

Group Forming Soon!

Transition to High School

Would you like your teen to be well-prepared for the changes starting high school brings?

Research shows that school transitions are among the biggest in a child's life. Adolescents who transition more smoothly to a new grade or school see better results academically, emotionally and socially. Our group capitalizes on positive peer influence and prepares students by using each other as resources and support. This group can help foster confidence in students by teaching the following skills:

- ❖ Understanding What's to Come
- ❖ Handling Stressors that Come with any Big Change
- ❖ Time Management & Homework Completion
- ❖ Juggling Greater Responsibilities & Independence
- ❖ Handling Social Drama



For information, call *Susan Myket, Ph.D. & Associates*
(630) 355-9002
www.myketandassociates.com