

June 2020

STUDENT SURVIVAL TIPS FOR THE TRANSITION TO MIDDLE SCHOOL

Middle school is a great opportunity to meet new people and explore your identity. Who are you? Who do you want to be? It can also be a difficult time as there are so many changes! You will be faced with more responsibility and more independence. Here are a few tips to help you with your middle school transition!

STAY ORGANIZED

It may help to:

1. Color code your folders and notebooks
2. Keep your locker and backpack cleaned out
3. Use an agenda
4. Create a schedule

STAY HEALTHY

Be sure to get a good nights sleep and eat a good breakfast before the school day starts. It may be difficult to adjust to having 6 classes and you'll need to be up and full for the long day ahead!

MONITOR YOUR GRADES

Good grades will be more difficult to earn in middle school. Turn in your work on time, ask questions, and take advantage of extra credit or tutoring opportunities.

DON'T BE AFRAID TO ASK FOR HELP

Ask questions! If you are unsure about an assignment, what you need to be doing, where to go, or of anything just ask. The teachers are there to help you!

GET INVOLVED IN EXTRA-CURRICULARS

Find things that you enjoy-sports, clubs, activities, and more!

This is a great way to meet people, have fun, and have something to look forward to!

FIND AN ADULT YOU TRUST

Having someone in the building you trust that is an adult is helpful for times that are difficult and times that you are celebrating. This could be a teacher, administrator, or counselor!

SAYING HELLO TO NEW CLASSMATES

Middle school is a great place to meet new friends. Lots of elementary schools will be joining as one! Be open to new experiences and getting to know students you don't already know from elementary school.

STAY ON TOP OF HOMEWORK AND CLASSWORK

1. Schedule your time wisely
2. Don't get behind on work
3. Allot a certain amount of time each night for homework
4. Start assignments early
5. Keep track of due dates

CHOOSE YOUR FRIENDS WISELY

Be careful about choosing friends that make good choices! Limit your use of social media... Remember what you put out on the web can follow you even if you delete it.

PEER PRESSURE AND BULLYING

Peer Pressure

Middle school comes with lots of transition and changes. These changes can affect people in a good way or in a difficult way. Remember, peer pressure can be positive or negative.

Example of Positive Peer Pressure:

Encouraging friends to study together or motivating them to work hard at a sport.

Example of Negative Peer Pressure:

Encouraging friends to skip school or use drugs.

Tips:

1. Find friends with similar interests and values
2. Be assertive- tell friends what you like/don't like
3. Avoid situations which you know you could get in trouble
4. Learn to handle conflicts in a positive way
5. Let an adult know of a situation that makes you uncomfortable

Bullying

Remember that bullying is when someone repeatedly and on purpose says something or does something to hurt another person. If you feel like you are being bullied, **there is ALWAYS help for you!**
Always report bullying to a trusted adult.



MORE ON MAKING AND CHOOSING FRIENDS

1. **Act Friendly**- Smile a lot, be kind, give compliments, and use body language that is inviting... i.e. try not to cross your arms
2. **Join a Club or Activity**- This can really increase your friendship circle and may even help you develop new skills!
3. **Just say hi!**- Go up to people who you would like to know and introduce yourself!
4. **Be Yourself**- The best friends are the ones who know the real you!
5. **Stay out of "Drama"**- Try to be neutral and stay away from people that you notice who start drama often
6. **Don't Gossip**- Don't spread gossip or rumors about others. This tends to happen often and middle school and its best to avoid being a part of it.
7. **Be Open**- Keep an open mind and your options open. Middle school is a great place to make new friends!

