



# **TRANSITION FROM ELEMENTARY TO JUNIOR HIGH**

Aberdeen Christian School

2017



# Aberdeen Christian School Counselor

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# Goals/Objectives

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

## Transition to Junior High

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

# Aberdeen Christian School Goals

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

# What Does the ACS Counselor Do?

- The ACS school counselor provides 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 for more in-depth services needed through community based agencies.

# Transition Activities

- Visit Elementary Classrooms
- Offer parent resources
- Curriculum articulation – Create schedules for incoming 7<sup>th</sup> grade students based on teacher recommendation and grades
- Student orientation
- Letters sent home welcoming students and families, and inviting to school activities
- School handbook
- Back to school night
- Parent conferences

# Transition Activities cont.

- Weekly school calendar
- Individual counseling – academic, personal/social, career
- Classroom guidance presentations
  - Bullying/Cyber Bullying
  - Homework
  - Study/Organization Skills
  - Teamwork
  - More Autonomy/Responsibility

# 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
- **PRAYER AND LOTS OF 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

## **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
- 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
- **PRAYER AND ENCOURAGEMENT!**

# What Parents 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
- 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?
  - School counselor
  - Teachers
  - Superintendent
  - Assistant Administrator
  - Parents
  
- Any Questions?