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# School Transition Group For Middle Schoolers

*Would you like your child to be well-prepared for  
the changes a new school year brings?*

Research shows that school transitions are among the biggest in a child's life. Children and adolescents who transition more smoothly to a new grade or school see better results academically, emotionally and socially. Our groups capitalize on positive peer influence and prepare 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*

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