

# *Transition to Middle School*

## *A Message for New Students*

Middle school is a special place that gives students new opportunities and more independence. Students feel excited, sad, and nervous. Classes are different, rules are new, schedules are busier, and students have their own lockers.

Getting organized is an important key to success. Use assignment books to make reminders about teachers' names and room numbers, make sure to understand assignments, and keep your locker neat. Schedule time for homework, break big projects into small steps, and prepare the night before. Be friendly and be a good listener and you will make friends. Get involved and be yourself. Teachers can be friends, too.

Become aware of peer pressure. Negative peer pressure happens when others try to get you to do things you do not want to do. Peer pressure may tempt you to cheat on assignments, skip school, use alcohol, or bring inappropriate things to school - even when you know better! Step away from peer pressure by walking away when you feel uncomfortable, or give a reason like "I have to get to class" or "I promised to meet someone." Remind yourself of the consequences of your actions.

Some students starting middle school worry about conflicts with other students. Moore Middle School has a counselor mediation program to help resolve conflicts. Teachers are also good listeners and are trained to help students with problems. Verbal and physical violence are not the answer to a problem. Many people at Moore are there to help. Students who are feeling too much stress may talk to an adult they can trust, such as a parent, teacher, counselor, or friend.

Make the most of middle school! Get organized, meet new people, focus on academics, try new things, and avoid trouble. You can have a great middle school experience.

Sourced from "Learning About Starting Middle School", A Scriptographic Product.