



TRANSITION 101

Middle School-High School-College

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Who Am I?

Education

Virginia Union University- B.A.

Psychology/Secondary Education

George Washington University- M.A. School Counseling K-12 , Administrative Certification and Educational Specialist (EdS)

Walden University- All BUT Dissertation.....

Career

High School Educator

High School Professional School Counselor

Instructional Specialist of School Counseling

K-12

Instructional Supervisor of Counseling K-12

“The Sparkle Crew”



The Transition 101....

The Research States:

The transition from elementary to secondary education is one of the **most** stressful events in a young person's life and can have a ***negative*** impact on **psychological well-being and academic achievement.**



The Verzes Battle Prep

Back down memory lane

School Level	Elementary School	Middle School	High School
Decade	1970's or 1980's	1980's or 1990's	1990's or Early 2000's
Genre	Hip Hop or R&B	Hip Hop or R&B	Hip Hop or R&B
Question:	What was your favorite activity as a elementary school student?	What's one thing your parents would do to make you MAD as a MS student	What was your career goal in High School?

Elementary School Students

our precious babies
recess
after care, babysitters
before care
class behavioral
purple patch
green birthday
pumpkin 3rd
homework storytime
in process grades yellow 2nd
days 4th
cubbies 1st
one teacher



A young woman with dark, curly hair, wearing a white tank top, looking frustrated or angry against a red background. The text "The Middle School Years" is overlaid on the image in a black, cursive font.

The Middle School Years

The Middle School Years (Academic)

- Grades 6th, 7th and 8th
- 4 Academic Subjects: Reading Language Arts (RELA), Math, Social Studies and Science
- Creative Arts (Chorus, Music, Band, Visual Arts, Drama, Photography)
- Health (Reproductive Functioning)
- Physical Education
- Technology Education (Classes Vary)
- Begin working to complete graduation requirements (Math, Science, World Language* and Service Hours**)

*Only “Level ONE” World Languages Classes are counted for High School Credit”

**in PGCPS, all students must earn 8 service hours prior to entering high school



The Middle School Years (Academic)

- Students will switch classes (with a bell)
- Students are assigned a locker
- Operate on a “A” Day, “B Day Schedule* (New Homework Schedule)
- Students utilize google classroom and canvas
- Some textbooks are digital
- College and Career Readiness Platforms (Naviance)
- Introduction to Speciality Programs for High School
- 8th graders will take the PSAT
- Grades are readily available in the SIS database



The Middle School Years (Social/Emotional)

The parental role 'Shifts" while the demand for parenting is HIGH

- Less volunteering in schools
- Boss AND a CONSULTANT- allowing the child to express how they feel, own their feelings, then helping to direct them to healthy, safe conclusions. (We would not do this with a five year old)



The Middle School Years~ How Can Parents Help?

- - **Attend Back-to-School Night and Parent-Teacher Conferences**
 - **Support Homework Expectations**
 - **Send Your Child to School Ready to Learn (Breakfast, Proper Night's Sleep)**
 - **Instill Organization Skills**
 - **Teach Study Skills**
 - **Familiarize yourself with policies and procedures *Did you know that PGCPS students are allotted one “mental health day” per semester?**
 - **Make Time to Talk About School**
 - **Have Grade Conferences**

VERZES Battle “P.O.T.” Style



QUESTION?

What challenges are our middle school student facing? What challenges did we face”



HIGHSCHOOL



The High School Years

Some teenagers are excited about entering high school. These students look forward to having more freedom and growing up, as well as having more choices in the classes they take, activities they participate in and friends.

However transitioning from middle school to high school can be difficult for many teenagers. An unfamiliar building, new teachers, more students, and older teens can be intimidating.



The High School Years- Academics

Students must earn credits to graduate.

Maryland State Department of Education mandates students earn 21 credits, however most surrounding jurisdictions have increased the requirement. (PGCPS is 22)

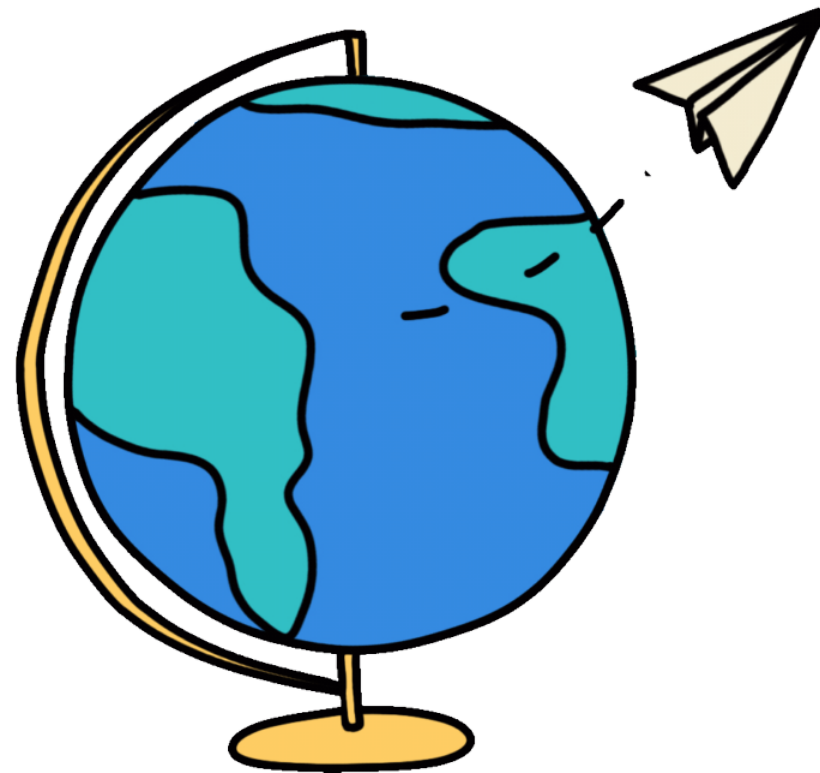
Academic subjects include:

English	World Language	Financial Literacy
Math	Physical Education	Technology Education
Science	Health	+ Electives
	Social Studies	Art

The High School Years- Academics

All students must meet MSDE testing requirements
All students must earn 24 student service learning hours

[PGCPS-Administrative Procedure 6150](#)



The High School Years- Academics

- Remain on the A-Day/B-Day schedule
- Longer Class times
- “Periods” vs “Mods”
- Students utilize google classroom and canvas
- Some textbooks are digital
- More after-school activities (homework balance)
- Grades are visible on the SIS database
- Progress Report every 4 weeks
- Report Card every 9 weeks



The High School Years- Academics

Monitor Graduation Status-

In PGCPS- 10th, 11th and 12th grade students receive a *graduation notification agreement* which indicates credit status.

12th grade by October 31st
10th & 11th grade by January 31st

- Monitor accumulated fines (library, uniform..etc)

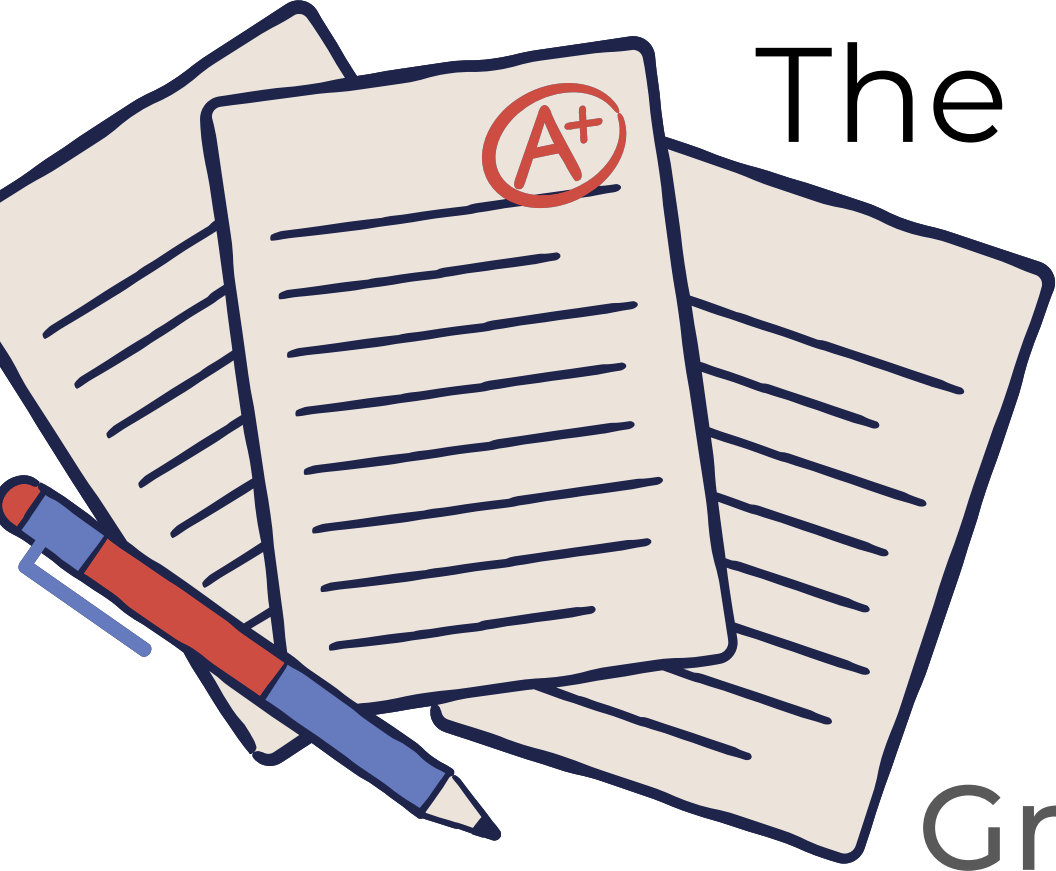


The High School Years- College Readiness

- Heighten College Readiness Activities (Naviance and College Board Websites)
- Students receive Infused SAT/ACT review and remediation opportunities- but not direct
- Utilize College Board Services, Khan Academy and SAT Prep Classes
- Have a “SAT word of the Day” at home
- Participate in College Tours
- Employability skills equals college readiness skills..encourage ALL students to be college and career ready
- Encourage enrollment in Advanced Placement Classes
- Encourage enrollment in Dual Enrollment Classes (2.5 minimum GPA)

COLLEGE

The High School Years- College Readiness



Grade Point Averages MATTERS

- Students grade point average (GPA) MATTERS FROM DAY ONE- Colleges generally admit on 9th, 10th and 11th grade point average
- Students earn a “overall GPA” which equals the sum of all years enrolled
- Students earn a “quarter GPA” which equals the sum of the quarter and will be factored into the “overall GPA”
- Monitor the SIS for regular updates



The High School Years- Social Emotional

High school students have more freedom, while exploring, building and growing friendships and romantic relationships. Additionally, they are developing self identity, struggling with body image and self esteem.

It is important that parents try to keep the line of communication open to let them know we are here to support them.

Before we think of ways to do this...its time to reflect back on those good 'ole high school days.



VERZES Battle “P.O.T.” Style

Early 2000’s Hip Hop vs. Early 2000’s R&B

QUESTION?

What career goals did you have in high school? What are you doing now?



Off to College

