



# Tips For Being Successful In Junior High



## For Parents:

- Establish an at home routine
- Send your student to school ready to learn
- Attend school events when possible
- Encourage your student to complete all homework assignments
- Communicate with the school about anything that might be impacting your student emotionally or academically

## For Students:

- Get at least 8 hours of sleep every night
- Write down all homework assignments in your agenda
- Communicate with your teachers
  - If you need help, ask!
- Make healthy and supportive friendships
- Visit your counselor for academic, social-emotional, and college/career support