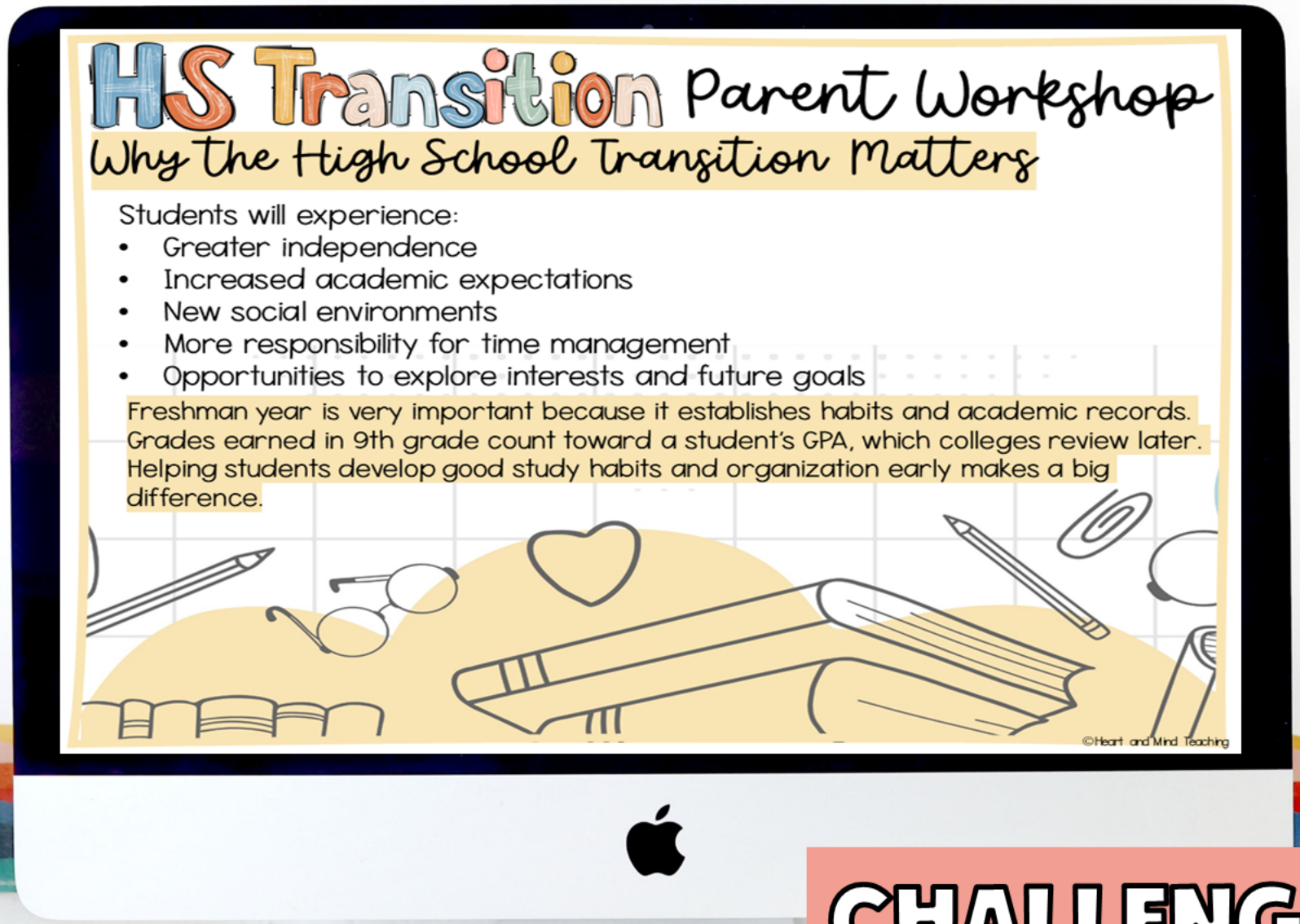
PARENT WORKSHOP: HS TRANSITION

FOR SECONDARY - EDITABLE

PREPARING PARENTS FOR THE HIGH SCHOOL TRANSITION



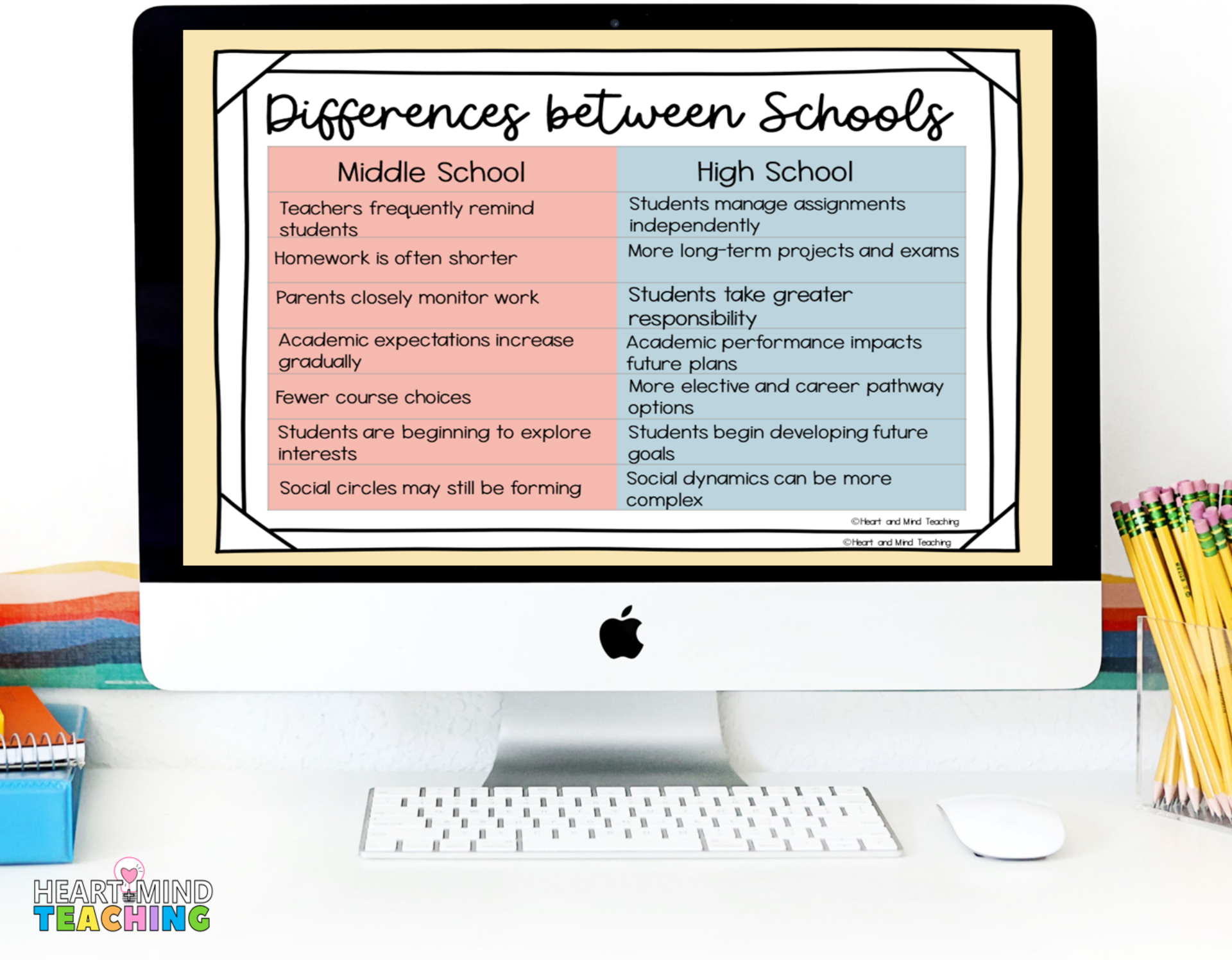
CHALLENGES

WHAT HELPS/HURTS

RESOURCES & SUPPORT

HEART & MIND TEACHING

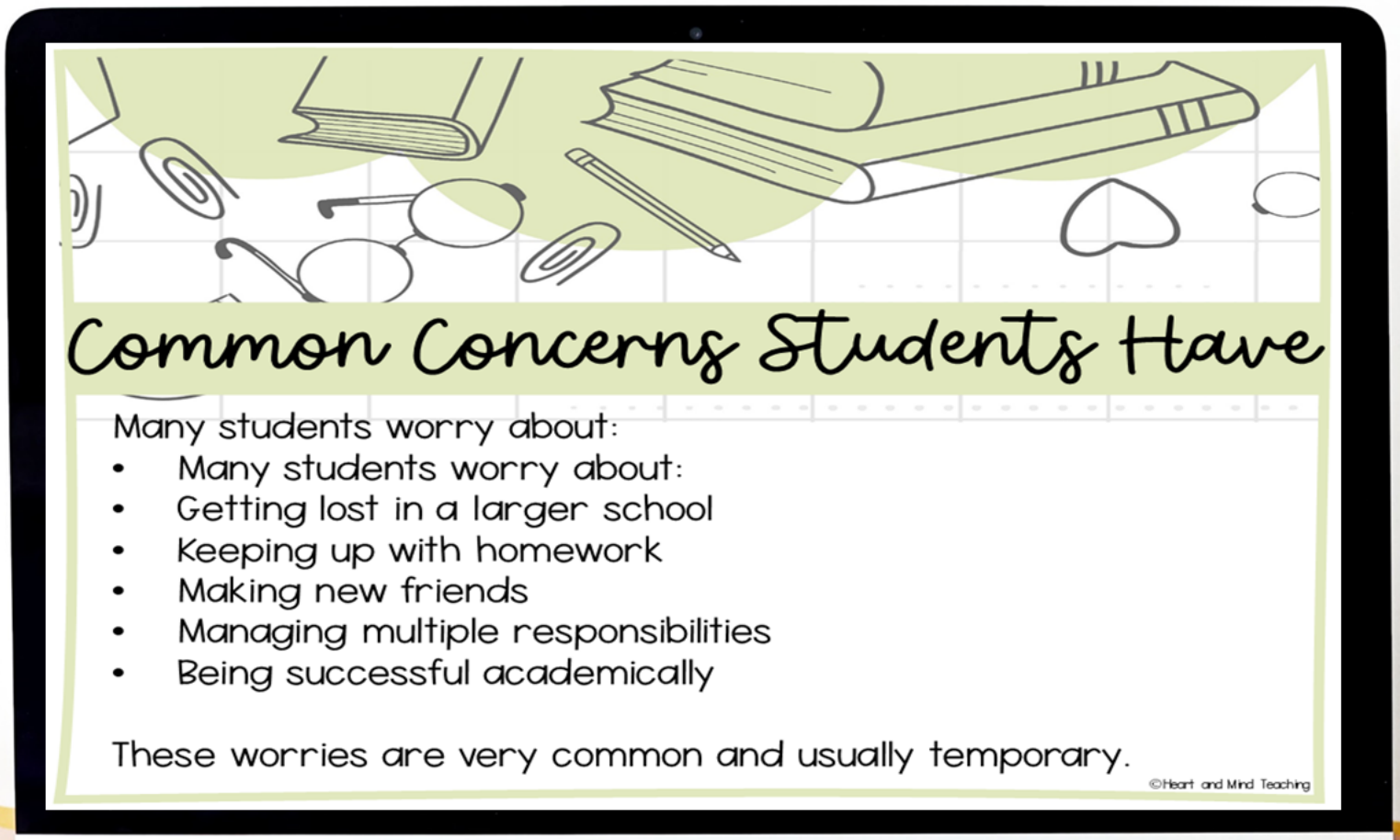
EDITABLE PARENT PRESENTATION - MAKE IT YOUR OWN!



Middle School	High School
Teachers frequently remind students	Students manage assignments independently
Homework is often shorter	More long-term projects and exams
Parents closely monitor work	Students take greater responsibility
Academic expectations increase gradually	Academic performance impacts future plans
Fewer course choices	More elective and career pathway options
Students are beginning to explore interests	Students begin developing future goals
Social circles may still be forming	Social dynamics can be more complex

HEART MIND TEACHING

PREVIEW THE POWERPOINT



HEART MIND TEACHING

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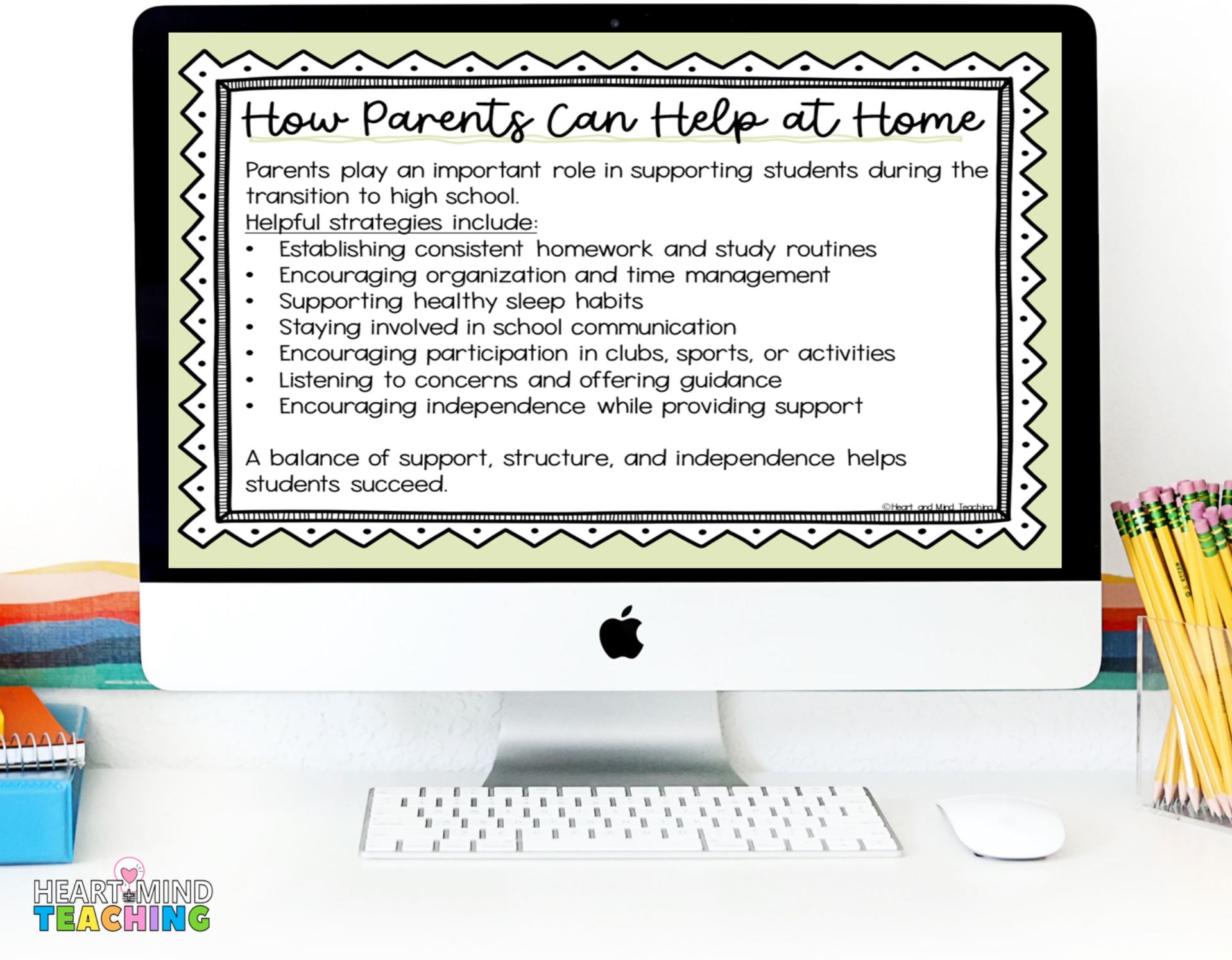
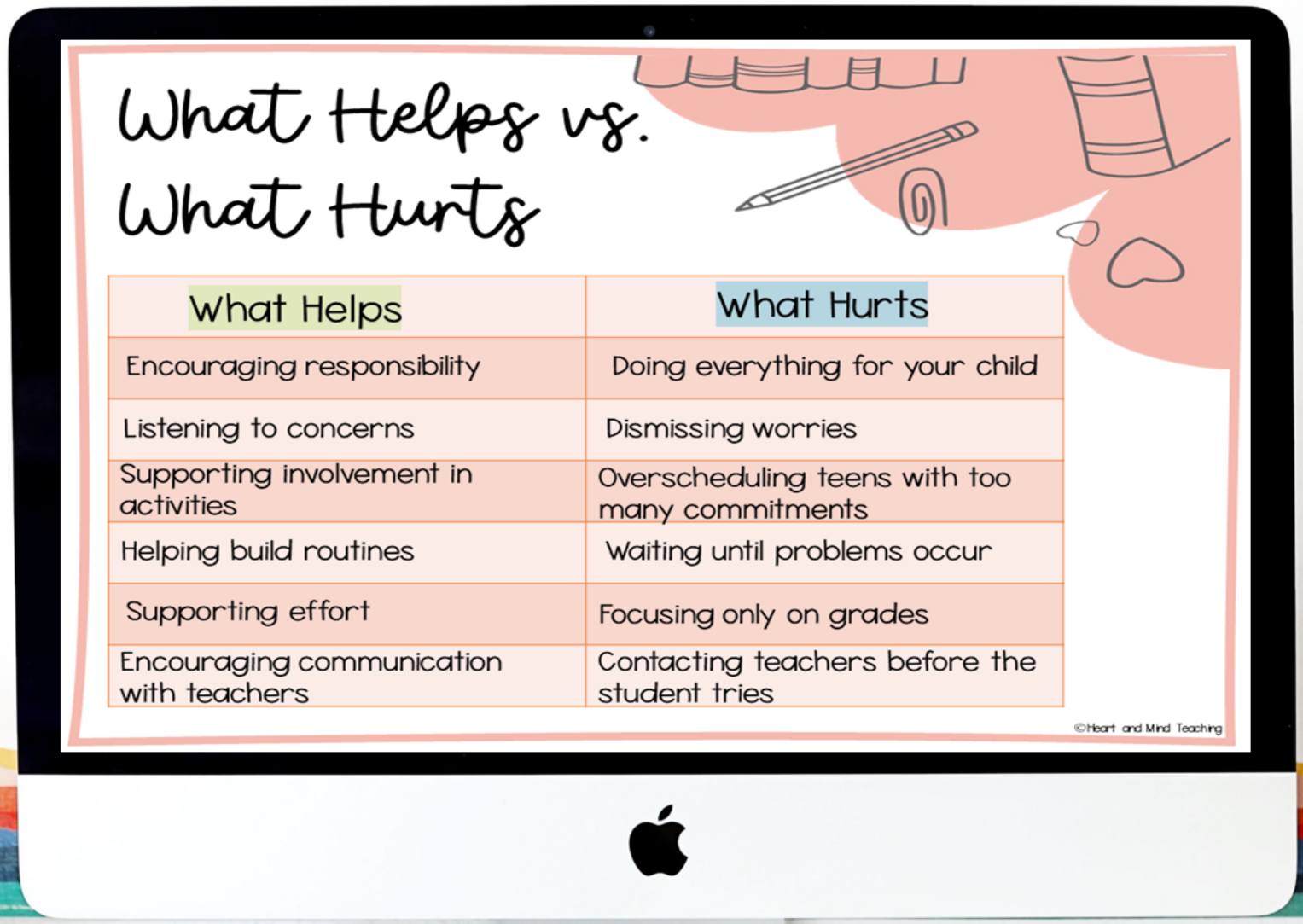


HEART & MIND TEACHING

PREVIEW THE POWERPOINT



What Helps vs. What Hurts

What Helps	What Hurts
Encouraging responsibility	Doing everything for your child
Listening to concerns	Dismissing worries
Supporting involvement in activities	Overscheduling teens with too many commitments
Helping build routines	Waiting until problems occur
Supporting effort	Focusing only on grades
Encouraging communication with teachers	Contacting teachers before the student tries

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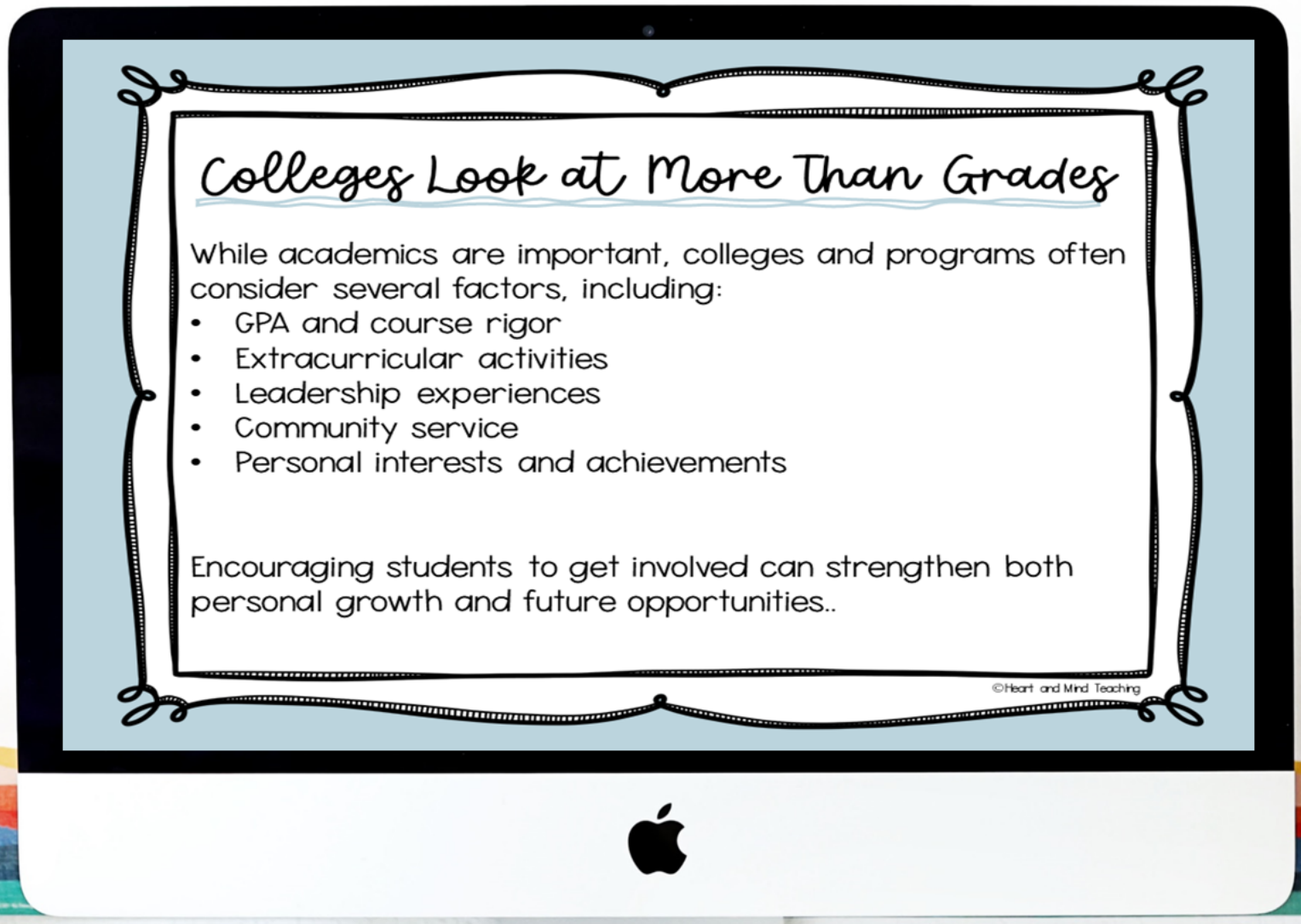
HEART MIND TEACHING

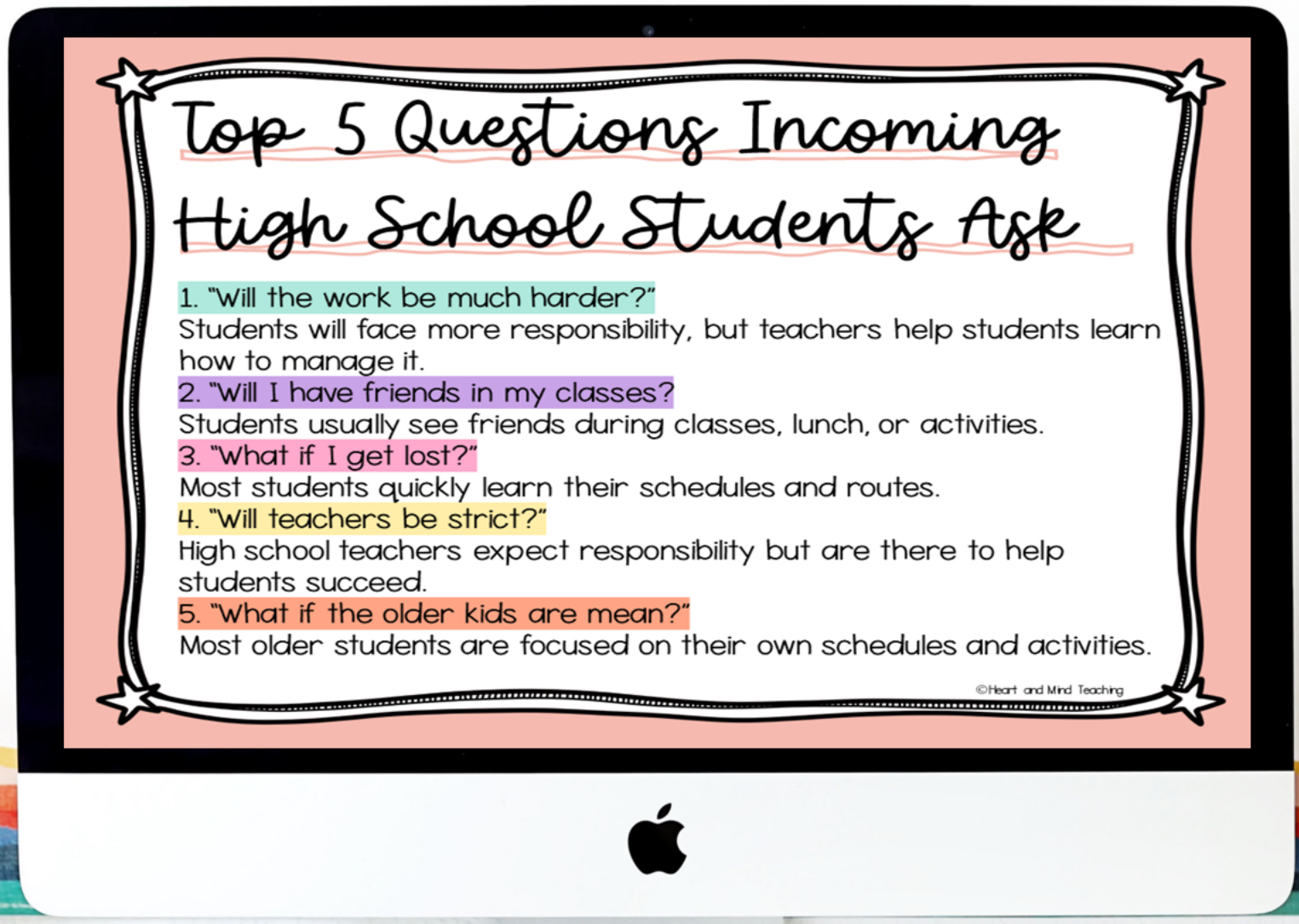
PREVIEW THE POWERPOINT



HEART MIND TEACHING

21 EDITABLE SLIDES

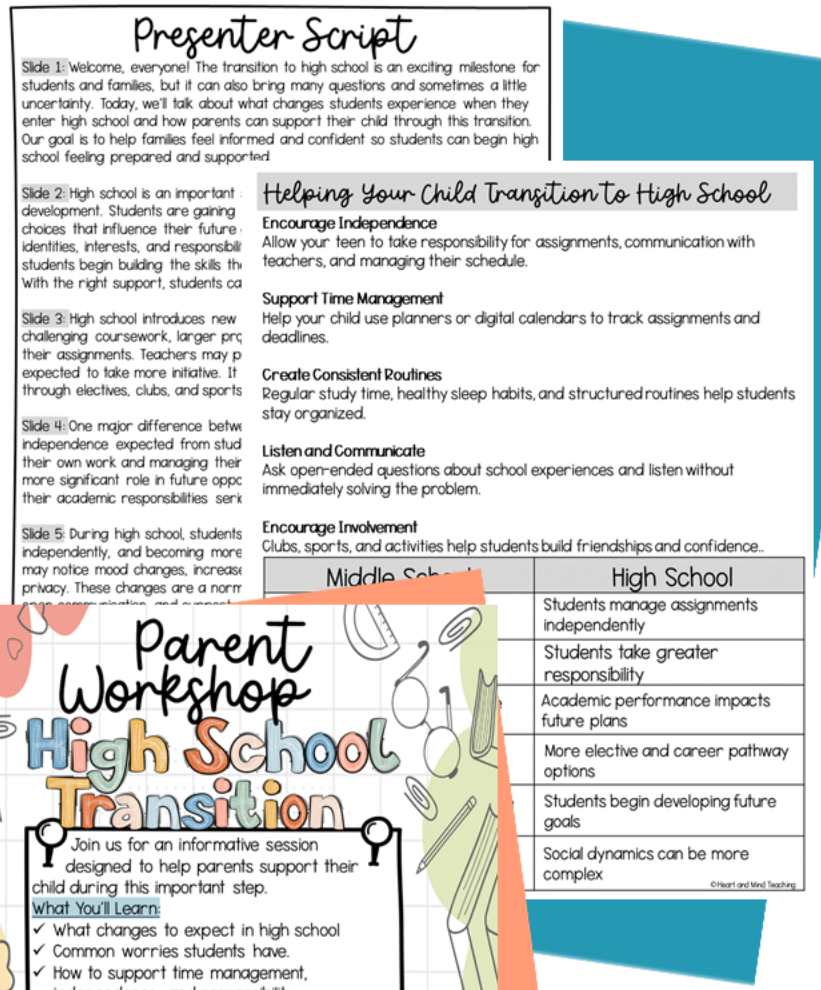
PREVIEW THE POWERPOINT



HEART MIND TEACHING

EVERYDAY EXAMPLES THAT PARENTS CAN ACTUALLY USE!

INCLUDED:
PRESENTER SCRIPT
WORKSHOP FLYER



Presenter Script

Slide 1: Welcome, everyone! The transition to high school is an exciting milestone for students and families, but it can also bring many questions and sometimes a little uncertainty. Today, we'll talk about what changes students experience when they enter high school and how parents can support their child through this transition. Our goal is to help families feel informed and confident so students can begin high school feeling prepared and supported.

Slide 2: High school is an important
development. Students are gaining
choices that influence their future
identities, interests, and responsibili
students begin building the skills th
With the right support, students ca

Slide 3: High school introduces new
challenging coursework, larger pro
their assignments. Teachers may p
expected to take more initiative. It
through electives, clubs, and sports

Slide 4: One major difference betw
independence expected from stud
their own work and managing their
more significant role in future oppo
their academic responsibilities serio

Slide 5: During high school, students
independently, and becoming more
may notice mood changes, increase
privacy. These changes are a norm

Helping Your Child Transition to High School

Encourage Independence
Allow your teen to take responsibility for assignments, communication with teachers, and managing their schedule.

Support Time Management
Help your child use planners or digital calendars to track assignments and deadlines.

Create Consistent Routines
Regular study time, healthy sleep habits, and structured routines help students stay organized.

Listen and Communicate
Ask open-ended questions about school experiences and listen without immediately solving the problem.

Encourage Involvement
Clubs, sports, and activities help students build friendships and confidence..

Middle School	High School
	Students manage assignments independently
	Students take greater responsibility
	Academic performance impacts future plans
	More elective and career pathway options
	Students begin developing future goals
	Social dynamics can be more complex

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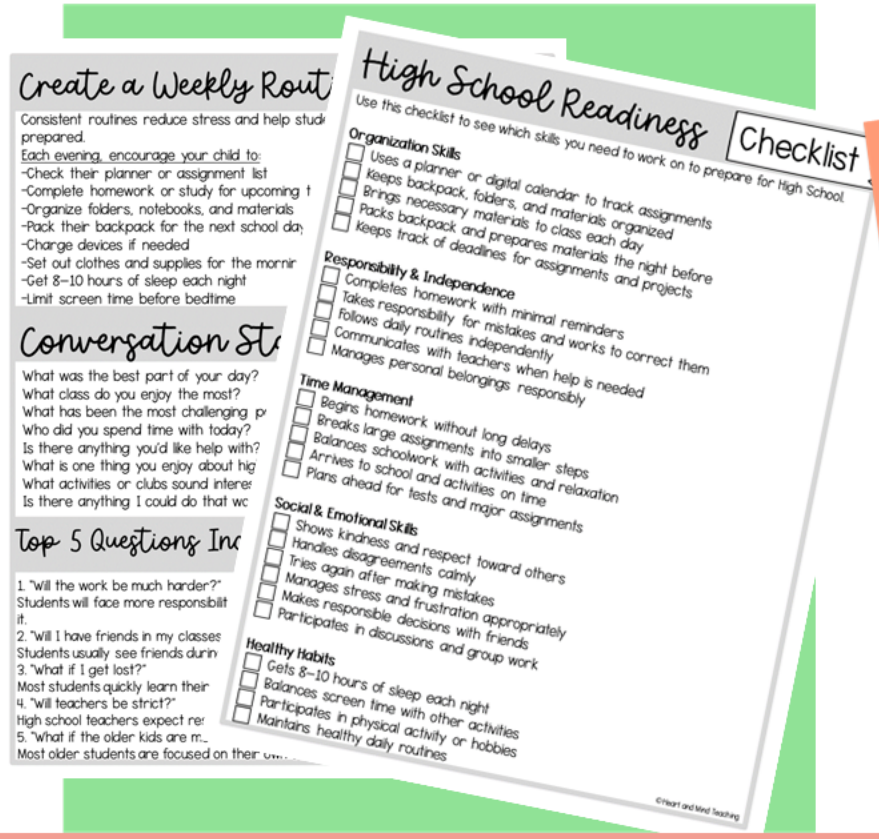

Create a Weekly Rout

Consistent routines reduce stress and help stud
prepared.
Each evening, encourage your child to:
-Check their planner or assignment list
-Complete homework or study for upcoming t
-Organize folders, notebooks, and materials
-Pack their backpack for the next school day
-Charge devices if needed
-Set out clothes and supplies for the mornir
-Get 8–10 hours of sleep each night
-Limit screen time before bedtime

Conversation St

What was the best part of your day?
What class do you enjoy the most?
What has been the most challenging p
Who did you spend time with today?
Is there anything you'd like help with?
What is one thing you enjoy about hig
What activities or clubs sound interes
Is there anything I could do that wo

Top 5 Questions Inc

1. "Will the work be much harder?"
Students will face more responsibilit
it.
2. "Will I have friends in my classes
Students usually see friends durin
3. "What if I get lost?"
Most students quickly learn their
4. "Will teachers be strict?"
High school teachers expect re
5. "What if the older kids are m...
Most older students are focused on their ...

High School Readiness Checklist

Use this checklist to see which skills you need to work on to prepare for High School.

Organization Skills
- ☐ Uses a planner or digital calendar to track assignments
- ☐ Keeps backpack, folders, and materials organized
- ☐ Brings necessary materials to class each day
- ☐ Packs backpack and prepares materials the night before
- ☐ Keeps track of deadlines for assignments and projects

Responsibility & Independence
- ☐ Completes homework with minimal reminders
- ☐ Takes responsibility for mistakes and works to correct them
- ☐ Follows daily routines independently
- ☐ Communicates with teachers when help is needed
- ☐ Manages personal belongings responsibly

Time Management
- ☐ Begins homework without long delays
- ☐ Breaks large assignments into smaller steps
- ☐ Balances schoolwork with activities and relaxation
- ☐ Arrives to school and activities on time
- ☐ Plans ahead for tests and major assignments

Social & Emotional Skills
- ☐ Shows kindness and respect toward others
- ☐ Handles disagreements calmly
- ☐ Tries again after making mistakes
- ☐ Manages stress and frustration appropriately
- ☐ Makes responsible decisions with friends
- ☐ Participates in discussions and group work

Healthy Habits
- ☐ Gets 8–10 hours of sleep each night
- ☐ Balances screen time with other activities
- ☐ Participates in physical activity or hobbies
- ☐ Maintains healthy daily routines

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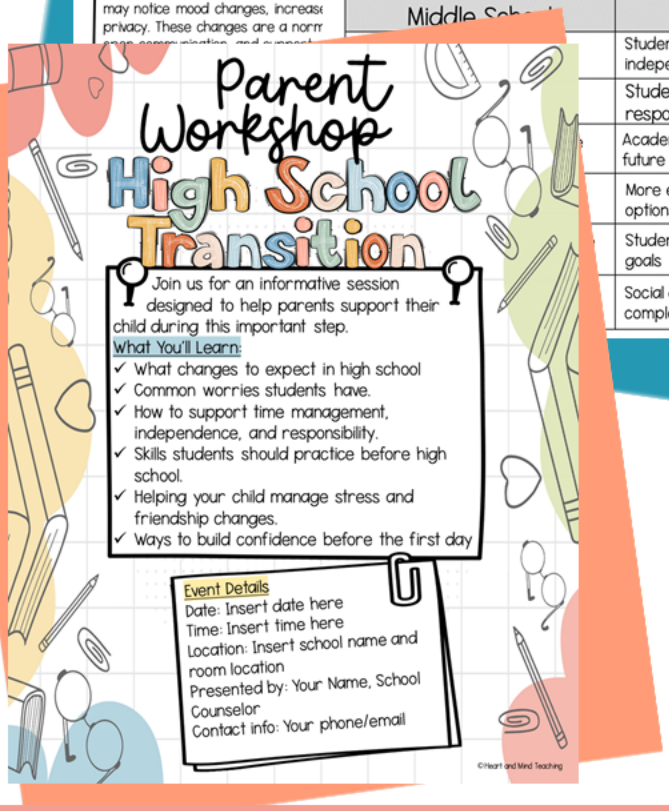

Parent Workshop
High School Transition

Join us for an informative session designed to help parents support their child during this important step.

What You'll Learn:
- ✓ What changes to expect in high school
- ✓ Common worries students have.
- ✓ How to support time management, independence, and responsibility.
- ✓ Skills students should practice before high school.
- ✓ Helping your child manage stress and friendship changes.
- ✓ Ways to build confidence before the first day

Event Details
Date: Insert date here
Time: Insert time here
Location: Insert school name and room location
Presented by: Your Name, School Counselor
Contact info: Your phone/email

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PARENT TAKE HOMES:
-HIGH SCHOOL READINESS CHECKLIST
-CREATE A WEEKLY ROUTINE
-FOLLOW UP ACTIVITIES

HEART MIND TEACHING