

Transitioning to Middle School and the Adolescent

(Who is this child and what do I do with him???)



A Pupil Personnel Worker acts as a liaison between families, schools, and community agencies to support students.



Goals and Objectives:

- To share information regarding physical, social and emotional characteristics of adolescence
- To reduce your level of anxiety about the middle school transition
- To give information, tools and resources to make the transition successful



6th Grade Goal

As a 6th grade team, we will nurture, support, and challenge each individual student while guiding them through the transitions in 6th grade to become independent thinkers and seekers of learning.

The Transition to Middle School

It is normal for your child to be nervous about starting middle school transition.

It is also PERFECTLY NORMAL for you to be nervous about your child's transition to middle school.

- **“The transition to middle school may be one of the toughest transitions during childhood, for BOTH parents and kids.”
(Brown, 2004)**



EXPECTED CHANGES IN ADOLESCENTS

PHYSICAL:

- Girls as early as 8-14/ Boys as early as 9-14
- Changes in body shape, height, hair, voice, private parts

EMOTIONAL:

- Strong intense feelings
- Sensitivity to parents' emotions
- Self-consciousness

SOCIAL:

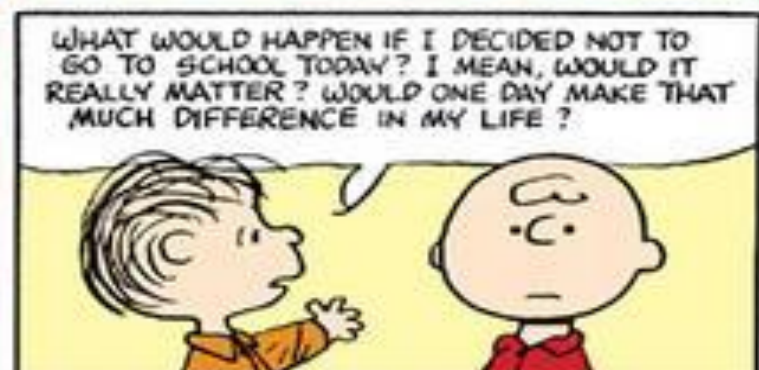
- Searching for identity
- Seeking more independence; new experiences
- Greater sense of right and wrong
- Exploring sexual identity

RELATIONSHIPS:

- Friends and family are vital
- Want less time with family; more time with friends
- More arguments with parents
- See things differently



Classic
PEANUTS
featuring
"Good ol'
Charlie Brown"
by SCHULZ



The adolescent brain is a work in progress:

- Frontal lobes go through a “pruning” process starting around 9-10.
- Myelin, a brain substance that increases the speed of connections, becomes faster at this time, but is not fully developed until around age 30!
- The frontal lobes, aka the CEO of the brain, are where executive decisions are made and moral behavior is mediated.

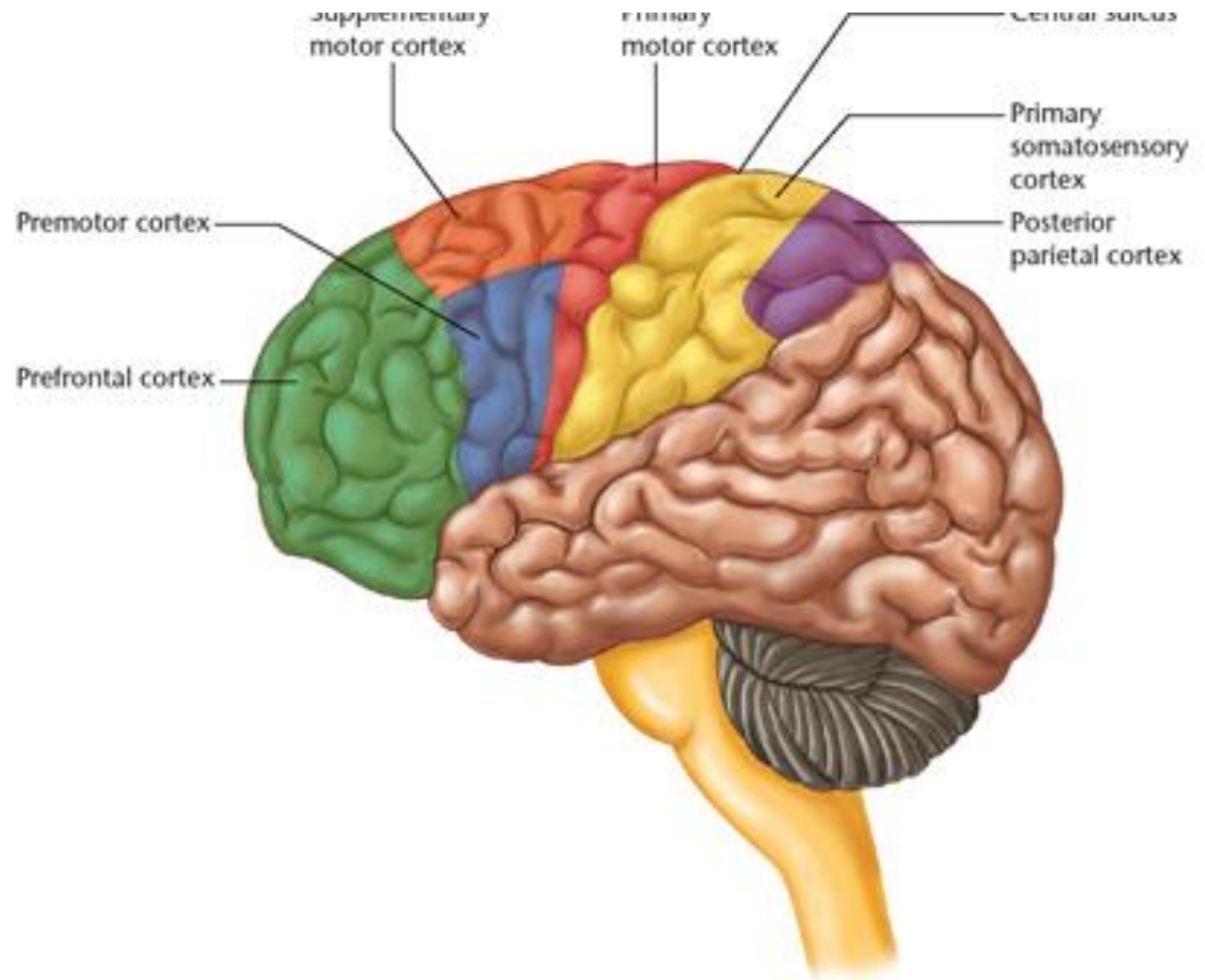


At this stage, adolescents are more likely to:

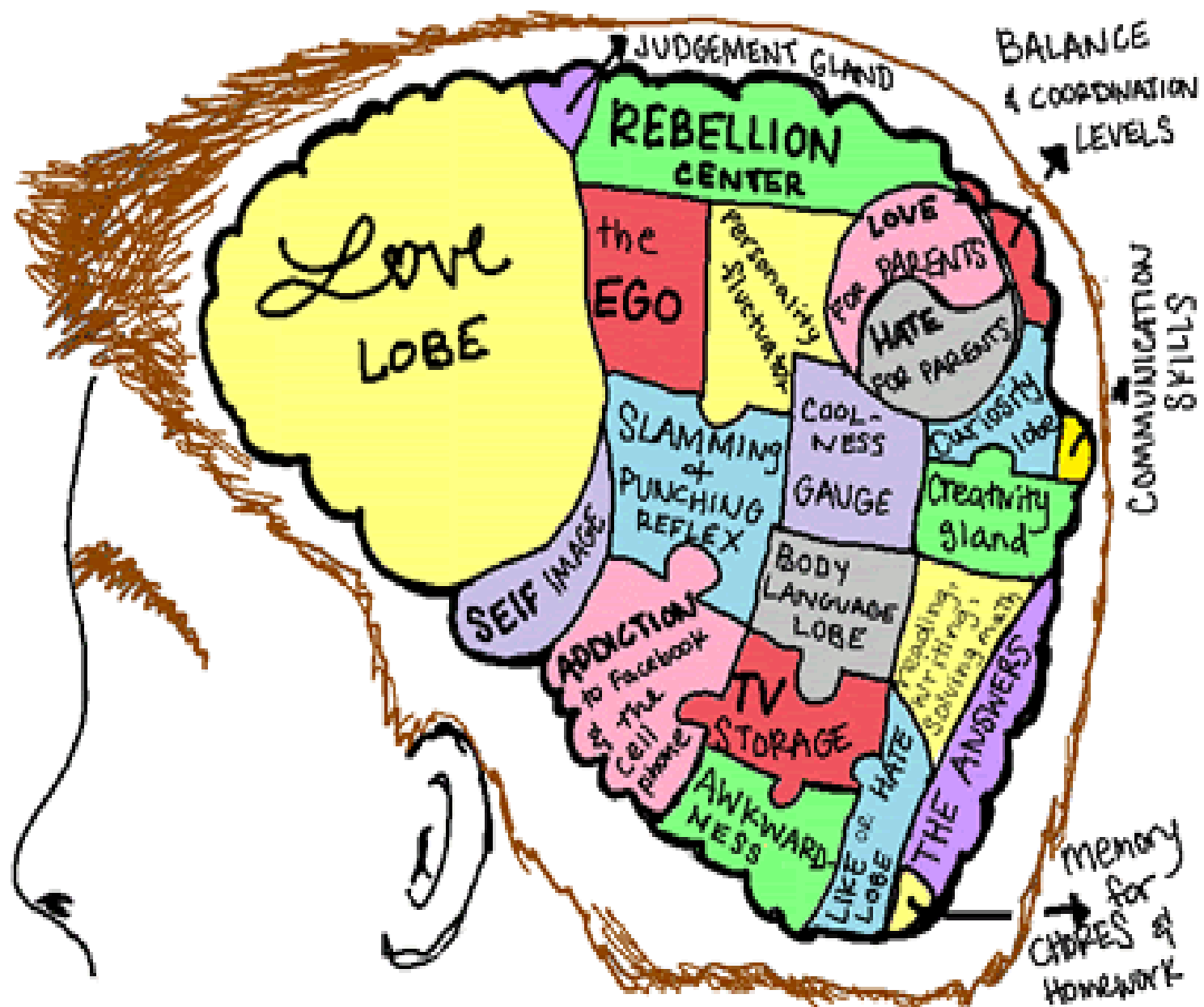
- Act on impulse
- Misread or misinterpret social cues and emotions
- Get into accident of all kinds
- Engage in fighting
- Engage in dangerous or risky behavior

Youth are less likely to:

- Think before they act
- Pause to consider the consequences of their action
- Modify their dangerous or inappropriate behaviors



THE AVERAGE TEENAGE BRAIN



What you can do.....



- Be the example and show the importance of education and regular attendance
- Ask your child about their day
- Set aside a quiet space and time for your child to study/ complete homework
- Balance school work and play time
- Encourage reading
- Assist your child with their homework and / or check their homework daily
- Set high but reachable expectations for your child
- ENCOURAGE!

Academic Concerns

- Getting good grades
- Competition for grades
- Having more than one teacher
- More homework
- Work that is more challenging and requires more effort
- Expectations of teachers in different subject areas
- Basic tasks such as studying, taking notes, taking tests, and using a locker



Other Concerns

- Getting lost or finding classes
- Finding the bathroom
- Not knowing the school rules
- Going from class to class without being late
- Bringing the RIGHT materials to the RIGHT class at the RIGHT time

WHAT YOU CAN DO

- Encourage your child to attend the pre-school orientation on **Friday, September 1st**
- Try using a smaller backpack that allows for better organization
- Review the Students' Rights, Responsibilities and Code of Conduct **WITH** your child during the first few days of school

When parents are involved with their child's education, decades of research show that students achieve:

- Higher grades and test scores
- Higher chance of graduation within 4 years of h.s.
- Better school attendance
- Increased motivation
- Better self-esteem
- Lower rates of suspension
- Lower rates of drug and/ or alcohol use
- Fewer instances of violent behavior
- Greater chances of enrollment in post-secondary education



“Even as kids reach adolescence, they need more than ever for us to watch over them. Adolescence is not about letting go. It’s about hanging on during a very bumpy ride.”

-Ron Taffel



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