

## **How parents can help kids transition from elementary to middle school and middle to high school and ease their anxiety**

- Be a listening ear to your young adult. Practice active listening and listen empathetically.
- Help children turn their anxieties into positive action by learning about school rules, schedules, locker procedures and the availability of counseling (Supporting Students in Their Transition to Middle School)
- Reassure your son/daughter that they are still learning. Remind them of other times when they were new or needed to transition and how they managed.
- Encourage children to try new things and to regard failure as a necessary part of learning and growing (Supporting Students in Their Transition to Middle School).
- Become knowledgeable about the needs and concerns of young adolescents in transition (Supporting Students in Their Transition to Middle School).
- Have student participate in extracurricular activities. Parents are encouraged to attend school functions and stay involved in children's schooling.
- Support children in their efforts to become independent (Supporting Students in Their Transition to Middle School).
- Maintain strong family connections with young adolescents (Supporting Students in Their Transition to Middle School).
- Be alert to signs of depression or anxiety in their children and seek help (Supporting Students in Their Transition to Middle School).
- Remember transitioning is not a single event, it is a process. If student has a difficulty or experiences challenges, encourage to persevere.

## **How parents and students can improve their time management skills**

- Provide student with strategies to manage time effectively, such as using a timer to complete tasks, writing down instructions, appointments, etcetera (even if they think they will remember), chunking up their tasks and assignments.
- Students often state "Don't worry I'll remember, it's in my head". Have them practice writing or using a reminder instrument of their choice even if they think they will remember.
- Inform them of ways you manage their times. Parents are children's best teachers, they watch what you do and will often emulate your practices, good and bad.
- Have student create a visual representation of tasks and assignments they need to complete, for instance an eraser board as a calendar.
- Add 5 or 10 minutes of travel time for appointments.
- Stay organized! Many students lose a tremendous amount of time searching for needed homework, forgotten appointments, etc.
- Keeping one's physical environment organized helps to keep the mind organized.
- Encourage students to use their planners.
- **Lastly, school counselors are a great resource for students who are challenged with anxiety related to transitioning and time management.**