

Smoothing your child's transition to middle school

Planning and conversation will ease your tween's anxiety about meeting the new, complex demands of middle school.

Amanda M. Miller, M.S., N.C.C., N.C.S.C.
School Counselor



Ah, middle school. Though your child may barely be entering puberty and may still be a pre-teen, the transition to middle school is a big step on the road to maturity. This is a new chapter in your child's life, one that should be celebrated and taken very seriously. It is perfectly normal for your child to feel both excited and afraid. Researchers have found that students anticipating the move to middle school worry about three aspects of the change: logistical, social, and academic. A child with learning or attention difficulties shares the same worries as his/her peers, and may be afraid the change will be even harder for him/her.

While you won't be able to calm your child's fears completely, with some advance planning and open discussions, you can substantially ease his/her mind. The first step is to understand what may worry your child.

Logistical concerns

When researchers asked kids what aspect of moving to middle school most concerned them, the top answers related to how things at the new school worked. How would they find the right classroom? What happened if they were tardy? Where was the cafeteria? What about the bathrooms?

Middle school is a much more complex environment than grade school. The campus is larger, there are more students, and instead of one teacher and one classroom, your child will have a separate instructor, and classroom, for each subject or block of subjects (e.g., language arts/social studies or math/science). It's no wonder kids worry about finding their way in this new world.

For a student with learning or attention difficulties, understanding the rules and procedures of the new school may be even more important. The challenge of navigating multiple transitions

between classes and organizing books and materials for every subject may be all she can handle in the first few weeks. Here are some strategies for helping your child make a smoother transition to middle school:

- Explore the school's Web site with your child. Search for announcements, schedules, and events.
- Accompany your child on campus tours and orientations offered to parents and incoming students. The better you understand the school layout and rules, the more you can help your child.
- Get a map of the campus and take your child to explore. Pick a time after school in the spring or in the days just before school starts in the fall. Be sure to check in with the school office to get an OK for your explorations.
- Include a couple of your child's friends on campus treks. They can boost each other's memory about where things are when school starts.
- Take advantage of summer programs — academic or recreational — offered at the new school for incoming students. Your child will get the feel for the campus in a much more relaxed atmosphere.
- Get a copy of your child's class schedule and mark the location of his/her locker and each classroom and bathroom on the school map. Tape both of these inside his/her binder. If your child has trouble reading maps, walk the route between classes with his/her — more than once, if necessary — and note landmarks that the student can use to navigate.
- Find out the length of the passing period between classes. Time it out for your child. Demonstrate how far he/she can walk in that amount of time.
- Get a copy of the student handbook. Review rules and requirements — especially the school's code of conduct, which describes consequences for violations of the most important rules. Ask the school staff questions about anything that's unclear.
- Make sure your child has an easy-to-read wristwatch so she can quickly see if she needs to hurry to be on time to class.

Social fears

Another area of worry for students moving to middle school is the social scene. Will I see anyone I know? Will it be hard to make friends? Will I have to eat lunch alone? Are the older kids bullies?

Remember that, in addition to changing schools, your child is entering adolescence, a stage when kids start to rely much more on peers and pull away from parents. This is a time when being part of a group is very important and being perceived as different can be devastating. It's not surprising that finding friends in the new school is a top priority.

The good news is that the more varied social environment also offers many opportunities to meet people. Being in multiple classes each day means your student is surrounded by more potential friends. The better news is that, once students are settled into middle school, they report that friendships and the social scene are among the best things about school.

Some things that you can do to ease the social transition:

- Encourage your child to join sports teams, clubs, or other extracurricular activities.
- Ease any loneliness in the early weeks of school by **helping your child arrange weekend social activities** with neighborhood, church, or grade school friends (if possible).
- Encourage your child to join group conversations. Discuss how to join in without interrupting, to add something relevant to conversation in progress, etc.
- Talk about traits that make a good friend (such as being a good listener).
- Talk about social skills. Discuss how words and actions can affect other people.
- Practice skills needed for difficult social situations and review skills they have already learned through the Elementary Counseling and Guidance Program.
- Remind your child to make eye contact when speaking or listening.
- Encourage your child to speak to their counselor and seek guidance when troubled.

Academic concerns

Though most students worry more about the logistical and social aspects of middle school before they get there, once settled in, academic concerns rise to the surface. Will the classes be too difficult? Will there be too much homework? Are the teachers strict?

It's quite typical for students' academic performance to drop upon entering middle school. Along with everything else that's going on - rollercoaster emotions, physical changes, and social upheaval - your child is also coping with harder classes, more homework, and a whole new set of academic expectations. There is less small group and personalized instruction. Teachers expect students to take charge of assignments and projects with less day-to-day guidance. Students are expected to be much more independent and responsible.

For a student with learning or attention difficulties, these changes can come as quite a shock. Organization and time management demands rise to a new level. Though it can seem overwhelming, keep reminding your child that he/she can manage these changes successfully, though it will take time and practice.

Some tips to help ease his/her academic concerns:

- If your child has an Individualized Education Program (IEP), meet with the middle school CSE team before the start of school. Discuss your concerns and be a vital team member in choosing the best program/placement for your child.
- Meet with/contact teachers early in the school year. Give them a profile of your child's strengths and where he/she needs help.
- Encourage teachers to continue using strategies that have worked for your child in the past, such as writing homework assignments on the board, or assigning your child a "homework buddy" she can contact if she forgets what his/her assignments are.
- Help your student with time management skills. Work together on a schedule for study time, break time, chores, etc.
- Work out an organizational system with your student. Acknowledge and make allowances for his/her anxiety.
- Avoid overreacting to grades. Making sure your child gets a handle on how to meet the demands of the new school is the critical factor in the early weeks.

- Stay connected to your child's school work. Try to teach your student to work more independently while supporting him/her enough to give him/her confidence.
- Go to back-to-school night, open houses, parent-teacher conferences and other events where you can connect with your child's teachers (if possible). **Keep in contact with your child's counselor and seek advice when necessary.**
- Help your child be his/her own advocate. Encourage him/her to discuss problems and solutions with teachers on his/her own, but be ready to step in and help as needed.

The best way to help your child through this transition is to keep a positive attitude about middle school. You may remember how scared, awkward, and self-conscious you felt at that age. Empathize with him/her if he/she feels the same way, and tell him/her it's normal for middle school students to experience those fears and emotions. Reassure him/her that he/she will become more comfortable and confident with time. Remind your child that the school and the teachers want him/her to be successful and that he/she has what it takes to make it all work.

Please feel free to contact the counseling staff at any time with your questions or concerns. We are here to assist your child during their time of transition and throughout their high school experience.

Amanda Miller	Elementary School/ Middle School	988-3291 x3322 988-3276 x4462
Shane Gallivan	Middle School/High School	988-3276 x4310