Mrs. Thakur, School Counselor

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**MIDDLE SCHOOL TRANSITION TIPS**

**Ways to Feel More Comfortable:**

* Attend the Open House and any other summer opportunities to see the school and meet the teachers.
* Get a few friends’ phone numbers or email addresses in each class, so you have someone to call if you need information about your classes.
* Buy a combination lock to practice using it. It can be used later for gym class.

**Ways to Improve Your Grades:**

* Have a time and place to study each day.
* Use that planner/assignment notebook!
* Study for tests a few nights before they happen.
* Start to work on projects early—don’t wait until a few days before they are due.
* Use the teachers’ websites and SPAN.
* Don’t be afraid to ask questions in class. Other kids are wondering too!
* Stay organized. Each weekend, take the time to clean out your notebook and file papers.
* Clean out your book bag and locker regularly.
* Keep up with supplies – replace paper and pencils each week.

**Ways to Make Friends:**

* Be friendly—smile often! Say “hi” and introduce yourself.
* Be a good listener. Ask questions and show an interest in other people.
* Be yourself – be honest about what you like to do. Don’t change yourself to impress someone else.
* Check out the clubs and other school activities like dances and shows throughout the year.

**Watch Outs:**



* Being late to class or missing too much school
* Peer Pressure
* Cheating
* Alcohol, tobacco, or other drugs
* Junk Food -- make sure you’re eating healthy foods
* Stress – remember to ‘Sharpen the Saw’
* Get plenty of sleep – at least 9 hours!
* Exercise often