

Keys to Success:

Balance

- ❑ Enroll in academically appropriate classes and *gradually* increase rigor if successful/desired
- ❑ Dedicate between 18–22 hours weekly to homework & studying
- ❑ Studies show teenagers need an average of 9 hours of sleep each night
- ❑ Students involved in a couple activities at the school tend to have better grades than students who are not involved in any school club/sport
 - ❑ [High Achieving Schools and Stress Levels](#): “...researchers are finding that these high-achieving schools are producing students that run the risk of burning out.”
- ❑ With approx 600 students in a graduating class, over 90 clubs/sports at NHS, social life may change/evolve

Keys to Success:
**Advocacy &
Building
Resilience**

- ❑ Ask for help when needed. Teachers, counselors and administrators are here to help! We want students to be successful emotionally and academically.
- ❑ See teacher in seminar for extra assistance
- ❑ Arrange study group with classmates

High school is full of exciting new events and changes, but also new challenges. This creates great opportunities to help students build *resilience*.

[Resilience Guide for Parents and Teachers](#)

Chains of Command

Who can help with specific questions or concerns

Academic concerns/Questions about classes

Classroom teacher ➡ Seminar teacher ➡ Counselor ➡ Assistant Principal

Mental health concerns

Counselor ➡ Assistant Principal

- We would then work with you to determine if anyone else needs to become involved to support your child.

Disciplinary concerns/Bullying

Assistant Principal ➡ Principal

- Your child's administrator will help determine if anyone else needs to be involved.

Keys to Success:

Seminar!!

- ❑ Track your student's use - all freshman should be here all year
 - ❑ They should earn the right to blend
- ❑ Get help on homework or have it checked for accuracy
- ❑ Get questions answered
- ❑ Go in for test review BEFORE a test so you know what to expect
- ❑ Review test errors with teacher to improve for next test



Keys to Success: Goals

Goal Setting: SMART goals

S = Specific

M = Measurable

A = Attainable

R = Realistic

T = Time specific



Class of 2023 SMART Goals

Goal

All A's = 41%

B or better = 31%

What happens if the goal is unrealistic?

1. Anxiety/Panic attacks
2. Lower self esteem/confidence
3. Potentially negative coping strategies

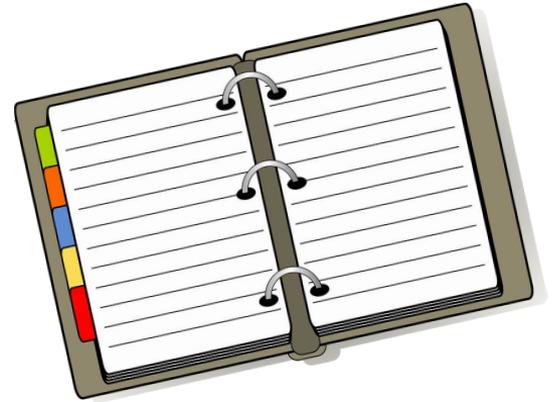
Keys to Success:

Organization

SOAR Binder for all classes

Planner (paper or electronic) to record assignments

Time management: 18-22 hours of homework, review & study time weekly



Keys to Success:
**Review &
Study**

1. Try not to do too much studying at one time.
2. Plan specific times for studying.
3. Try to study at the same times each day.
4. Set specific goals for your study times.
5. Try different techniques (read aloud, explain work to parents, graph it out, etc..).
6. Begin studying/working on the assignments/subjects that you find most difficult ***first***.
7. Review your notes before beginning an assignment.
8. Find a study place free from distractions.
9. Work with another student when you are having difficulty with an assignment.
10. Review your schoolwork over the weekends.

Keys to Success:

Record Keeping

- ❑ Check MiStar 2 times weekly for to prevent missing assignments
 - ❑ Check to make sure you and your child know how to log into Mistar the first week of school.
 - ❑ Create a signature planner system if needed
- ❑ Students can review tests with teachers to ascertain reason for errors (eg. misread directions, careless mistakes, trouble with concepts) & strategize for improvement.

NHS Counseling Resources

[NHS Webpage](#)

- Individual meetings
- Daily Progress Report Card/Travel Card
- Structured Seminar
- Math & English intervention class (skill building)
- Peer Mentors
- National Honor Society Tutor List
- Referrals to community resources & adult mentors
- Naviance

Questions?

Thank you for coming!