Prep for High School

The transition between middle and high school can be an exciting and stressful time for Littles because they are in process of becoming an adult. Preparation and support from their Big are keys to successfully adjusting to the new environment!

Here are some tips to follow:

Become Familiar with the New Environment
- check out the school's website and familiarize yourself with rules and policies
- schedule a tour before the year starts and bring your schedule to locate your classes
- inquire if your school has an orientation day and plan to attend

Organize Yourself
- shop for school supplies and create or buy a student planner; check out this planner app
- purchase a lock to keep stuff secured in your locker
- review the dress code and ensure that you are wearing the appropriate wardrobe
- set up a quiet workspace at home to encourage strong study habits and successfully do your work

What to do the Night Before
- prepare mentally and rely on your Big for support
- eat well balanced meals for healthy development
- arrange your backpack with school supplies
- maintain good hygiene and be well groomed; find tips for boys and girls on our life skills list
- get at least 8 hours of sleep to efficiently tackle your day

First Day of High School
- eat breakfast and lunch every day
- meet teachers and school counselor and plan to take challenging classes
- check out the activities and sports teams
- ask questions and take notes
- be friendly and open-minded when meeting new people