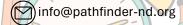
Transition from Middle School to High School

- 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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