

# Transition from Junior High to High School: A Time of Change



## Alberta Education Health & Life Skills Programs of Studies Outcomes

The students will...

- W – 9.11 Use personal resiliency skills, e.g., seek out appropriate mentors, have a sense of purpose, have clear standards for personal behavior.
- L – 9.1 Apply personal time management skills to a variety of learning opportunities, e.g., develop strategies to overcome procrastination.
- L – 9.6 Develop strategies to deal with transitional experiences, e.g., create a learning plan for transition to senior high school, keeping future career plans in mind.

## Teacher Background

Adolescents entering high school look forward to having more choices and making new and more friends; however, this transition can be difficult because it is happening at a time when friendships and social interaction are particularly important.

Some of the fears that students have about moving on to high school are:

- Being laughed at, teased or bullied
- More homework
- Bigger classes, not knowing all the kids
- Not knowing all the teachers
- Not being able to remember your locker combination
- Where to sit in the cafeteria
- How to manage school work, extra-curricular activities and part time jobs
- How to fit in

## Objective

To help students successfully transition academically and socially to senior high school.



**What this lesson should NOT be:** This lesson needs to be different than the information they will get at a specific school’s orientation (courses, layout of the school), but ready the students for how to proactively fit into a new school community.

## Materials

- Handout: *Daily Schedule Record*
- Handout: *Time Management Tool*
- Handout: *Weekly Planner*
- Handout: *Top Ten Time Management Tips for Teens*
- Worksheet: *Career Profile/Goal Setting Assessment*
- Worksheet: *Learning About My New High School*

## Get Ready

- Introduce today’s lesson, e.g., “In today’s lesson we are going to talk about going to high school next year.”
- The two activities we are going to cover today are time management, and finding supports in your new school next year. In addition there is a homework activity that addresses career goal planning.

### 1. Time management:

One big change in high school is that students now need to manage time on their own. They need to learn how to handle their homework load, and balance this with family commitments, job commitments, social commitments, sports/music/club involvement, as well as managing free time. It can be challenging to learn how to achieve balance in this new “lifestyle” of high school.

### 2. Sources of Support:

Students may feel like they are in kindergarten again, like they are a small fish in a big pond. High school is often a time where friendship groups that have provided support since kindergarten are broken up and/or changed. Students will be able to choose a new group of friends who share their interests and values. It is helpful if students know who they can turn to during this transition such as people from their own personal life and from the school community they are joining. They need to learn who to seek out as appropriate mentors, and how to maintain their own individuality within the new group, and to learn how to be assertive and say “no” to negative opportunities such as drinking, drug use, gangs, negative peer pressures, and skipping classes.

### 3. Career Goal Setting:

High school is a time where students begin to make choices that will lead them on a path to a future career. They can choose electives that perk their interest, and electives that may be required for post-secondary education. It is a time where they need to start making plans for their future career.

## Activity 1: Time Management

- Have students complete the *Daily Schedule Record* for two weekdays (Monday – Friday) and one week-end day.

Remind them to:

- ✓ Complete the record throughout the day, not leaving it to memory a few days later.
  - ✓ Use different colored pens/pencils for different kinds of activities.
  - ✓ Start writing things into the schedule that have a specific start time (for instance, bus stop 7:00 am, gymnastics practice 7:00 pm).
  - ✓ Next, move to things that do not have specific times (homework, etc.).
  - ✓ Make sure breaks are scheduled in.
- Use the *Time Management Tool* to total the hours spent at various activities.
  - After completed, have students work in small groups to answer the questions:
    1. How can you account for the hours not accounted for in each day?
    2. Could you manage your time better than you did?
  - Review the handout *Time Management Tip Sheet for Teens* with the class.
  - Make a weekly schedule (using the *Weekly Planner Worksheet*). Have students do this individually based on the observations they made about their use of time (above).

## Activity 2: Learning About My High School

- Students moving on to high school next year want to know what their school is going to be like, and they and their parents need to know about and understand high school programs and procedures, and the social supports at their new school. Some of the ways students can learn about high school include: visiting the high school in the spring, “shadowing” a high school student, attending a presentation by a high school student or panel of students, visiting the high school in the fall for schedule information, attending a fall orientation assembly (preferably before school starts), and discussing high school regulations and procedures with ninth-grade teachers and counselors. Another possible source of information is the internet. Students might access the website of their new school and learn answers to their questions.
- Have students complete the *Learning About My New High School* worksheet. Students can be given class time to complete, or it can be a homework activity.

## Conclusion

The transition from junior high to high school is a crucial one for every young person. This can be scary but also exciting time. High school provides the opportunity to make new friends, take new subjects, learn new things, try new sports and activities, and explore who you are! Learning how to better manage your time and set goals will make the move to high school much less stressful.

## Take Home Activity

Entering high school can be a challenging time because students are encouraged to start planning for their future. While this may be a scary thought, it is an important part of maturing and thoughtful planning can put the student in control and make it a fun and exciting time.

Have students complete the *Career Profile/Goal Setting Assessment Worksheet*.

## Assessment Strategy

- Students will identify how they spend their time during the day.
- Students will be able to plan how they want to spend their time.
- Students will be able to plan goals for their future education, social and extracurricular activities.
- Students will know where to look for peer support and mentors in their new school.

## References

Association for Middle Level Education. (2005). *Transition from Middle School into High School*. Retrieved from <http://www.amle.org/Research>

McIntyre Media. (2007) *Transitions: a focus on student success in high school* (student workbook). Retrieved from <http://www.mcintyre.ca>

Kids Source On Line. (2012). *Helping Middle School Students Make the transition into high school*. Retrieved from <http://www.kidsource.com/education/middlehigh.html>



# Daily Schedule Record

Name: \_\_\_\_\_ Day/Date: \_\_\_\_\_

6:00 - 7:00 am	
7:00 - 8:00 am	
8:00 - 9:00 am	
9:00 - 10:00 am	
10:00 - 11:00 am	
11:00 - 12:00 noon	
12:00 - 1:00 pm	
1:00 - 2:00 pm	
2:00 - 3:00 pm	
3:00 - 4:00 pm	
4:00 - 5:00 pm	
5:00 - 6:00 pm	
6:00 - 7:00 pm	
7:00 - 8:00 pm	
8:00 - 9:00 pm	
9:00 - 10:00 pm	
10:00 - 11:00 pm	
11:00 - 12:00 midnight	

# Time Management Tool

Do you currently know what you do with all the time in your day?  
Using the form add up the numbers from your *Daily Schedule Record*

How many hours a day did you:	Day 1	Day 2	Day 3	Day 4
	(date)	(date)	(date)	(date)
Sleep (include naps)?				
Spend in school?				
Study or do homework?				
Watch TV/play videogames, etc.?				
Spend online on your cell phone, computer or other device?				
Talk on phone, msn or text message?				
Work at a job?				
Commute to/from school (and work if you have a job)?				
Participate in extracurricular activities (e.g. sports)?				
Prepare and eat meals?				
Socializing/going out with friends/family?				
Other				
Total Hours				
Hours not accounted for (24 hr/day minus total hours above)				

# Weekly Planner

Date: \_\_\_\_\_

to: \_\_\_\_\_

Hour/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

# Top Ten Time Management Tips for Teens

- 1 Make a “To Do” List Every Day.** Use your school agenda planner. Take a look at your week. Make a list of things that are most important at the top, then write them into your agenda so that you get them done. Don’t forget to reward yourself when you get things done.
- 2 Difficult First.** Start with the most difficult part of a task or assignment, then the worst part is done with.
- 3 Use Spare Minutes Wisely.** For example, if you ride public transportation to school, this can be a good time to study or read over notes from the day before.
- 4 Review Your Notes Every Day.** If you do review your notes daily, you will need less time to study later on; also, you will be prepared if the teacher asks you a question.
- 5 It’s OK to Say “No”.** If you are asked to babysit at the last minute but have an assignment due the next day, then perhaps a friend can step in for you.
- 6 Find Out When You Work Best.** Some people are “morning people” and other’s brains work better later in the evening. What is your style?
- 7 Get a Good Night’s Sleep.** Teens need at least 9 to 11 hours of sleep every night. If you are not getting enough sleep, your brain likely won’t work very well.
- 8 Let Others Know When You Are Busy.** If phone calls or text messages are proving to be a distraction, tell your friends that you take social calls from 7-8 PM. This may seem silly, but it helps.
- 9 Control Your Time.** Figure out how much free time you have. Give yourself a time budget and plan your activities accordingly. Set deadlines.
- 10 Do Not Waste Time Agonizing.** Have you ever wasted an entire evening by worrying about something that you were supposed to be doing? Was it worth it? If things get really difficult you may need to ask for help (friend, parent or one of your teachers), but stop agonizing and procrastinating, just do it!

Adapted from: 15 Time Management Tips-Student Tip Sheet. McIntyre Media Inc.



# Learning About My New School

<b>Activity</b>	<b>Done (date)</b>	<b>Contact Person / Info</b>	<b>Notes</b>
School visit, tour			
Map of school			
School Hours			
School staff: Principal			
Assistant Principal			
Counselor(s)			
Librarian(s)			
Student Council			
Other			
School committees			
School Sports			
School Rules/ Regulations			
Other			

Attach more notes as required.

# Career Profile/Goal Setting Assessment Worksheet

	Goals for this year	3 years	5–10 years	Long range goals
<b>Education</b> <ul style="list-style-type: none"> <li>• courses</li> <li>• grade average</li> <li>• study habits</li> <li>• volunteer/ community service hours</li> </ul>				
<b>Extracurricular Activities</b> <ul style="list-style-type: none"> <li>• sports, activities, clubs (both in-school and out-of-school)</li> </ul>				
<b>Social</b> <ul style="list-style-type: none"> <li>• friends</li> <li>• clubs</li> <li>• part-time job</li> </ul>				
<b>What do you think you have to do to accomplish these goals?</b>				