Transition from Middle School to High School

1. Help your student pick their elective classes. Support them in finding classes they're interested in so they can make a choice they're excited about.
2. Be sure to visit your student's high school. Attend a sporting event or activity before the school year begins.
3. Attend open houses or back-to-school events like orientation—showing up matters!
4. Request time to meet with your student's teachers before the school year starts.
5. Practice navigating the halls and finding the locations of classrooms, gyms, restrooms, and your child's locker.
6. Discuss graduation requirements. Is your child on track to graduate?
7. Continue to encourage self-advocacy skills. These skills will grow with time and practice.
8. Have conversations about friends, social skills, and relationships.
9. Does your child want a job? Help them explore what types of jobs interest them and how to apply.
10. During high school or shortly after, your child will become a legal adult. Talk about what changes come with turning 18.
11. Talk about next steps. After high school, what are your students' goals?
12. Do they want to join the workforce? Are they interested in college or career training? What steps need to be taken to help them reach their goals?

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