

Get Ready for

Middle School

Information for Parents

Middle school is a big step, for both students and parents. If your child will be in middle school next year, use this year to help your student plan and prepare for the transition.

To help your child get ready for middle school, follow the tips and advice below.

1. Help your child get organized

With more classes, homework, and activities, middle school students need to be organized. This year, work on helping your student devise a system for organizing papers and encourage the daily use of a school planner. By the time they get to middle school, these will be established habits.

2. Identify your child's weaknesses

Does your child tend to procrastinate or need help with time management? Does your child struggle in math? When you know what areas need improvement, you can anticipate the kinds of difficulties your child may have in middle school—and work on a plan to address them now.

3. Set up a home study area

Help your student set up a study space in your home that is quiet, well-lit, and comfortable. It should also have all the supplies your child will need, such as paper, pens, highlighters, and index cards. Help them get in the habit now of using this space daily for homework.

Show your student how to study smart with this short video.



VIDEO

4. Work on time-management skills

With good time management, students have less stress and more free time. They also feel more in control of their lives. Encourage habits such as using free time in school to start on homework, prioritizing assignments based on importance and due dates, and breaking down large assignments into smaller, more manageable parts.

5. Establish routines

Your child should have a morning routine that includes breakfast and plenty of time to get ready for school, and a nighttime routine that includes getting everything ready for the next day before they go to bed. After school, they should try to start their homework at the same time every day.

If you don't already have these routines in place, start working on them now so that you have plenty of time to make adjustments.

6. Promote independence

When your student has a question or problem, try to help them figure out how to take care of it on their own. Being able to get their questions answered and their problems resolved helps students gain confidence—and it gives them a sense of empowerment.

7. Be there to support your child

Your child will go through a lot of changes in the next few years. More than anything, they will need support, patience, and lots of hugs to give them the confidence and self-esteem they will need to navigate these new experiences. Spend one-on-one time with your child as much as possible, and let them know you are there to listen to their concerns—and celebrate their accomplishments!