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 course load 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.