

Supporting Students' Transition to High School



The transition from middle school to high school is often a big change for students and families. We hope this newsletter helps you and your child navigate this new and exciting transition!

Interested in counseling for your child?

CPLA's counseling services are FREE to all students attending one of our partner schools! Reach out to the school, your child's teacher or request a CPLA referral form from the school.

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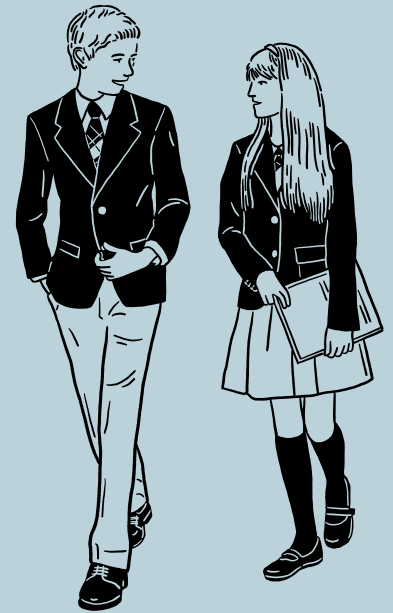
About CPLA

The mission of Counseling Partners of Los Angeles is to support at-risk and under-served students living in Los Angeles by providing a low-cost, school-based program that delivers essential counseling and support services students need in order to grow toward their full potential emotionally, intellectually, morally and socially.

Key facts about the transition phase

During this exciting time, you may be experiencing many different emotions. Knowing some information about how the transition phase will occur is helpful in allaying anxiety and preparing your family for the chance. Here are some changes that are likely to happen during this period between middle school and high school.

- Body changes and puberty
- Navigating a new school campus
- Coping with the separation from friends they made in elementary and/or middle school
- Forming and maintaining new relationships with teachers, friends, and love interests
- Taking advanced and more difficult academic subjects
- Forming plans about their future and careers
- Increasing use of technology
- Changing parent-child dynamics



"If we don't change, we don't grow, and if we don't grow, we aren't really living."
-Gail Sheehy,
author



Helping your teen student



- Keep an open line of communication with your student. Ask them what they think of the transition to high school, and what they need. Be willing to work on meeting the need together.
- Create a conversation about technology use. High school will require more use of technology, and you want to foster a healthy virtual environment for your child. Ask about their favorite apps, websites, and social media accounts, and model healthy behavior in your own technology use.
- Be open to connecting with other parents, teachers, and the school community. This creates a support system surrounding your child.
- Consider attending or getting involved in school events. This will show your child that you support their efforts and want to be involved in their school life.
- Be supportive and present as your child navigates the transition. To be available for your child, make sure you take care of yourself.

Tips for staying Involved

- Have a presence in the school community. Go to parent-teacher conferences and other school events. Consider checking the school's calendar for dates and times for such events.
- Be on the look out for any changes in your child, such as physical or mental health concerns. Consider reaching out to CPLA if you would like your child to receive counseling.
- Find a time that works for both of you to talk about school and family life.
- Allow your child independence and the opportunity to solve issues on their own.
- Celebrate their accomplishments (winning a sports game, acing that big test, making a new friend, etc.)

