

Getting Ready For High School



For 8th Grade Students & Families

The transition to high school is an exciting and nerve-wracking time. Below are some action steps you may take to help ensure a smooth transition and successful start to high school.

Academic Preparation

- Create a time management system using a calendar, planner or app. In high school, you will have more homework and may be busy with clubs, sports, and activities that require you to be organized.
- Have a consistent, dedicated study area at home, free of distractions (i.e., cell phone, TV, etc.) with ample lighting and supplies.
- Parents & Guardians, stay engaged in your student's education by monitoring grades (through Aeries, Google Classroom), study habits, etc.
- Familiarize yourself with the Fullerton Joint Union High School District's graduation requirements: <https://www.fjuhsd.org/Page/5281>
- If you will be attending Troy next fall, familiarize yourself with the school counseling resources: <https://www.fjuhsd.org/domain/199>
- When selecting 9th grade classes, inquire about the workload for each class and discuss your time commitments to activities. Strive for a healthy balance between academics, activities, and free time.

Social-Emotional Health

- Incorporate healthy ways to de-stress each day. Ideas may include exercise, journaling, hobbies, drawing, reading, dancing, laughing, getting outside, breathing/mindfulness exercises, etc.
- Practice self-care daily by getting ample sleep, eating well, and moving your body.
- Plan to get involved on campus through student clubs, sports, etc. Being part of your school community fosters engagement and connection.
- Volunteering is good for you and good for the community. You may volunteer through service clubs on campus or through community organizations close to home.
- Families, monitor your students screen time and cell phone usage. We strongly encourage students to charge all devices outside of their bedroom to allow ample sleep and well-being.

College & Career Exploration

- Familiarize yourself with the University of California (UC) and California State University (CSU) "a-g" eligibility requirements: <https://www.fjuhsd.org/Page/5281>
- Explore potential careers based on your interests: <https://www.careeronestop.org/toolkit/careers/interest-assessment.aspx>
- As a family, discuss your student's post-secondary education goals to ensure you are working towards the same goal(s) post graduation.