

# Lesson 6

## Preparing for High School: *Student Worksheet*

### Think, Pair, Share!

Get in groups of 2 or 3 with the classmates sitting next to you. Brainstorm what you're afraid of or excited about for high school!

- 1.
- 2.
- 3.

### Activity 1: Middle School vs. High School

Today's Date: \_\_\_\_\_

7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	
11 PM	



**Similarities:**

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**Differences:**

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## Activity 2: Being Academically Successful in High School

**Word Bank:**

- Use a planner to write down due dates, events, and to-do lists
- Get plenty of rest each night, especially the night before a test
- Place schoolwork before going out with friends
- Ask for help from teachers, friends, and family
- Do a little each day. Do not cram!
- Carve out time to hang out with friends
- Studying in intervals of fifty minutes with a ten minute break in between
- Be sure to eat healthy meals and snacks to have enough energy throughout the day.
- Go over your notes daily
- Do the hard stuff first, not the other way around because you might run out of energy for the difficult things.
- Form study groups with your friends
- Make a study schedule a few weeks before the exam



