

# Tips and Tricks for Making the Transition

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1. Attend activities at the Middle School before your student starts sixth grade. Take your student to a play, sporting event, music concert, or other event open to the public. This will get them familiar with the building as well as the activities they can join.
2. Pull up the website and read through the site with your student. Review the handbook, read the daily announcements, look through the staff directory (let them see what their teachers look like), visit teacher webpages and the activity calendar. Talk about all the things they have to look forward and discuss the things they should expect.
3. If your student is nervous about lockers and changing classes, have them practice. Get a combination lock for them to practice with over and over and over and over (you get the idea). Also, set a timer for 3 minutes and have them walk to the end of the house, work the combination lock, grab some books and make it back to you. Time can be deceiving, especially when they are nervous. Once they realize all that can be accomplished in 2-3 minutes they'll have no problem with the longer passing period.
4. Encourage your student to join clubs and activities. This is a great way to make friends, learn valuable skills, and build confidence. Review and talk about all the opportunities available to them.
5. Your student will be changing classes and teachers and each one will have different expectations. Talk to your student about study habits. Find a distraction-free place at home for them to dedicate to homework. For the first few weeks of school, talk and work with them on time management.
6. Social transition. There are so many changes in middle school and one of those is social interactions. Help your student navigate this change by practicing skills needed for difficult social situations. Also, talk about what needs to happen to make friends, keep friends, and even to lose a friendship.
7. Help your student be their own advocate. Talk with them about resources at school to help with homework, problems in class, etc. Encourage them to discuss challenges and solutions with teachers and/or counselors on their own. However, this will be a process so be prepared to follow-up if the situation warrants parent involvement.