



Family & Educator Partnership



Transitioning from Middle School to High School

Taking that step from Middle School to High School is a big one for all students. For students who have disabilities, it can present more of a challenge. Even when middle school teachers make efforts to increase independence and responsible behavior in students, that shift to high school is pretty intimidating.

Here are some common obstacles and helpful tips for students making that transition.

ISSUE: Students don't feel confident and competent.

TIP: Find out about your disability, your needs and what accommodations help you be successful. Think about things you do well, and record those somewhere you can review them later. By understanding the limits of your disability and not losing sight of what you do well, it is easier to face the day-to-day demands of high school. Remember, low self-esteem can lead to poor grades.

ISSUE: Students have questions they don't ask.

TIP: Really, the only question that is a "dumb" question is one that is not asked. Students who raise their hand during class or get assistance from the teacher before or after class have a much better chance for success. If you are not clear about something, odds are high that someone else in the class has the same question. Remember that teachers want you to be successful.

ISSUE: Students get behind, or just plain don't do homework.

TIP: Set a routine at home to get homework done by having a good study area and time set aside for it. If you know the study strategies that have worked before, continue to use them. You may need to read your textbooks aloud, listen to audio tapes of the work or write notes over, to make the information "stick" in your head. Some people study better with no distractions like music, others need the music to screen out other noises. Figure out what works for you, and stay with it.

ISSUE: Students are disorganized with their belongings, assignments, and their own time.

TIP: Use a planner/ calendar. By keeping track of assignments when they are made, and when they are due, you can manage your time. Keep all of your schoolwork in one location at home so that you don't lose important papers or waste time looking for that missing textbook. If you make good use of your time, you will have more time to spend doing things you like to do, and your high school career will be more successful.

ISSUE: Students sometimes feel isolated and like they have no friends.

TIP: Communicate. Often a big barrier to establishing friendships is lack of contact and communication with others. Let others know you are there and interested in what they are doing. By getting to know a few people, the big crowd of high school is less intimidating.

For more information about that transition from middle school to high school, contact your local school guidance counselor. You may also contact the Family & Educator Partnership: Loni Jorgenson 800-392-6640/ 641-355-4242 or April Wooldridge, 641-485-9166/641-753-3564.



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