



THE TRANSITION

8TH GRADE STUDENT

SUCCESS GUIDE

August-September

I. Academic Preparedness

- A.** Review and strengthen foundational skills in core subjects IE: math, science, English, social studies by Strive for 3.0 or B Average.
- B.** Explore advanced courses or accelerated programs available in high school. Check with your counselor regarding your schedule for second half of the year. Are there any advanced classes available for your skill set?
- C.** Familiarize yourself with the graduation requirements and academic expectations of high school.
- D.** Extracurricular Involvement

1. Explore clubs, sports teams, or other extracurricular activities that align with your interests.
2. Research opportunities for leadership roles within clubs or student organizations.
3. Balance extracurricular involvement with academic responsibilities to maintain a well-rounded experience.

October- November

II. Organizational Skills

- A.** Develop effective time-management techniques by using your phone/laptop or planner to record important dates, deadlines.
 1. Make to do list often
 2. Prioritize Important Items
 3. Re-Write List Daily, Finish All Tasks
 4. Practice using a planner or digital organization tools to track assignments, projects, and deadlines.
 5. Learn strategies for organizing materials, such as notebooks, folders, and digital files such as google docs, drop box.

III. Study Habits

- A.** Identify and adopt study techniques that work best for you (e.g., creating flashcards, summarizing notes, practicing past exams, cornell notes.
- B.** Set up a designated study space at home that is free from distractions.
- C.** Establish a regular study routine and allocate dedicated time for homework and review.



December-January

IV. Goal Setting- See SMART Goal Setting Guide (Tool Kit)

- A.** Create your personal and academic goals for high school.
- B.** Create short-term and long-term goals to guide your progress.
- C.** Break down goals into actionable steps and monitor your progress regularly.

March-April

VIII. Personal Wellness

- A.** Prioritize self-care and maintain a healthy lifestyle through proper nutrition, exercise, and sufficient sleep.
- C.** Develop strategies for managing stress and seeking support when needed.
 - a)** Squeeze balls, asking for time out during the day, head down, office
- C.** Engage in hobbies or activities outside of academics to promote overall well-being.

May-June

IX. High School Transition

- A.** Attend high school orientation or transition programs to become familiar with the campus, policies, and procedures.
- B.** Review the high school course catalog and select appropriate classes based on your interests and future goals.
- C.** Seek guidance from high school counselors, teachers or mentors to ensure a smooth transition and address any concerns.

February

VI. Building Relationships

- A.** Attend orientation programs or events to meet new classmates and become familiar with the high school environment.
- B.** Establish positive relationships with teachers, counselors, and administrators who can provide guidance and support.
- C.** Seek opportunities to collaborate with peers on group projects or study groups to foster teamwork skills.

VII. Career Exploration-College and Career Research Project (Toolkit)

- A.** Begin exploring different career options and research potential paths of interest.
- B.** Take advantage of career exploration programs, internships, or job shadowing opportunities if available. (Career Day)
- C.** Connect with high school counselors or career services to seek guidance on career planning resources.

