Transitioning To High School

The end of the school year can be a nervous time for students, especially for those students who will be making the major transition to high school next fall. Ninth grade is critical to students' success in high school.

As young adolescents move into high school, many students experience a drop in grades. High school can feel like a larger, sometimes seemingly less caring environment than grade school or junior high. Peers have a stronger influence (both positive and negative). The potential of developing bad habits such as skipping class also increases especially when a student is struggling.

But research confirms that when teens are asked who has the most influence over their actions, they overwhelmingly reply: our parents. Despite the eye-rolling and often-demonstrated (and totally natural) push for independence, middle and high school teens need caring adults. Who better can provide the guidance, direction, care, love and sacrifice to guide them to adulthood? It is important that families stay involved throughout the high school years.

Discuss with your teen what worries you, as the parent, most about the middle school/high school years. Ask your teen what are his or her biggest concerns?

Think about what kind of middle school/high school experience you had. How have the challenges changed? How are they the same? How much did you talk with your parents?

Did You Know?

What is the hottest job skill? The Army, NYPD, and State Department can't get enough workers with this job skill. Neither can Fortune 500 companies, hospitals, local courts and schools. What is it? Fluency in a foreign language.
**Myth Buster**

**MYTH:** Teens don’t need sleep.

**REALITY:** Teenagers actually need as much sleep or more than they got as children—nine to ten hours are optimum.

Most adolescents are chronically sleep-deprived, averaging six to seven hours a night. Part of the blame can be placed on early starting times for school, which, coupled with many teens’ 11 p.m. and midnight bedtimes, result in a considerable sleep deficit.

Lack of sleep has a powerful effect on a teen’s ability to learn and retain new material, especially in abstract subject areas such as physics, philosophy, math, and calculus.

**Upcoming Events & Announcements**

Summer Programing

- Click here to enter text.

**Student Checklist**

- Be creative.
- Stay active & healthy.
- Read! Visit your local library.
- Find out if your school offers a summer bridge or a transition program. If they do, be sure to participate.

**Family Checklist**

- Encourage reading all summer long.
- Check out day camps nearby that your child might attend.
- Encourage your teen to be active. Take advantage of the warmer weather and keep youth active outdoors.
- Find out if your child’s high school will offer a summer bridge or transition program. These programs help ninth-grade students successfully make the leap from middle to high school. Encourage your child to participate if it is offered.

Visit [readysetgrad.org](http://readysetgrad.org) to learn more and access resources to help your child make a plan.