Survival Tips for a SMOOTH Junior High Transition

Junior High 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 will have the opportunity to meet a lot of new people which means there are more choices and decisions to make. Instead of being on one classroom with one teacher all day, you will have several teachers and will switch classes for each subject. Teachers will expect more of you, and your parents will too. You will be faced with more responsibilities. Here are a few tips to help you with the Junior High transition. Don’t be afraid to ask your teachers, counselors, or staff at your school if you need help because they are there to help you!

1. Get organized

   Use your planner, use folders and notebooks for each subject, keep your locker and backpack cleaned out, use different colored folders for each class. Staying organized is the key to keeping things running smooth.

2. Do your homework

   In junior high teachers expect more of you. You will have more homework. Schedule your time wisely. Allot a certain amount of time each time for homework and study. Don’t wait until an assignment is due, start early. Keep track of your homework assignments.

3. Talk to your teachers: Ask questions.

   If you are unsure of your assignment, what you need to be doing, or of anything, just ask. The teachers are there to help you. If you do not understand something, ask them.

4. Get involved in extra-curricular activities, join in.

   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

   If you start to fall behind, catch up quickly. Turn your homework in on time and ask questions.

6. Stay healthy

   Get a good night of sleep and eat a good breakfast each day before school.

7. Talk to your parents; let them know what is going on.

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

9. Choose your friends wisely.

   Don’t choose friends who make bad decisions. Instead look for friends that make you a better person. Remember that your friend group has a huge impact on the way you behave and the choices you make.

10. Come to school and have fun.

   You can’t learn if you are not there. Make going to school a priority and stick with it because you are going to LOVE junior high!