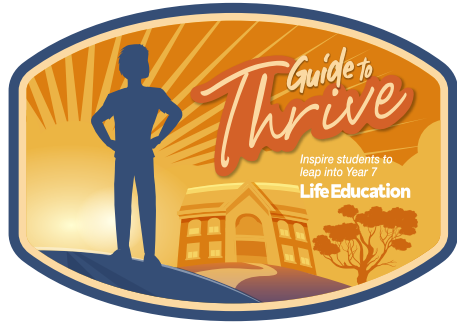


School Transition

What does it mean for me?





School transition can be a tricky time

Do you feel like you need someone to talk to about it?
Select the image(s) that shows how you feel today.



**Totally stressed.
Not fine!**

I need help to sort out my school transition.



Feeling worried.

There are quite a lot of things I need to sort out. I will need some time and help to get started.



**Feeling a bit...
confused.**

Actually, I'm really not sure how I feel? Maybe a bit of both, stressed and ok? I'd like to spend some more time on this to make sure I'm alright.



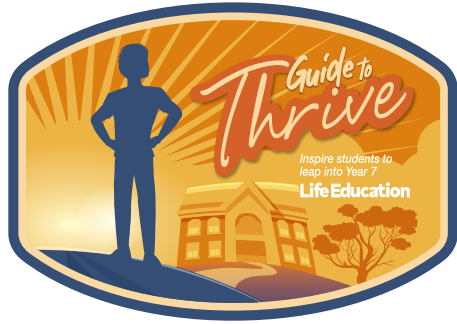
**A bit nervous
but mostly fine.**

I reckon I know what is coming my way and I think I can handle it.



**Totally fine.
Not stressed.**

I'll just keep chatting with my friends/family about it.



Activity 1.

Thinking about Transition

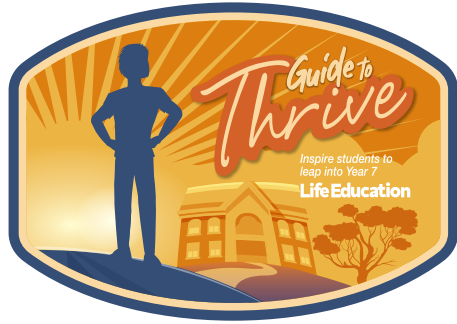
Have you done any activities to prepare for your own school change (either to a different school, or to a new sub-school)?

What were they?

For example:

- When did you know which secondary school you were going to?
- Did you go to any tours or information sessions?
- Did you do any tests/auditions/interviews to get into the school or for placement?
- Did you talk to anyone – friends, family – about going to secondary school?
- What activities have you done since starting secondary school – get-to-know-you sessions, camps, etc.?



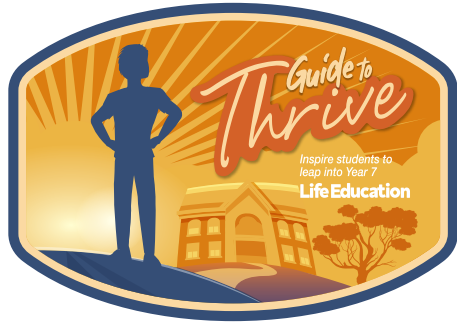


Activity 2.

How do you feel about the transition to secondary school?

1. Draw an emoji(s) to show how you feel.
2. Label your emoji(s) so it's clear how you feel
3. Then, write the reason(s) why you feel that way for each emoji.





Activity 3.

Pick one or two of your emoji reasons:

What worries or challenges you the most?

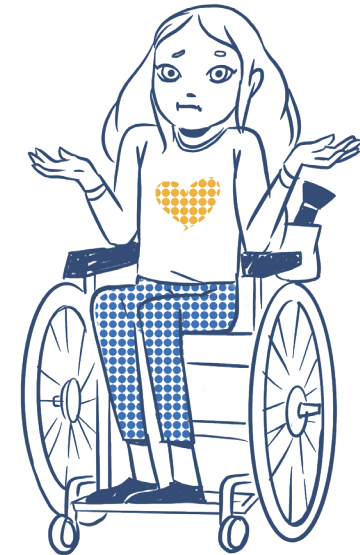
What could help with your challenge(s)?

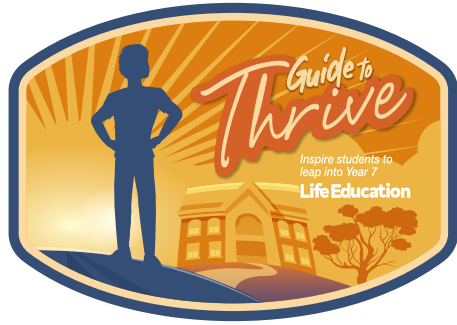
How could you or someone else solve this?

If it cannot be solved, how could you or someone else make things easier?

What resources would you need?

e.g., people, things, time, activities, money...

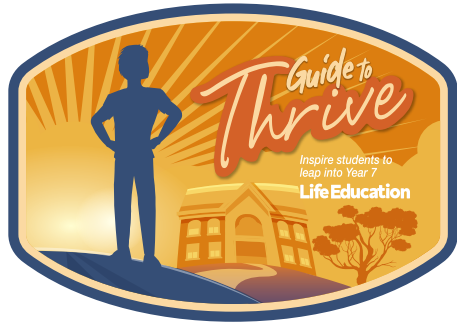




Activity 4.

Which of these transition topics would you like to know more about?

	Yes	No	Don't know
1. How my school operates (timetables, maps)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Academics (subjects, difficulty levels)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. People (how to maintain/develop friendships)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Workload (how do I manage it all?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Time for fun (sports/activities vs school work)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



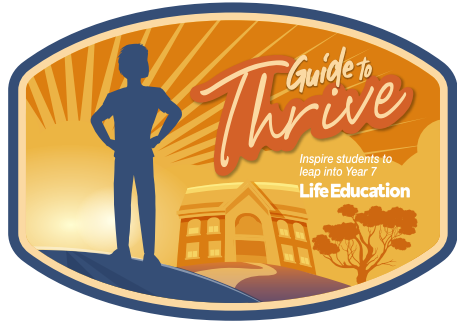
Activity 4. (cont'd)

How can you learn more about these transition topics?

How would you like to learn about them?

Do you need to teach anyone else about these topics?
e.g. Family members or friends





The End!

**Well done for working through what
school transition means for you!**

Your teacher will now be able to organise activities that are
tailored to your specific needs or requests.

