

Elementary School to Middle School Grade Transition Resources

As school counselors, we understand the importance of helping your student make a successful transition from elementary school to middle school. These resources align with the [American School Counselor Association Mindsets & Behaviors for Student Success](#), which is the guiding framework for school counselors in St. Johns County. It is our hope that the following resources will answer some of your most frequently asked questions and concerns in making this transition. If you have further questions that are not answered by these resources, please contact your school counselor.

Academic Success in Middle School

[FloridaStudents.org](#) Hundreds of tutorials and resources are available through this website, and since it was designed by CPALMS, the website of Florida Education Standards, it directly aligns with what students are learning in the classroom.

[Help Your Disorganized Student](#) This packet gives information on helping students develop skills to be organized at all levels.

[Keep Your Middle Schooler Organized](#) Informative article discusses the importance of organization to help with homework in middle school.

[Take Control of Homework](#) This article provides practical ways for students to manage their homework.

Social/Emotional Well-Being

[When Your Child Refuses to Go to School](#) This article details students who have school phobia/refusal and helping students manage this anxiety.

[Self-Efficacy: Helping Children Believe They Can Succeed](#) This resource gives parents helpful hints on teaching children positive thoughts about themselves and their ability to achieve.

[True Grit: The Best Measure of Success and How to Teach It](#) This article lists numerous resources and references showing how your student's level of grit can be a predictor of future success.

[Resilience Guide](#) From the American Psychological Association, this guide provides an overview of teaching resilience skills to students of all levels.

Navigating Relationships

[School Transitions](#) Great article that addresses navigating the physical school environment, ways to stay organized and teacher communication.

[Understanding Middle School Friendships](#). This article address the complications with friendships in middle school.

[Helping a child with toxic friendship problems](#) This article discusses the changes in middle school friendships. It discusses the issue of parent involvement in friendship problems.

<http://www.scholastic.com/parents/resources/article/back-to-school/kids-biggest-middle-school-fears> This article discussed students greatest fears. Practical information on combination locks, friendship issues and being different.