

Preparing Your Middle School Student for Academic Success

BEFORE SCHOOL STARTS

- A few weeks before school starts, begin to adjust bed and wake time to be closer to what will be needed during the school year.
- Talk to your middle schooler about the upcoming changes.
- Get your middle schooler schedule as soon as possible and go over it together.
- Tour the school with their schedule so they know where everything is.
- Help them organize materials with their class schedule.
- Offer them reassurance. Build them up and let them know they are not alone

TECHNOLOGY USE

- Help your middle schooler explore alternative activities for their free time to limit their time online. Teens love tv, video games, and social media, but excessive use can negatively impact them physically, emotionally, and cognitively.
- Implementing a no-tech rule after bedtime can improve their rest. An easy way to do this is to keep their phone outside of their room overnight.
- Keep an eye on your middle schooler's social media so you can be aware of problems before they start. If you're not sure how to talk to them about this, explain that it's another way to keep them safe.

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SUPPORT

- Review the school handbook to understand school expectations.
- Review any syllabi or plan for classes. There might be a schedule of tests and projects you can put on a calendar to remember.
- Ask if they need help with anything in their backpack or if there are important assignments and announcements to discuss. You might be thinking, “I still have to check their backpack?!” Yes, you do! They may forget or avoid things, so be sure to ask!
- When talking about their schoolwork, ask them if they need anything for their assignments. You can help make sure they are prepared with any materials they might need.
- Encourage them to participate in their classes. Reassure them that no question is silly. Remind them that they can always talk to teachers privately or by email if they prefer not to speak up in class.
- Create a spot in your home to keep school materials and to work on homework. This space doesn't need to be big or cost money to create. Just keeping materials together will help your child stay organized.
- Teach them how to use a calendar. If their school uses google classroom, help them learn how to track assignments or tests. You can also get them a paper calendar at home and show them how to use it.

Preparing your preteen for middle school involves adopting a thoughtful approach by setting boundaries around technology usage and fostering a sense of confidence in the classroom. Middle schoolers are navigating a crucial stage of development. Sometimes, all your child needs is your support in eliminating both obvious and subtle obstacles.