

My Transition Workbook

Transition Workbook

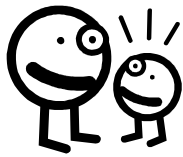
A large orange rectangular frame containing a smaller blue dotted rectangular box. The text inside the dotted box reads: "Find a photo of yourself in Grade 8 and stick it here!"

Name: _____

Elementary School I attend:

Secondary School I will attend in September:

Finding Out About My New School/



Use the information your teacher has been given by the new school to fill in this fact sheet...

The name of my new school is _____
The address is

The telephone number is _____

The name of my teacher is _____

School starts at _____ and finishes at _____

I will travel by car/bus/walking/bike/train circle the right one
To get to school on time, I will need to leave my house
at about _____

I will attend the school from ____ September 200__

My Workbook

High School Survey

NAME:

SCHOOL:

1. What do you think it will be like at your new school?

2. What things would you like to find out about your new school?

3. List three things you are looking forward to:

- 1) _____
- 2) _____
- 3) _____

4. List three things you think you might need help with

- 1) _____
- 2) _____
- 3) _____

A. Preparation Worksheets

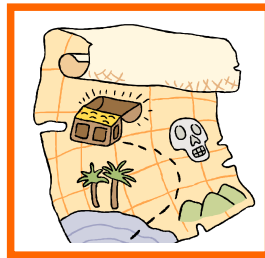
Finding Your Way Around	Pg. 6
School Map	Pg. 7
The Timetable	Pg. 8
Timetable Practice	Pg. 9
My New Timetable	Pg. 10
Homework	Pg. 11
Homework Questionnaire	Pg. 12
Equipment	Pg. 13
School Rules	Pgs. 15
Rumours	Pg. 17
Meeting New People	Pg. 18
Making Friends	Pg. 19

Finding Your Way Around...

Most new students feel a little scared about going to a school which is so much bigger than their elementary school. They feel worried about getting lost, or being late for a lesson because they're not sure of where the room is.



A map can help because it shows where all the different rooms are and you can easily see the quickest way to get there.

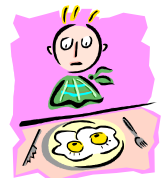


There is space to stick in your map on the next page.



If you like science you could look to see where the science classes are.

Or if you think lunchtime is the best thing about school then you can look to see where the cafeteria is!



Stick a copy of the
school map here

The Timetable

One of the first pieces of information you will be given in September will be your timetable. It's very important because it not only tells you which classes you will have that day but it also gives you a clue about the materials you will need to pack in your bag the night before. It also tells you what time each class starts and finishes and in which room they will take place. If you haven't got a watch yet, it might be a good idea to buy one to practice telling the time and getting to places on time.



Usually the timetable will also let you know which teacher you will have for each subject. Instead of just one teacher, you're going to have to get used to a few different people being in charge of your class! Often, the timetable will have the teacher's initials next to the name of the subject.

You will probably have 4 different subjects every day and some will be in special rooms. For example science will usually take place in a lab.



One thing to watch is whether your school has a two day timetable or not. If your school does use this system, you will have to remember whether you are on day one or day two.

Study the timetable from the secondary school and see if you can answer these questions.....

1. When do you spend time with your Special Education Resource Teacher?

2. Which days will you do Phys .Ed.?

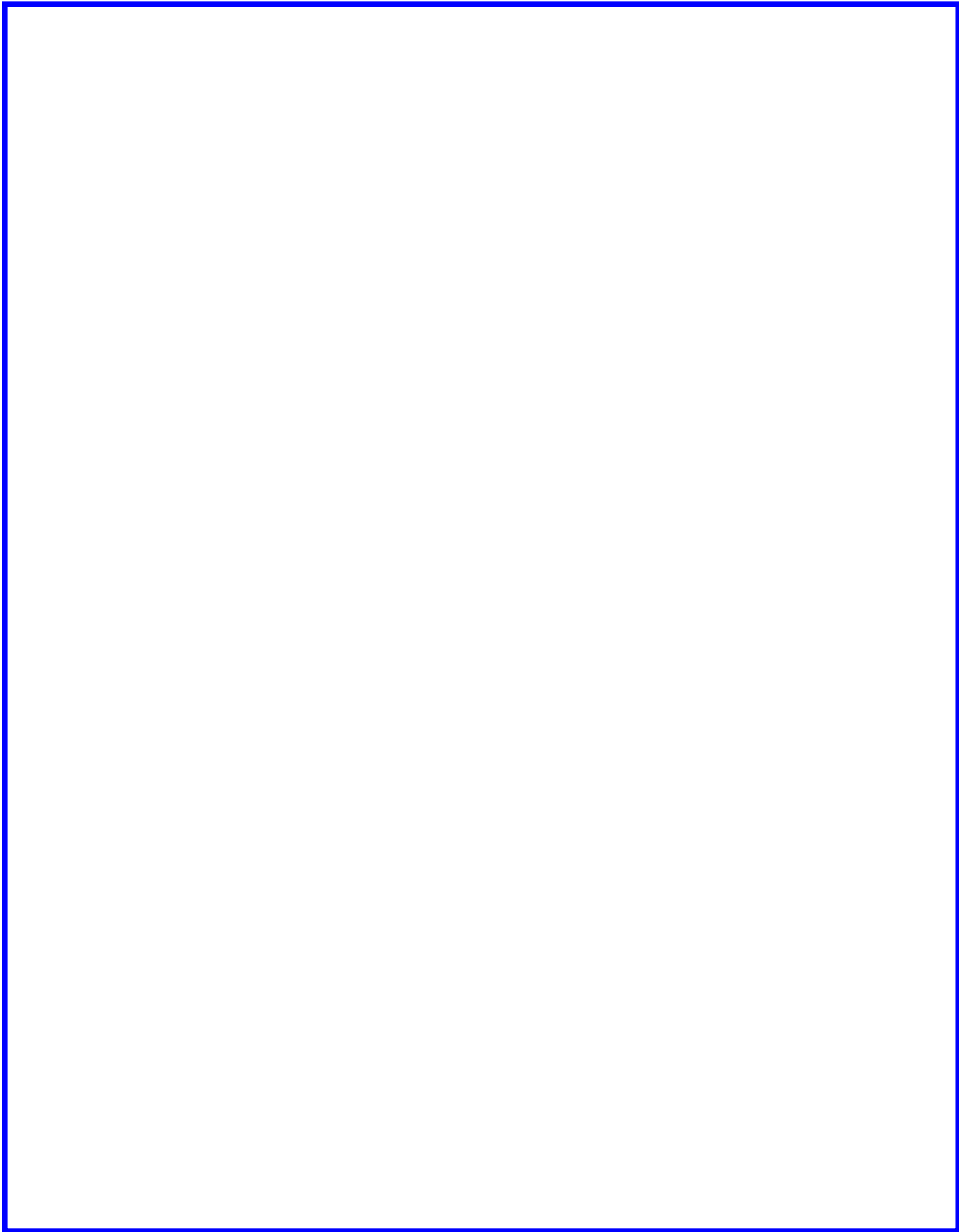
3. What material will you need to pack for Thursday's classes?

4. Which room or rooms will you have English in?

5. When is your favourite class?

Stick a copy of your timetable in the space provided. If the secondary school hasn't decided on the new year timetable yet, stick in this years timetable as an example.

TIMETABLE



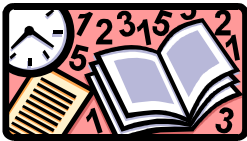
Homework!



Homework – ugh! No one likes it but it's just one of those things that you have to do and the more organized you are, the less amount of time you'll have to spend doing it.

In Secondary school you may start to get a lot more homework than you have been used to. Teachers will be there to assist you in completing the work and to give you reasonable time lines to hand in your work if you need them.

To help you do this, you will probably be given a



homework diary/Agenda where you can write down what you have to do and when it has to be finished by.

Why is homework important?

Homework is really important because it shows the teacher whether you've understood the work or not. It also means that you can cover more work than the time allowed by a lesson in school.

Questions to ask...

You need to make sure that you really understand all



the rules about homework. On the next page there are some questions you could ask your Special Education Teacher or Teacher. You can add a few more of your own if you like.

Homework Questions

This is your chance to ask your teacher everything you can think of about homework!

1. How long will I be expected to spend on homework each night? _____

2. How will I know what to do?



3. How long will I have to complete it? _____

4. What should I do if I get confused when I'm writing the homework instructions in my agenda?

5. What will happen if I forget to do it or forget to bring it in?

6. What should I do if I find the homework is too difficult?

7. _____



8. _____



Equipment

In elementary school, most of the material you need is kept in the classroom. But at secondary school, you will be expected to have your own pencils and pens and you will have to carry them all around with you. There are lots of other things you might need too.



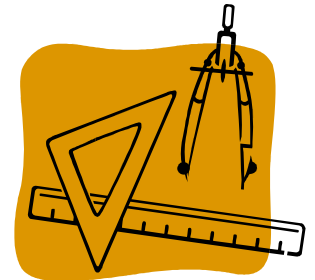
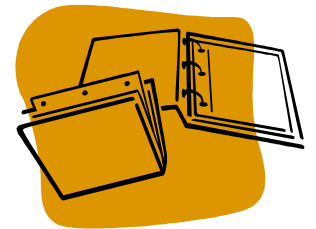
Make the list of the equipment you will probably need and list any more you can think of:



It might seem like an awful lot to remember but try not to worry about it. You can get your parents or your resource teacher to write a list of the things you will need for each day. You could then tick each item off as you pack your bag. Make sure you pack your bag the night before!!

Equipment I Will Need for Secondary Classes:

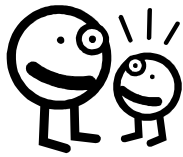
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.



School Rules

Why do we have them?

Every school will have some rules for the classroom, hallways and assembly as well as rules about homework, break-times. You might not like them or even agree with them but they are there to make life easier for everyone in school.



Can you think of the reasons why schools need rules?

Breaking the rules!

There will always be consequences for breaking the rules too. So it's not only important to know what the rules are but also what will happen if you don't follow them.

Apologizing

If you do break a rule, it is usually a good idea to admit that you got it wrong and to say sorry.



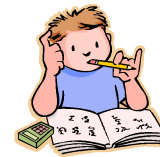
It might be useful to practice apologizing. Look at the situations on the next page. In each one a rule has been broken. With a partner take it in turns to be the teacher and the student who says sorry. It can be hard to keep your cool if you're being told off. Try to remember things will only get worse if you get angry!

Write down as many secondary school rules as you know:

What might happen if you break the rules?

What should you do in these situations?

1. You have not done your homework because you didn't write the instructions down properly.....



2. A teacher tells speaks to you for talking in class but you were just answering your classmate's question.....

3. You have forgotten a textbook you need for that class.....



4. The teacher sees you chewing gum in her class and isn't happy....



Rumours!



Most people in your class will probably want to talk about going to secondary school because it's a big step for you all. It's good to talk about all the exciting things ahead of you and it's also good to tell each other about the things you're a bit worried about.



Sometimes though students can scare each other unnecessarily because they have listened to rumours about what the school is like.

Look up the word "rumour" in the dictionary and write the definition here:

Very often rumours are exaggerated stories. For example, a story that there are gangs of older students taking money from new students could be an exaggeration of a one time incident where a grade 11 boy ran off with loonie when a grade 9 girl dropped it.

Rumours may have an element of truth in them but usually they contain a lot of things which aren't true. It's best to listen to the facts that members of staff tell you rather than the rumours students from the school might tell you.

Write down some of the rumours you have heard:



Meeting New People

How many people are in your grade 8 class?

How many years have you known them?

How many adults are there in the room?



Most children in your class will feel comfortable and happy because they know everyone very well and feel like they belong. Just having one teacher can make you feel safe too. Going to secondary school can be different because you won't know everyone and it may take a bit of time to feel like you 'belong' in your new classes.

The important thing to remember is that EVERYONE will feel the same way and that you're not alone. It's actually a good opportunity to make new friends and learn from adults who have specialized in their particular subject.



I am looking forward to meeting...

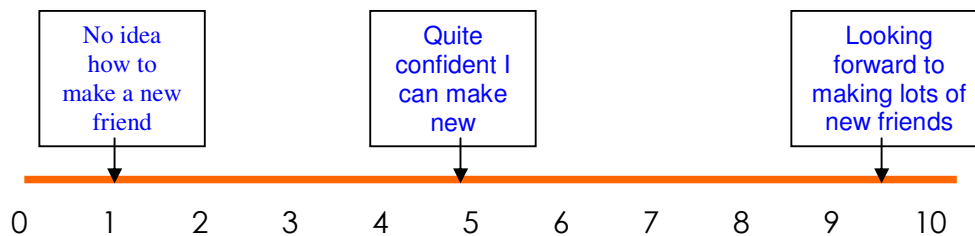
I am not sure about meeting _____ because...

Making Friends

Everyone has strengths and weaknesses. Some students find it really easy to get to the top level on a computer/video game while others never get past Level 1. Some students have no problems drawing amazing life-like pictures while others find it difficult to draw a good stick-man.

It's the same with making friends. Some students love meeting new people, are very chatty and make lots of friends easily. Others don't know how to begin to make even one new friend.

Where do you think you are on the friendship scale?



Below are a few hints and tips to help you make a new friend. Why don't you practice with a classmate?

- Smile
- Tell them your name and ask them their name
- Find out what they are interested in
- Talk about shared interests – you both might like computers
- Ask them if they want to do something at lunch

