

Transitioning to High School

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DSBN
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Welcome and About Me



- Teacher with DSBN for 28 years
- Guidance teacher for 15 years
- Spouse, Amanda, works in medical education
- Two children, Hannah and Ben.
 - Third year, University of Guelph
 - Second year, Brock University



- Current role: Consultant, Guidance and Student Success
Curriculum Support Services – Secondary





Mission:
 Within a culture of care, inclusion, and innovation, the District School Board of Niagara’s purpose is to inspire lifelong learning and foster relationships through meaningful connections with individuals, communities, and the environment.

Introduction

The transition to high school is a critical period of development and decision-making that can shape a student's academic and personal journey. Success in high school can set the stage for a bright future, while challenges can provide valuable learning experiences and opportunities for growth. It's a pivotal step in the educational pathway.



Why High School Transition Matters?

High school often coincides with a time of significant personal development. Students learn to be more independent, make choices about their academic and extracurricular pursuits, and develop a sense of self-identity.

The transition to high school involves meeting new peers from different schools and backgrounds. This can be a valuable opportunity for students to expand their social circles and learn important interpersonal skills.



Discuss the significance of this transition for students
Highlight academic, social, and personal growth opportunities

Academic Expectations

High school typically represents a notable increase in academic rigor compared to elementary school. Students are exposed to more challenging coursework and high expectations, which can have a lasting impact on their future academic and career prospects.



Discuss changes in academic workload and grading. Pressure students will impose of themselves to attain high grades.

Highlight the importance of time management and study skills

Extracurricular Activities and Clubs

- Benefits to being involved:
 - Social and Interpersonal Skills
 - Engagement and Motivation
 - Stress Relief and Well-being
 - Community Building
 - Future Opportunities
 - Character Building



Talk about the benefits of extracurricular involvement
Mention the variety of clubs and activities available

Social and Interpersonal Skills: Participation in clubs, sports, and other extracurriculars allows students to interact with peers in a non-academic setting. This can help improve social skills, teamwork, and leadership abilities.

Engagement and Motivation: Extracurricular activities can provide a sense of purpose and motivation for students. They are more likely to be engaged in their school if they have opportunities to pursue their passions.

Stress Relief and Well-being: Engaging in extracurriculars can serve as a stress reliever for students. These activities provide an outlet for relaxation and creativity, which can help students manage the pressures of academics.

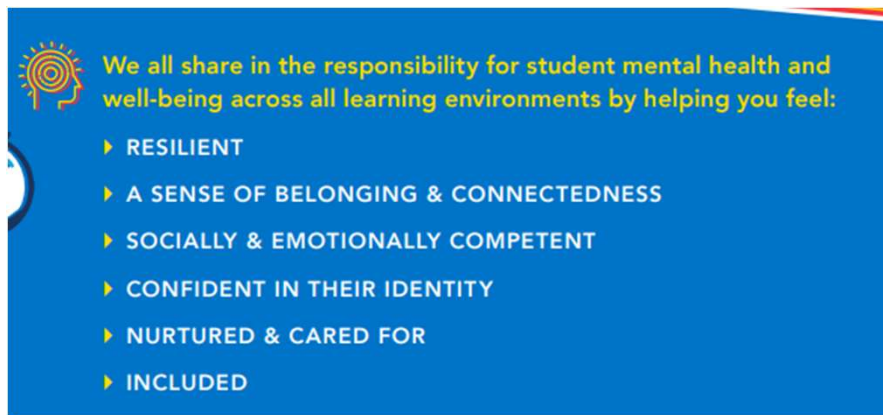
Community Building: Extracurricular activities can foster a sense of community within the school. Students who join clubs, teams, or other groups often form strong bonds and lasting friendships with their peers.


Future Opportunities: Many colleges and universities value extracurricular involvement

when reviewing applications. A well-rounded high school resume that includes such activities can improve a student's chances of being admitted to the college of their choice.

Character Building: Participation in extracurriculars can instill important values such as discipline, commitment, and perseverance. It can also promote qualities like sportsmanship and respect for others.

Support Systems in High School



 We all share in the responsibility for student mental health and well-being across all learning environments by helping you feel:

- ▶ RESILIENT
- ▶ A SENSE OF BELONGING & CONNECTEDNESS
- ▶ SOCIALLY & EMOTIONALLY COMPETENT
- ▶ CONFIDENT IN THEIR IDENTITY
- ▶ NURTURED & CARED FOR
- ▶ INCLUDED



Discuss school counselors, teachers, and support staff
Emphasize the importance of seeking help when needed. Self-advocacy is an important skill to develop in high school.



Help & Support

Principal & Vice Principal

Social Worker

Guidance/Student Services

Student Success Teacher

Special Education Resource Teacher

ESL/ELD Teacher

Attendance Counsellor

Indigenous Education Re-engagement
Teacher & Graduation Coach

Black Youth Education Coach

Learning Commons

Public Health Nurse

Youth Counsellor



To access supports like a social worker, students can self-refer. Parents can also call the school and speak with an administrator or guidance teacher to request support.

Future Pathways and Planning

High school marks the beginning of students thinking about their long-term goals. They may start to formulate plans for higher education, career paths, and life beyond high school.

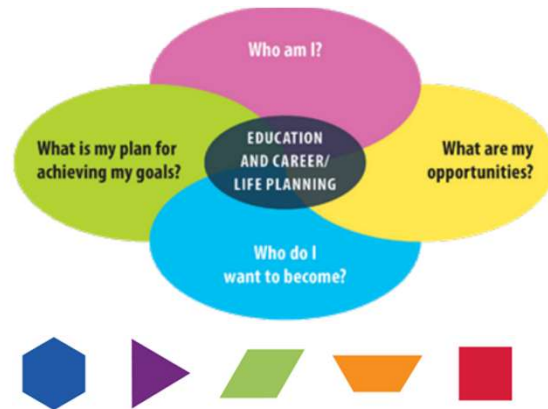
The grades and activities students engage in during high school impact their high school transcripts and post-secondary applications. A strong high school performance can open doors to a wider range of post-secondary opportunities.



Explain the importance of setting academic and career goals
Discuss resources for career exploration and planning

Personalized Pathways

- Every student's interests and abilities are unique. Their pathway reflects elective courses, personal interests, and future goals.



Talk about tailoring education to a student's interests and abilities. Exploration through elective courses. Opportunities to explore the trades, cooperative education, the arts, and sciences.




**MAKE the MOVE
TO HIGH SCHOOL**

Additional Opportunities For Pathway Planning



- ▶ COOPERATIVE EDUCATION
- ▶ DUAL CREDIT PROGRAMS
- ▶ EDUTRAVEL
- ▶ eLEARNING
- ▶ EXPERIENTIAL LEARNING
- ▶ HIGH SCHOOL HEAD START
- ▶ FIRST NATIONS, MÉTIS & INUIT STUDIES
- ▶ ONTARIO YOUTH APPRENTICESHIP PROGRAM (OYAP)
- ▶ SPECIALIST HIGH SKILLS MAJOR (SHSM)
- ▶ SUMMER SCHOOL REACH AHEAD

Graduation Requirements



Graduation Requirements

To earn an Ontario Secondary School Diploma (OSSD) students need to earn 30 credits.

COMPULSORY CREDITS	Students must earn 19 compulsory credits:	4 credits in English (1 credit per grade) (Contemporary Aboriginal Voices NBEC can sub as grade 11 English)	3 credits in Mathematics (at least 1 credit in grade 11 or 12)	2 credits in Science
1 credit in French as a Second Language (Level 1 or 2 Native Language Course included)	1 credit in Canadian History	1 credit in Canadian Geography	1 credit in Technological Education (Grade 9 or 10)	0.5 credits in Career Studies
1 credit in the Arts (Aboriginal Culture included NAC10)	1 credit in Health and Physical Education	0.5 credits in Civics	0.5 credits in Career Studies	


PLUS






1 additional credit in English, or a third language, or social sciences and the humanities or Canadian and world studies, or guidance and career education, or co-operative education

1 additional credit in health and physical education, or the arts, or business studies, or co-operative education

1 additional credit in science (grade 11 or 12), or technological education (grades 9-12), or co-operative education
* a maximum of 2.0 credits in co-operative education can count as compulsory credits

What is a CREDIT?
A credit is granted upon successful completion of a 110 hour course with a minimum grade of 50%.



19 compulsory credits

11 elective credits

40 hours community involvement

Literacy requirement

2 eLearning credits

An overview of credit requirements for graduation.

Communication and Involvement

- Be involved, when able, in activities like School Council
- Promote a Love of Learning
- Discuss Future Plans
- Set Realistic Expectations
- Advocate for Your Child
- Communicate with Teachers
- Build a Strong System
- Respect Independence



Emphasize the importance of communication with teachers and school
Discuss ways parents can get involved in their child's education

1. Discuss Future Plans:

1. Engage in conversations about your child's future goals and aspirations. Discuss college or career options and help them make informed decisions.
2. Explore scholarship and financial aid opportunities together.

2. Promote a Love of Learning:

1. Encourage a love of learning by providing access to books, educational resources, and educational outings.
2. Be a role model for lifelong learning by pursuing your interests and education.

3. Set Realistic Expectations:

1. Set realistic academic and personal expectations for your child. Avoid undue pressure or unrealistic demands.
2. Celebrate their achievements, no matter how small, to boost their confidence.

4. Advocate for Your Child:

1. Be an advocate for your child's needs if they have special education requirements or face challenges that require additional support.
2. Familiarize yourself with the school's policies on special education or Individualized Education Programs (IEPs) if applicable.

5. Build a Strong Support System:

1. Connect with other parents and join parent support groups to share experiences, advice, and resources.
2. Collaborate with your child's friends' parents to reinforce a supportive community.

1. Respect Independence:

1. While staying involved is essential, also respect your child's growing independence. Provide guidance and support while allowing them to make choices and learn from their mistakes.

Remember that every child is unique, and the level and type of parental involvement may vary depending on the individual needs and preferences of the child. The key is to maintain open communication, offer support, and create an environment where your child feels encouraged and motivated to excel in their high school journey.

Tips for a Smooth Transition

1. Get Organized
2. Seek Support and Build Relationships
3. Build time management and study skills
4. Explore Extracurricular Activities
5. Set Goals and Prioritize

Remember that it's essential to maintain a healthy work-life balance, get enough sleep, and ask for help when you're facing challenges. Transitioning to high school is a journey, and it's normal to encounter obstacles along the way. Stay adaptable, stay positive, and don't be too hard on yourself as you adjust to the new environment and expectations.



- Practical tips for students and parents to ease the transition
- Mention staying organized, time management, and self-advocacy

1. Get Organized:

1. Invest in a planner or digital calendar to keep track of assignments, tests, and deadlines.
2. Create a daily or weekly schedule to manage your time efficiently, including time for homework, extracurricular activities, and relaxation.
3. Organize your study space at home to minimize distractions and maximize productivity.

2. Seek Support and Build Relationships:

1. Establish open communication with teachers, counselors, and support staff. Don't hesitate to ask questions or seek help when needed.
2. Build positive relationships with classmates and peers. Join clubs or sports teams to meet new friends who share your interests.
3. Consider forming study groups with classmates to collaborate on challenging subjects and assignments.

3. Time Management and Study Skills:

1. Develop effective time management skills to balance academics, extracurriculars, and personal life.
2. Learn how to study efficiently. Use study techniques like note-taking, active

reading, and creating study guides.

3. Practice good study habits, such as breaking assignments into manageable chunks and studying consistently rather than cramming.

1.Explore Extracurricular Activities:

1. Participate in extracurricular clubs, sports, or organizations that align with your interests and passions.
2. Balance your extracurricular involvement to avoid overwhelming yourself. Quality over quantity is key.
3. These activities can help you meet new people, develop skills, and make high school more enjoyable.

2.Set Goals and Prioritize:

1. Set both short-term and long-term goals for your high school experience, such as academic achievements, personal growth, or future college and career aspirations.
2. Prioritize your commitments and activities based on your goals. It's okay to say no to things that don't align with your objectives.
3. Regularly evaluate your progress toward your goals and adjust your strategies as needed.

In addition to these tips, remember that it's essential to maintain a healthy work-life balance, get enough sleep, and ask for help when you're facing challenges. Transitioning to high school is a journey, and it's normal to encounter obstacles along the way. Stay adaptable, stay positive, and don't be too hard on yourself as you adjust to the new environment and expectations.

Resources and Tools

- School Mental Health Ontario
- High school team: Guidance teacher, Social Worker, Youth Counsellor, Resource Teacher, Student Success Teacher, Administrators (principal / vice-principals)
- School and school board website
- Workshops like PIC



Provide information on useful resources, both online and offline
Mention school website, counseling services, and academic tools

Q & A



Thank you



Learning and Growing Together

