

Focusing on the Future

Look ahead to the next stage in your child's career--high school

Two-thirds of the school year is gone. Now a big transition looms for many middle schoolers and their parents. High school is six months away. Start preparing your child and yourself.

Expect your child to:

- Feel excitement about the opportunities high school offers. These include new friendships and more freedom. High school also lets students pursue a wide range of interests through extracurricular activities.
- Feel nervous. Standards for academics, behavior and independence are far beyond what most middle schoolers are used to. Then there's the size of high school--a school building and population that may be double what your child has now.

You can help if you:

- Tap available resources. Most middle schools give guidance about coping in high school. The high school, too, will likely offer orientation sessions for new students. Urge your child to attend.
- Talk to your child. Share some of your own high school memories. Discuss honestly the classes your child wants to take and how she will manage her schedule. Have her talk with current high school students about their experiences.
- Encourage your child. Starting high school is a huge milestone. Your child is growing up. Let her know you are proud of her and are looking forward to this new stage.

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