

What Can Middle Schoolers be Doing to Prepare for High School Now?

1. **Have your child make a list of extracurriculars they might be interested in.**
 - a. If your child enters high school with a list of extracurriculars, they can attend a few different meetings in the first couple weeks of school and see what is a good fit.
 - i. Many high schools offer lists of clubs & activities online for students to browse.
 - ii. It is never too early to get involved- joining a club as a freshman might help your child's chances of eventually taking on a leadership role!
2. **Consider helping your child map out a 4-year plan for high school.**
 - a. Creating a general outline of what classes your child will take each year of high school can guide course selection each year.
 - i. It is okay to not follow it to a T, but if your child has a goal of which AP classes they want to enroll in junior & senior year, they can ensure they are enrolled in the prerequisite classes in the earlier grades.
 - ii. Be realistic- taking a full AP courseload may sound like a good option, but make sure your child is making choices that will not overload them with coursework.
 - iii. Ensure you are checking deadlines for course registration next year.
 - iv. For help selecting classes starting freshman year, see [this guide](#) from US News.
3. **Encourage your child to begin taking more of an active role in their learning.**
 - a. High school requires students to be more independent than middle school. Students must hold themselves accountable to meeting coursework deadlines & staying organized.
 - i. As your child continues their middle school classes from home, help them create systems for staying organized that they can carry over into high school.
 - ii. Consider doing academic check-ins with your child, but gradually decreasing the frequency as they learn to take control of their progress through their schoolwork.
4. **Communicate with guidance counselors, other parents & students.**
 - a. The guidance counselors at your child's high school can answer any questions you might have about deadlines or logistics for next year- use them as a resource.
 - b. Look for Facebook groups for parents that have children in your child's grade. Many parents probably have the same questions that you do.
 - i. Don't be afraid to ask questions or share your advice on what you are doing to support your child.
5. **Listen to your child and support them when they need it.**
 - a. Most important through this process is active communication with your child and making sure they know they are being heard.
 - i. It is a stressful time to be a student- particularly a student transitioning to a new school next year. Talk to your child about what they are going through right now and ask about what they need.
 - ii. Talking through concerns now will help to ease the stress when school does start in the fall and can make an overwhelming process more manageable.