



Taking the next step:

Tips to ease your child's transition to high school

The first year of high school is an exciting time. But there's also a period of adjustment, as your child gets used to harder workloads, higher academic standards, and the pressure to 'make grades count.'

We hope the tips below, prepared by the expert tutors at StudyPoint, help you and your child get off to a strong start in the new school year.

Course Selection

- Educate yourself regarding course requirements for high school graduation.
- Review the tracks and levels of classes available at your child's high school.
 - Determine if specific courses are designed to fulfill requirements or to prepare a student for more advanced classes.
- Help your child select freshman courses that are academically appropriate without closing off future academic tracks.
 - Ask to participate in your child's course selection meetings with his/her middle school counselor so that you can play an active and informed role in the process.
- Encourage your child to take electives that enable him/her to explore his/her strengths and interests.
- Keep the lines of communication open about high school performance and the opportunities that your child has after high school (college, job, etc.).
 - If your child plans to attend college, he/she needs to know that colleges will see his/her entire high school transcript.

Academic Growth

- Check in with your child on a regular basis regarding daily, weekly, and long-term assignments. Pick a set time during the day or evening to review his/her homework.
- When talking to your child about homework or classes, ask open-ended questions that encourage discussion, instead of 'yes or no' responses.
- Support and encourage your child through successes and setbacks.
- Help your child to establish a regular study schedule and a study space that is free of distractions.
- Encourage your child to use a calendar or planner to keep track of assignments, tests and extracurricular activities. Post the calendar on a refrigerator where it can be seen.
- Encourage your child to develop academic independence and accountability.
- Seek a tutor if your child struggles in a particular subject area.

Social & Extracurricular Growth

- Encourage your child to become involved in school and extracurricular activities that are compatible with his/her strengths and interests.
 - Most high schools offer a variety of options, including: sports, music, academic and extracurricular clubs, student government, mentoring programs, and volunteer programs.
 - Explore the options with your child prior to the start of high school so that he/she is aware of the options.
- Encourage your child to participate in social activities, such as attending school sports games, school plays and musicals, and school fundraisers.
- Get to know your child's friends.
- Keep the lines of communication open so that your child feels comfortable discussing social and extracurricular issues and stresses.
- If your child is having a difficult time adjusting to high school, seek help from a teacher, school counselor, or adviser.
 - Trouble signs may include: poor attendance, poor grades, marked weight loss or weight gain, prolonged sadness, depression, or increased discipline problems.

Parent Involvement

- Participate in orientation and transition programs for incoming students and families.
- If your child's high school doesn't offer orientation, don't hesitate to ask for a school tour or visit before the school year starts.
- Attend back-to-school nights and parent-teacher conferences. It's helpful to get to know your child's teachers before problems arise.
- Educate yourself regarding your child's school policies and procedures.
- Become involved in your child's high school (Parent-Teacher Association, school board, volunteering at school-sponsored events, etc.).



StudyPoint, a national leader in personalized, in-home tutoring, can help your child start the new year with confidence. Our Transitions™ high-school preparation program is designed specifically to teach incoming freshman the key skills required for academic success, including:

- *Organizational skills*
- *Active listening and note-taking*
- *Effective reading and writing*
- *Time management*
- *Test taking skills*
- *Self-advocacy in high school*

**For more information,
or to learn more,
call 1-888-82-TUTOR or
visit www.studypoint.com**

