CHALLENGES OF CHANGING SCHOOLS

Presented by Military & Family Life Counselors
OBJECTIVE

Participants will learn tips for making a smooth transition to a new school and ways to make new friends.
AGENDA

• Introduction
• Positives of changing schools
• Tips that can help
• Making new friends
• Keeping up your grades
INTRODUCTION

Changing schools can be a little scary – so much is unknown

• Will the other kids like me?
• Will anyone sit with me at lunch?
• Will I understand what they’re doing in class, or will I be behind?
• Will I like my teachers? Will they like me?
Some kids don’t mind changing schools and some don’t like it at all

When you are in a military family you may have to move more than other kids do

Worrying about the move and changing schools is completely normal

Learning ways to make the best of it can help
POSITIVES OF CHANGING SCHOOLS

• You get to make a fresh start
• You get to make new friends
• You can get involved in new activities
TIPS THAT CAN HELP

- Keep in touch with friends from your old school
- Talk to your parents – let them know how you feel
- Call your new school, or ask your parents to call and set up a time to tour the school before your first day
- Go to your school’s website and find out as much as you can
  - How big is the school?
  - What kind of sports activities are available?
  - Is there a school newspaper or yearbook?
  - Does the school have a band, orchestra or choir?
TIPS FOR MAKING NEW FRIENDS

• Smile and be friendly to everyone you meet
• Join clubs
• Participate in sports
• Take group classes inside or outside of school
• Spend time at a park or playground
• Remember, it takes time to make new friends
TIPS FOR MAKING NEW FRIENDS

• Be a good listener
• Be positive when talking to others
• Ask people about themselves
• Accept people as they are
• Be helpful to others
• Give complements
• Decide to take charge
• Be a friend
TIPS FOR MAKING NEW FRIENDS

If you’re nervous talking to new people that’s OK – lots of people are

Here are a few tips to help

• Smile!
• Take a deep breath
• Try to speak slowly
• Make your voice clear
• Take your time
• Don’t worry about being nervous
THE NUMBER 1 TIP

First of all, be a friend.
KEEPING UP YOUR GRADES

• Don’t get stressed out if the other kids are ahead of you in their studies
• It’s OK if it takes a while to get caught up
• If you’re behind, ask your parents and your teachers for help
• Join or form a study group
• Create a schedule for doing your homework
SUMMARY

• Changing schools can be scary
• There are positives to changing schools such as getting to make a fresh start
• Try to get to know about your new school before you start
• Joining clubs and sports activities can be a good way to meet people
• Making friends takes time
• Don’t be afraid to ask parents and teachers for help if you are having problems adjusting to your new school
QUESTIONS?
RESOURCES

• Military Community Services
• Chaplain and Local Clergy
• Military OneSource (800) 342-9647
• TRICARE www.Tricare.mil
• Behavioral Health Services
THANK YOU