



# Preparing Your Teen for High School

Is your student getting ready for high school?

Here are some tips for families about what to ask and how to prepare for this transition.

## AT MOST SCHOOLS, YOU WILL EXPERIENCE...

- Presentations from high school counselors to incoming 9th-grade students.
- Information sessions for parents and caregivers.
- A short time frame for picking classes.
- Follow-up meetings with school counselors as needed.
- Finalized schedules in late Spring.

## HOW TO PREPARE...

- Know your child's school counselor and how to contact them.
- Find out when transition activities occur for 8th graders (like move-up day or school tours).
- Make time to tour the school with your child - walk from class to class following your child's schedule. You can call to schedule a time in the summer, or there might be an open time you can visit.
- Learn the bell schedule to help your child manage their time throughout the day.
- Counselors usually meet with students every year to talk about class choices and future paths (like work, military, or college). These meetings are important so you can discuss your child's goals for the future.
- Ask the counselor's office if there are documents that will help you keep track of your child's class credits or school pathway.

## QUESTIONS TO ASK...

- What classes are offered in high school?
- What are the requirements for each year of high school and for graduation?
- How many credits does my child need each year?
- Are honors classes available? What do students need to do to take them?
- Is there a study hall?
- Who can my child go to for help?
- Can we change classes after the school year starts?

## REMEMBER...

- If your student has an IEP (Individualized Education Program) or a 504 plan in middle school, expect additional meetings to figure out the best courses and any needed support.
- For 8th-grade students, the high school course selection process typically begins in February. All schools are different, but most follow a similar pattern.
- It's important to ask questions and get as much information as possible.