

# Transitioning to Middle School and the Adolescent

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



# 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

CAN  
STRESS  
KILL  
YOU?



## 6<sup>th</sup> Grade Goal

**As a 6<sup>th</sup> grade team, we will nurture, support, and challenge each individual student while guiding them through the transitions in 6<sup>th</sup> 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 the 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



# 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.

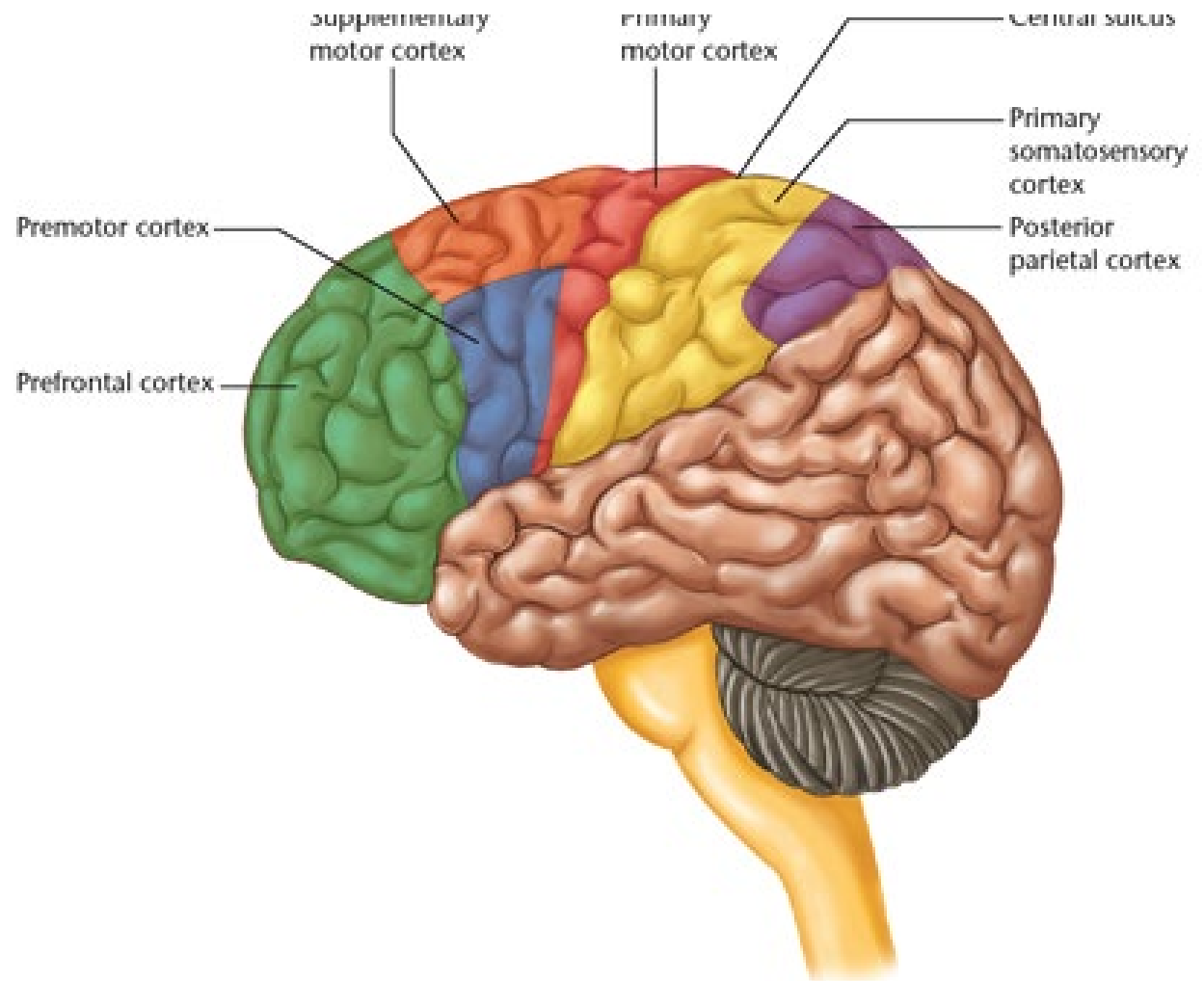


## At this stage, adolescents are more likely to:

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

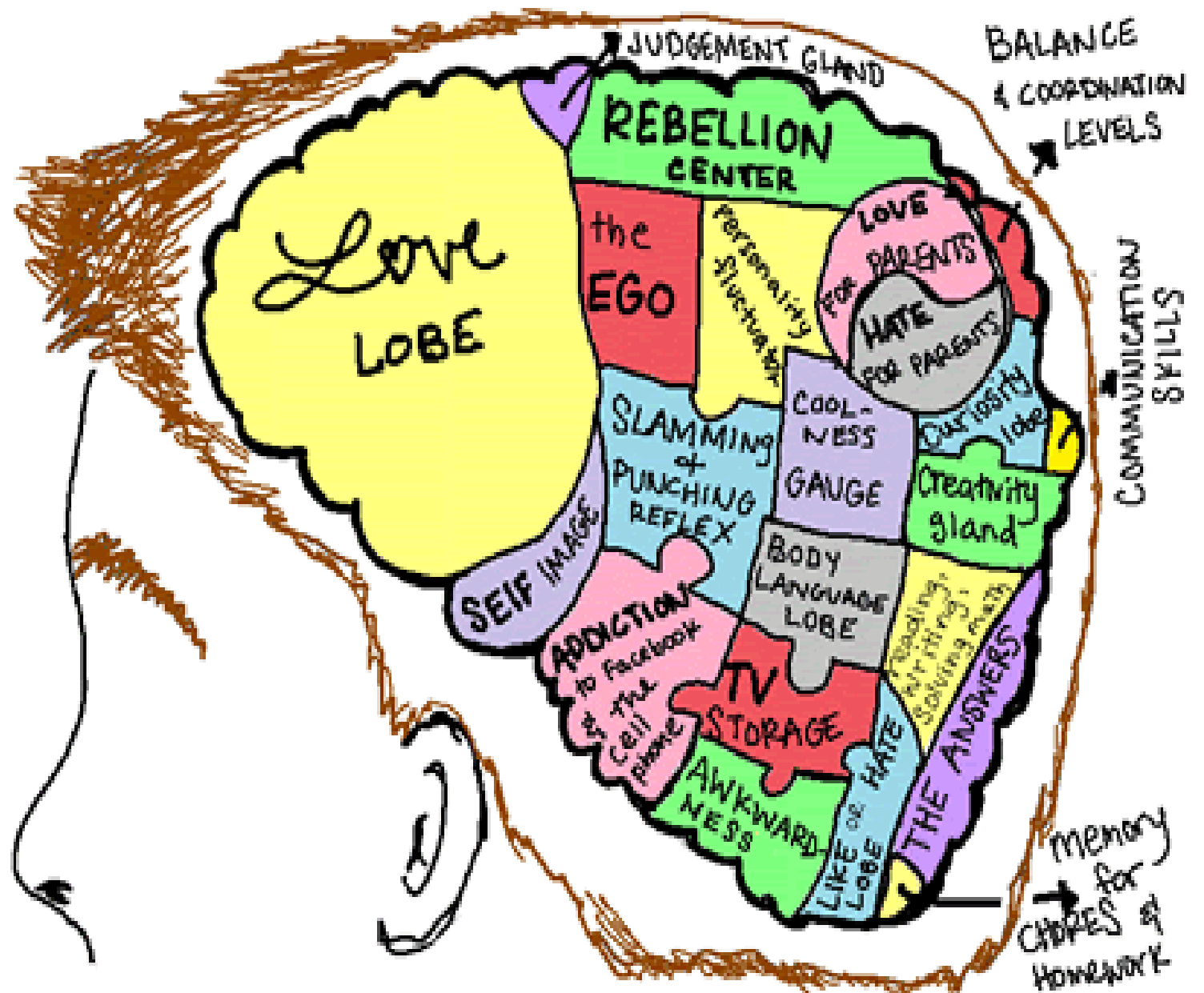
## Youth are less likely to:

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





# THE AVERAGE TEENAGE BRAIN



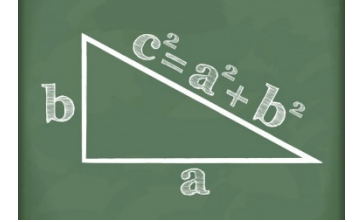
# What you can do.....



- 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 (school clubs, sports and extra-curricular activities)
- Encourage reading
- Assist your child with their homework and / or check their homework daily
- Set high but reachable expectations for your child
- ENCOURAGE!



# Clubs and Activities

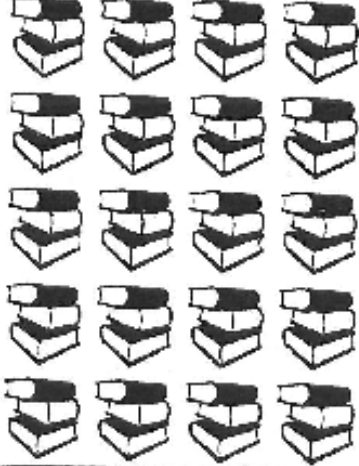




- Poms and Cheerleading
- Girls and Boys Basketball
- Girls Volleyball
- Soccer
- Track
- Baseball and Softball
- Math Counts
- Culinary Club
- Multicultural Club
- Robotics
- Yearbook
- Student Government Association
- MESA



Why read  
20 minutes  
at home

## WHY READ 20 MINUTES AT HOME?

Student A Reads	Student B Reads	Student C Reads
❖ 20 minutes per day.	❖ 5 minutes per day.	❖ 1 minute per day
❖ 3,600 minutes per school year.	❖ 900 minutes per school year.	❖ 180 minutes per school year.
❖ 1,800,000 words per year.	❖ 282,000 words per year.	❖ 8,000 words per year.
		
❖ Scores in the 90 <sup>th</sup> percentile on standardized tests.	❖ Scores in the 50 <sup>th</sup> percentile on standardized tests.	❖ Scores in the 10 <sup>th</sup> percentile on standardized tests.

If they start reading for 20 minutes per night in Kindergarten, by the end of 6<sup>th</sup> grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 school days, and Student C will have read for 3.

(Original Source, 1987.)

### WANT TO BE A BETTER READER? SIMPLY READ.

# 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 **Monday, August 31st**
- 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

# Parent involvement in education

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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