STARTING HIGH SCHOOL
TIPS & TRICKS
HOW YOUR PARENT OR MENTOR CAN HELP YOU PREPARE

#1 Remember that all the freshmen are new to the school, not just you! It's normal to be excited and nervous, but make sure to talk to your classmates on the first day and make friends! This will make the transition much easier!

#2 Check out a school map! Have your parent or mentor help you find your classrooms and plan which path to take from class to class. This will help you feel at ease when switching classrooms during the first week of school.

#3 Talk about what's stressing you out! Tell your parent/mentor what's on your mind. Having someone to talk to can help calm your nerves. You can practice stress relief techniques with your parent or mentor tool.

#4 Get involved in clubs, sports or extra-curricular activities. High school has a lot to offer, look through what your school offers with your parent/mentor and talk about what clubs or sports interest you and find out how to join!

#5 Keep your backpack, locker, binders, and folders organized. Keep one folder for all your homework assignments. If you have this folder, you will never miss handing in an assignment! Talk to your parent or mentor about how they stay organized.

#6 During the first month of school find and meet your school guidance counselor. You might not need them now but you might need to talk to them later. They are also incredibly helpful when it comes finding part time jobs or planning what you want to do after graduation!

#7 You're not too old to study with your parent or mentor! Grades in high school are so important, they will effect which colleges you can get into later! So if you need help with an assignment, ask!

#8 Start setting goals! Have your parent or mentor help you to set goals for the new school year. They can also help you with priority setting and time management!