Even if you have forgotten the names and faces of your high school classmates, chances are, you can remember that first year of high school and the scary new problems it presented. Your kids are no different. For all their bravado, most of them are pretty unsure of themselves in that first year of high school. Try using your experiences to offer advice and guidance to your teenager as he or she makes that big transition. Use the tips below to help their adjustment.

TEN THINGS PARENTS CAN DO TO HELP STUDENTS MAKE A SMOOTH TRANSITION FROM MIDDLE TO HIGH SCHOOL

10. Be sure you both understand how high school credits work and how many are required. Find out more by watching the ***Learning About Credits*** video.

9. Know the name of at least one adult at the high school–principal, coach, teacher, or counselor–that either of you can ask for help.

8. Explore student organizations, athletics, band, choir and other options that exist in high school. It will help them form a supportive group of friends with similar interests, and start building a resume for college applications. Learn more about the importance of everyday leadership by watching the ***Stand Up and Lead*** video.

7. Keep an eye on upcoming events, grading periods, and announcements. Where are they posted at the high school? Are they on the school's website? Is there a text blast or an email? Where is the conference period of each teacher listed? Find out!

6. Urge your child to take advantage of any summer camps or orientation sessions offered at the high school. They will help both you and your child to learn as much as possible about the high school before the first day.

5. Meet teachers, counselors, and the principal before school starts, if possible. Get the scoop on attendance, grading, and tardy policies.

4. Get together with other parents and share information the about high school. Form an informal group that you can go to with questions.

3. Be sure your child understands the courses he or she needs to graduate and has completed their four-year graduation plan.

2. Ask for help! Find out what tutoring or extra help is offered for academics.

1. Just remember—everyone else is nervous about high school, too. Stick with your child, and they'll realize that high school is not as scary as they imagined.

ADDITIONAL RESOURCE:

Video:
Transitioning from Middle School to High School

Students can get a look at the changes they'll face when they move up to high school—via two very different approaches to dealing with the new surroundings.