

STUDENT SURVIVAL TIPS FOR THE MIDDLE SCHOOL TRANSITION

Middle School is a great opportunity to meet new people and begin to explore who you are and what you want to do with the rest of your life. It can also be a difficult time, as there are a lot of things that are changing in your life. You are meeting new people. There are more choices and decisions to make. Instead of being in one or two classrooms all day, you now have multiple teachers and you will switch classrooms frequently. You will be faced with more responsibilities and you will be expected to become more independent and manage your time. Here are a few tips to help you with the middle school transition. Don't be afraid to ask your teachers, counselor or staff at your school if you need help.

1. Get Organized.

- a. Color-code your folders and notebooks
- b. Keep your locker and back pack cleaned out.

2. Do your homework and classwork.

You will have homework. Schedule your time wisely. Don't get behind. Allot a certain amount of time every night for homework and study. Don't wait until an assignment is due – start early. Keep track of your homework assignments and their due dates.

3. Talk to your teachers.

Ask questions. If you are unsure of an assignment, what you need to be doing, or of anything, just ask. Your teachers are there to help you.

4. Get involved in extra-curricular activities.

Find things that you enjoy – sports, clubs, activities, and get involved. This is a great way to meet new people and to have fun.

5. Get good grades.

A's aren't as easy to get in middle school. You will have to work hard to earn them. Turn your work in on time, ask questions and take advantage of extra-credit and tutoring opportunities. Make up work is only for students who aren't at school. If you are at school you should complete all of your assignments.

6. Stay healthy.

Get a good night's sleep and eat a good breakfast at school. Our school lunches are nutritious. Take advantage of the meals we provide students.

7. Talk to your parents and keep them informed of what is going on in your middle school life.

8. Find an adult you trust to talk to when you have problems.

Teacher, Counselor, Administrator

9. Choose your friends wisely.

Don't choose friends who make bad decisions. Limit your social media. Understand that what you put out there in writing will follow you from now on.

10. Come to school and have fun.

You can't learn if you are not at school. Attendance is crucial to being successful.

11. Go to tutoring if you begin struggling

- a. Breakfast Club
- b. Encore
- c. Ask a teacher for individual tutoring opportunities

PARENT SURVIVAL TIPS FOR THE MIDDLE SCHOOL TRANSITION

For children going into middle school, there are many anxieties, apprehensions and fears to deal with and overcome. Middle schools are larger than elementary schools, the school work is harder, there are more classes and more teachers – all with different expectations and personalities. Students who routinely earn A's may find that their grades take a dip. If A's are important to you and your child, encourage them to put in the hard work and effort. Communication is key. Talk with your child's teachers and school administration.

Don't be too anxious about your child going to middle school. Talk about the middle school experience in a positive way! Your enthusiasm and support can help make this BIG change in your child's school life a positive one.

1. **Help your child develop an organizational strategy.**
 - a. Designate a study space and set a consistent study time.
 - b. Buy your child the necessary folders and binders to stay organized.
 - c. Conduct a weekly clean-up.
 - d. Keep a master calendar.
 - e. Prepare for the week/day ahead.
 - f. Provide help and support while your child is learning to become more organized.
2. **Utilize Mt. Zion Middle School's resources.**
 - a. Check out our website and facebook pages for up to date information
<http://www.carrollcountyschools.com/>
<https://www.facebook.com/MZMSEagles>
3. **Talk about social skills.** Talk about traits that make a good friend. Discuss how words and actions can affect other people. Practice skills needed for difficult social situations.
4. **Monitor your child's Social Media and Cell phones.** Middle School provides an opportunity for students to make decisions and sometimes they don't make wise decisions. Make sure you are aware of what they are posting and messaging.
5. **Have your child take care of tutoring opportunities if they begin struggling**
 - a. Breakfast Club
 - b. Encore
 - c. Ask a teacher for individual tutoring opportunities
6. **Openly communicate with your child.** Keep the lines of communication open between your child and school staff. Be informed, listen, and talk to your child.
7. **Get involved as a parent.** Attend parent-teacher nights, open house, PPE meetings and/or other events where you can connect with your child's teachers and the school.
8. **Encourage your child to get involved in school activities!** Have them join a team, club, or other extra-curricular activity and attend after-school events.
9. **Help your child to be his or her own advocate.** Encourage your child to discuss problems and solutions with teachers on their own, but be ready to help as needed. Encourage your child's independence and help them learn to deal with situations so they become effective problem solvers.
10. **Take advantage of opportunities to be in the building.** Attend orientation meetings, registrations and open house!