



# Preparing for High School

## How You Can Help Your Child Make the Transition Beyond 8th grade

No matter how well prepared academically or emotionally your child is for high school, they can still feel quite anxious about moving into a new environment, especially if their new school is significantly larger than the one they are leaving. High school can be extremely intimidating, but there are ways that you can help smooth the transition.

Certain excerpts taken from [math-and-reading-help-for-kids.org](http://math-and-reading-help-for-kids.org)

### Academic Preparation:

#### *Math: Consider the Basics*

High school offers advanced math classes that depend on your child's understanding of the basics, often with little or no review. Geometry, pre-algebra, and eventually trigonometry, statistics, and pre-calculus lie ahead and all depend on the basic math skills developed in earlier grade levels. Utilizing math-based computer websites can help students to retain or learn math knowledge from the previous school year.

#### *Reading: The Magic of the Written Word*

Reading is a major aspect of every subject your child will encounter in high school. Even art classes will require them to read and understand instructions. But in history, literature, English and foreign language classes, reading and comprehension skills can be the difference between passing and failing. Your child will be expected to read and understand new ideas and large amounts of information in short periods of time. What's more, they will have to be able to express their ideas on paper. Encourage your child to continue reading and writing throughout the summer, and at home throughout the year. Writing simple book reports, or answering comprehension questions about chapters students have just read will help your child continue to make mental reading connections.

#### *Summer is about More than Sunshine*

Encourage your child to practice their math and reading skills throughout the summer. Get some teacher-recommended summer reading books and consider enlisting the help of a computer-based educational program to solidify math basics.

### Social Preparation:

#### *Talk it Out*

Be open to talking about your child's feelings about high school. Be excited and encouraging and don't constantly dwell on your own experiences in high school. Showing enthusiasm may rub off on them and if your child shares his or her expectations, you might be able to eliminate unnecessary stress by dispelling any false notions he or she may have. Be sure to attend orientation day if the high school offers one. Your child may discourage you from attending, but it is an important step to understanding the educational experience your child will have.

#### *Be Prepared*

Before your child begins high school, be sure that he or she has developed and understands good study habits and organization. The workload in high school may be much more demanding than they are used to. Be sure that your child is aware and capable of handling the homework and projects that will come. If they are prepared and ready for the work, it will make the experience much less stressful. Also, be sure that your child arrives at school with all the necessary binders, paper, pens, pencils, calculators, etc. Forgetting homework or supplies can cause unnecessary stress.

#### *Lend an Ear*

Be supportive and open to communication with your child. High school is a big change, but it doesn't have to be scary. Be sure that your child knows that they can talk with you about any issues that may arise. Be ready to talk about these topics in an open, sympathetic way so your young adult will have no cause for hesitation in coming to you with their problems.