



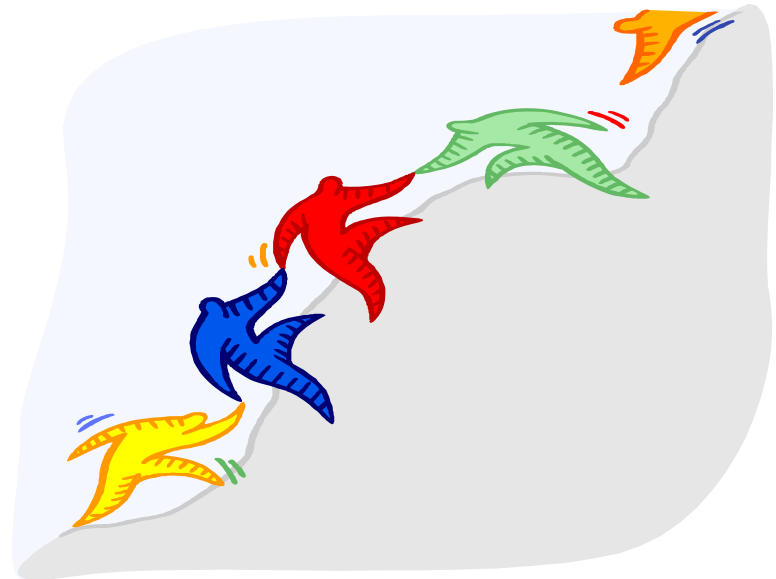
TRANSITION FROM ELEMENTARY TO MIDDLE SCHOOL

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**Arizona Middle School
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ARIZONA MIDDLE SCHOOL COUNSELORS

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GOALS/OBJECTIVES

- Reduce your level of anxiety about the middle school transition
- Give you information, tools and resources to make the transition successful
- Inform you about transition activities



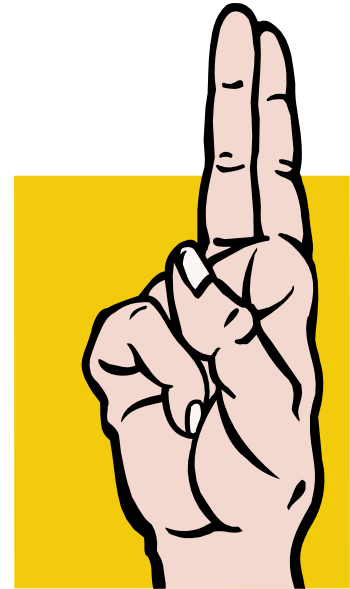
Transition to Middle School

- It is normal for your child to be nervous about starting middle school
- It is also perfectly normal for you to be nervous about your child's transition to middle school
- "The transition to middle school may be one of the toughest transitions during childhood, for both parents and kids" (Brown, 2004)



ARIZONA MIDDLE SCHOOL MISSION STATEMENT

- The Arizona Middle School Counseling program provides comprehensive counseling and guidance services that address the particular needs of students. Arizona counselors have specific knowledge of the developmental needs of students.
- Our goal is to promote and enhance the academic, personal, social health, and career development and guide students and their families in making informed educational decisions.
- Arizona counselors focus on helping students explore careers, enhance self-esteem, building more mature communication and relationship skills, and developing positive work habits.
- At Arizona, our counselors support students as they transition from elementary to middle school and from middle school to high school.



WHAT DO ARIZONA COUNSELORS DO?



- Arizona school counselors provide a wide range of services in the schools and community, based on individual student needs and interests, including, but not limited to:
 - Provide direct counseling services to students individually and in support groups.
 - Support students in developing an individual plan for academic success.
 - Provide education and support services to students and parents.
 - Work collaboratively with students, parents, and teachers to identify and remove barriers that may impede student achievement.
 - Provide career awareness, exploration, and planning services.
 - Collaboration and coordination of more in-depth services needed through community based agencies.



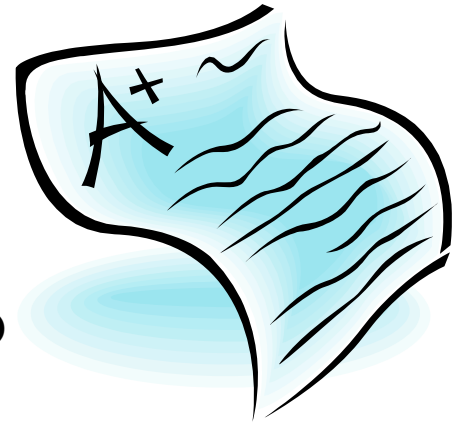
TRANSITION ACTIVITIES



- Visit Elementary classrooms
- Offer parent workshops and groups
- Curriculum articulation - Create schedules for incoming 6th grade students based on CST scores, teacher recommendation and grades.
- Student orientation
- Letters sent home welcoming students and families, and inviting to school activities
- Mentor and buddy program
- School handbook
- Back to school night
- Parent conferences
- Weekly mailbags
- Individual counseling – academic, personal/social, career
- Group counseling – “Why Try”
- Classroom guidance presentations
 - 8th grade promotion/high school graduation and college planning
 - Alcohol, Tobacco, and Other
 - Drugs
 - Bullying
 - Cyber bullying
 - Homework
 - Personal hygiene
 - Parenting strategies
 - Sexual harassment
 - Study skills
 - Testing Strategies



ACADEMIC CONCERNS



- Getting good grades
- Competition for grades
- Having more than one teacher
- More homework
- Work that is more challenging and requires more effort
- Expectations of teachers in different subject areas
- Basic tasks such as studying, taking notes, and taking tests

WHAT YOU CAN DO

- Be the example ...
Show the importance of education
- Ask your child about their day
- Set aside a quiet space and time for your child to study/complete homework
- Balance school work and play time
- Encourage reading
- Assist your child with their homework and/or check their homework daily
- Set high but reachable expectations for your child
- ENCOURAGEMENT!



PROCEDURAL CONCERNS



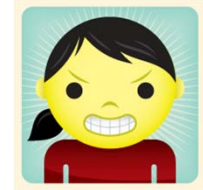
- Getting lost or finding classes
- Finding the bathroom
- Not knowing the school rules
- Going from class to class without being late
- Bringing the right materials to the right class at the right time
- Traveling longer distances to school
- Eating in a larger cafeteria
- Having different choices in the cafeteria

WHAT YOU CAN DO

- Go to the school two or three days before school starts with a copy of your child's schedule. Take a few minutes to walk from room to room with your child.
- Don't buy backpacks that can store 50 lbs. of materials. Smaller backpacks allow for better organization.



SOCIAL/EMOTIONAL CONCERNS



- Bullies and/or being teased
- Making new friends
- Popularity
- Being embarrassed by parents in front of other kids
- Puberty (pimples, body changes)
- Having girlfriends/boyfriends
- Having someone to sit with at lunch
- Pressure to smoke, drink alcohol, or take drugs

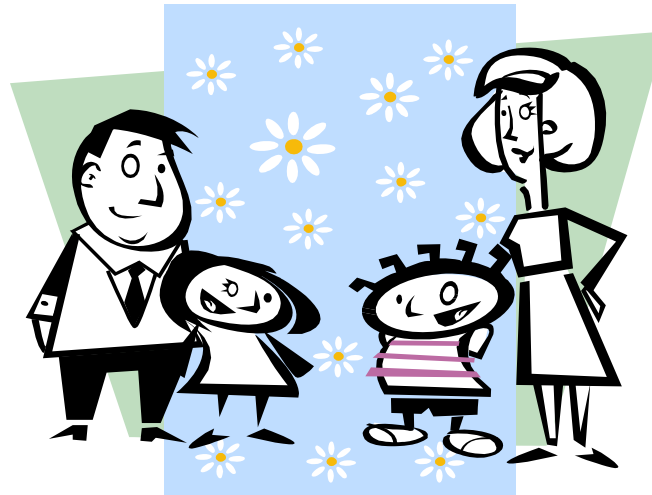
WHAT YOU CAN DO

- Increase your knowledge of adolescent development
- Be upbeat about what lies ahead
- Recognize their fears
- Offer support
- Hold your child accountable
- Give your child the opportunity to make decisions on his/her own
- Pick your battles
- Give them tools they need to succeed
- Allow them the freedom to make mistakes



WHAT PARENT'S CAN DO AT SCHOOL

- Maintain a good working relationship with your child's teachers
- Visit the school
- Know and understand school rules
- Attend meetings (parent conferences, etc.) and child's activities
- Make sure your child attends school daily
- Volunteer in any way you can
- Make a contract with your child and/or teacher
- If you have raised adolescents, be willing to share advice and information with other parents



WHAT HAPPENS IF PARENTS GET INVOLVED

Decades of research show that when parents are involved, students have ...

- Higher grades and test scores
- Higher graduation rate
- Better school attendance
- Increased motivation
- Better self-esteem
- Lower rates of suspension
- Decreased use of drugs and alcohol
- Fewer instances of violent behavior
- Greater enrollment rates in post-secondary education



WRAP - UP



- Where can I get help?
 - Counselors
 - Teachers
 - Assistant Principal
 - Principal
 - Parents
 - Campus Supervisors

- Questions?
- Thank you for attending our workshop

