



HEADING TO (JUNIOR) HIGH SCHOOL

A PREP GUIDE TO HELP WITH THE
TRANSITION TO (JR) HIGH SCHOOL

✓ Set
Goals

✓ Stay
Focused

✓ Succeed in
school

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WELCOME

This guide will help you prepare for the next exciting chapter in your academic career!

Use this guide to help you set your academic and social goals, determine what supports you have in place, and identify skills on how to get yourself organized and ready.

I hope that you find it helpful!



ENJOY,

DR. MARILISA MOREA
CLINICAL PSYCHOLOGIST

CONTENT



1. SET SOME GOALS

Look at some goals that you would like to achieve this year and identify ways on how you can meet them.

2. GET A ROUTINE

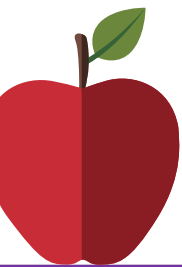
Learn ways to keep you focused, organized and structured, to help you succeed at your first year in (Jr) High School.

3. FIND STRATEGIES FOR WORRIES

Identify ways to help when feeling anxious about what's ahead or to come as you start your journey.

4. HIGHLIGHT STRENGTHS

Remind yourself of ways that you have managed when you were feeling distressed. Also look at your strengths that will help when doubts surface.



LET'S SET SOME GOALS

List some academic goals that you would like to accomplish this upcoming year, in the boxes below. Then state what you will do to achieve those goals.

ACADEMIC GOAL

WAYS TO ACHEIVE IT

ACADEMIC GOAL

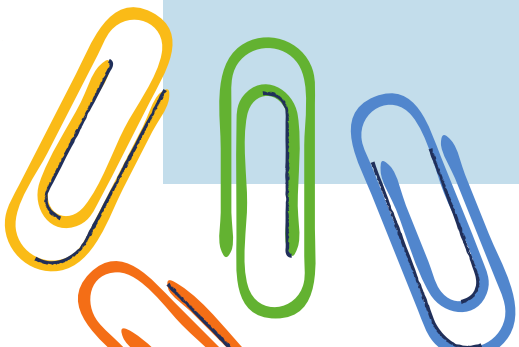
WAYS TO ACHIEVE IT

ACADEMIC GOAL

WAYS TO ACHIEVE IT

ACADEMIC GOAL

WAYS TO ACHIEVE IT



LET'S SET SOME GOALS

List some other goals that you would like to accomplish this upcoming year, in each category listed below. Then state how you will achieve them.

SOCIAL GOAL

WAYS TO ACHEIVE IT

SOCIAL GOAL

WAYS TO ACHIEVE IT

EXTRACURRICULAR GOAL

WAYS TO ACHIEVE IT

EXTRACURRICULAR GOAL

WAYS TO ACHIEVE IT



LET'S GET A ROUTINE

Think about ways that you can alter your current routine to put your best fit forward for (Jr) High School.

Sleep Routine

Do I need to head to bed or wake up earlier, be more consistent?

Eating Routine

Can I drink more water, try to make healthy choices?

Exercise Routine

How can I incorporate more activity into my day/week?

Social Routine

How can I make more of an effort to socialize or be with others?

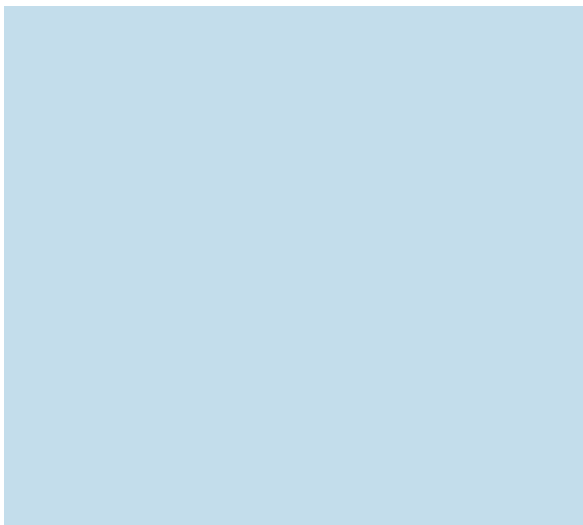


LET'S GET A ROUTINE

Think about ways that you can alter your current routine to put your best fit forward for (Jr) High School.

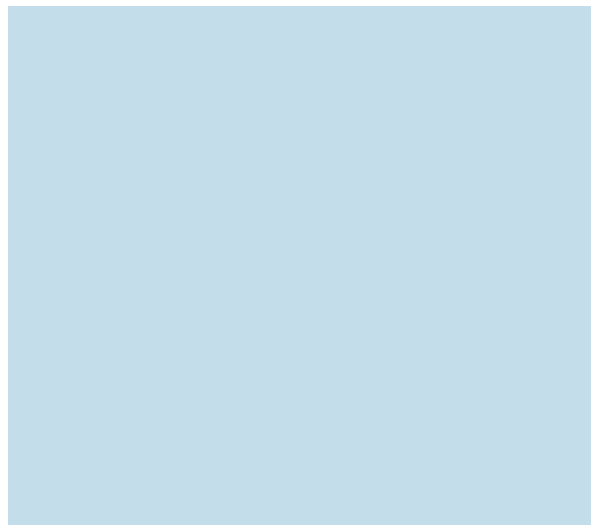
Study Habits

How can I chunk my work so that it's more manageable?



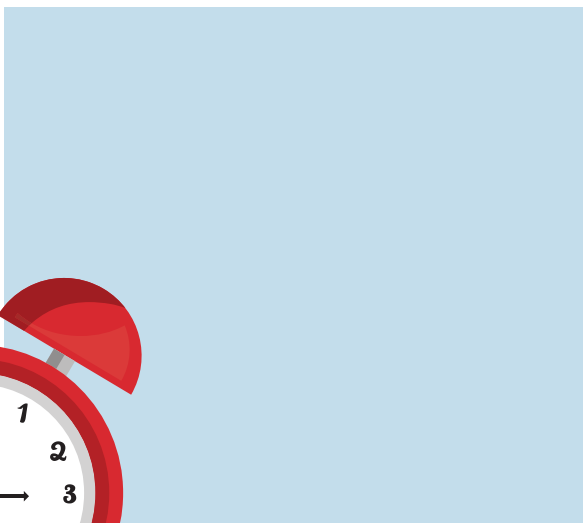
Organization

What aids can I use to keep me on task (agenda, calendar, etc.)?



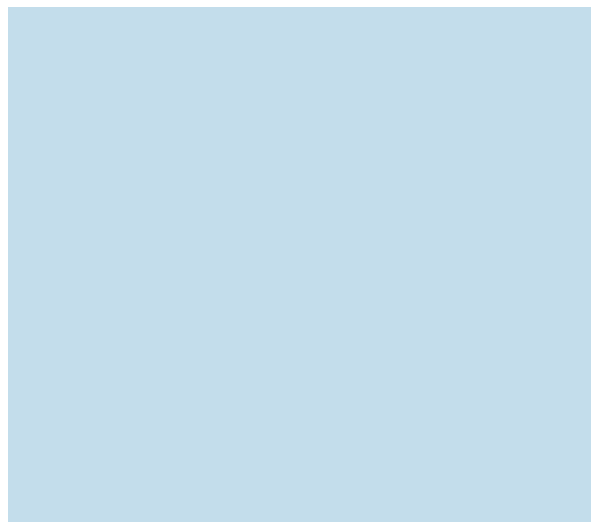
Time Management

How can I use my time effectively so that I don't get burnt out?



Limit Setting

What boundaries can I set for myself so I can use my time well?



LET'S MANAGE THOSE WORRIES

Time to find some ways to work on those unwanted ANTs (Automatic Negative Thoughts) that come up. Check mark the worries that are difficult for you.

I am worried that I will not meet friends in school or that my current friends won't want to hang out with me anymore.

I am worried that I will have a hard time adapting to the new curriculum and time-table.

I am worried that I won't do well academically despite trying really hard and studying a lot.

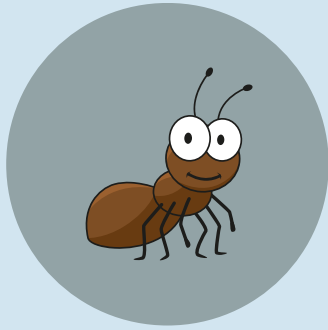
I am worried that I won't meet my potential no matter how hard I try at school.

I am worried that the transition to (jr) high school will be too much to handle.

I am worried that I won't be able to balance all of the responsibilities of school, family, and friendships.

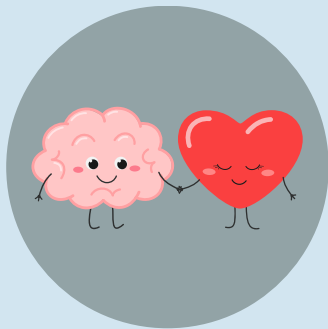
OTHER WORRIES I HAVE:





Recognize the ANTs

Identify which worries are getting the best of you. By recognizing them, you are able to understand how they are taking over your feelings.



Challenge Them

You can start to challenge your ANTs by:
Looking at the facts, not the feelings
See if there is any truth to them
Focus on things that can change
Use the chart on page 10



Use Other Coping Skills

Use other ways to manage your anxiety
See the list on page 11 for ideas
Create your own list too

●

MY NEGATIVE THOUGHT

THOUGHT:

THOUGHT:

THOUGHT:

THOUGHT:

●

MY COUNTER ARGUMENTS

(Is my thought true? What
does the evidence show?)

FACTS:

FACTS:

FACTS:

FACTS:

COPING SKILLS



OTHER COPING SKILLS I CAN USE:

LET'S LOOK AT YOUR STRENGTHS

Use this page to identify your areas of strength and sources of support.

Accomplishments, Strengths, & Positive Attributes

Write out a list of things you are proud of, feel good about, and love about yourself that will encourage you when things get challenging.

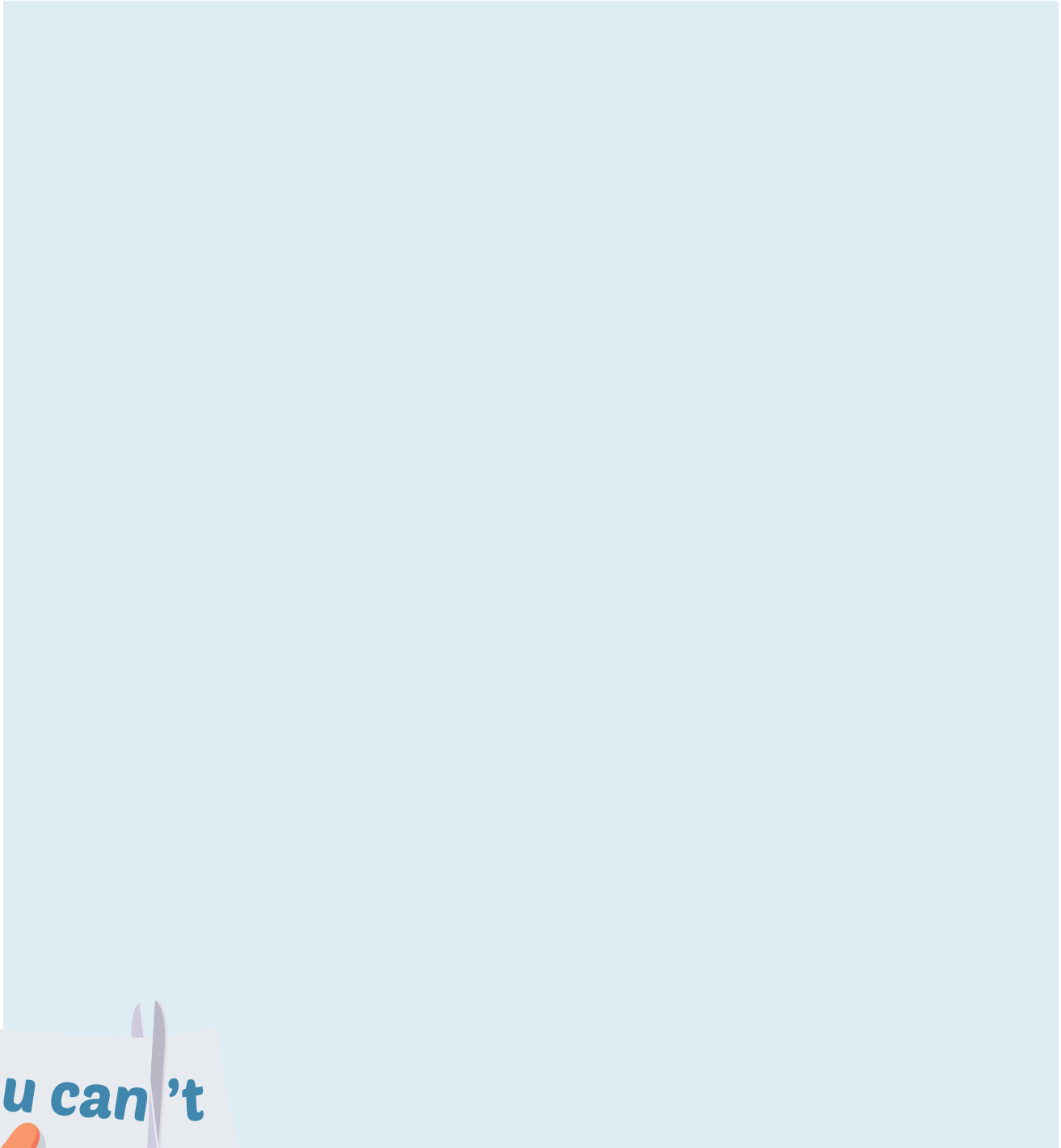
Sources of Support

Write a list of people that you can call, write or reach out to when you need support or encouragement.



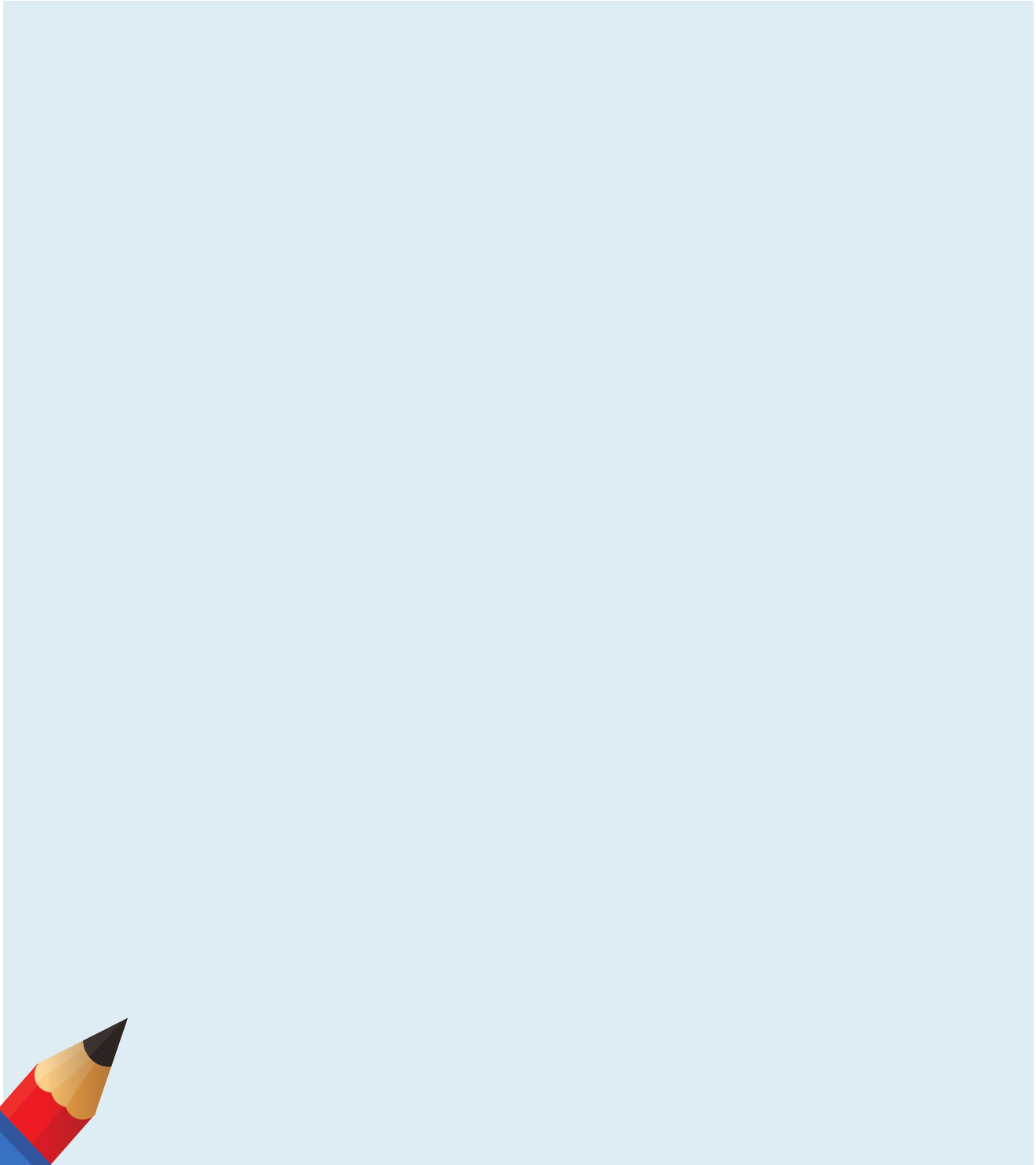
POSITIVE MANTRAS

Write down some inspirational quotes or sayings that have helped you stay positive and motivated to believe in yourself.



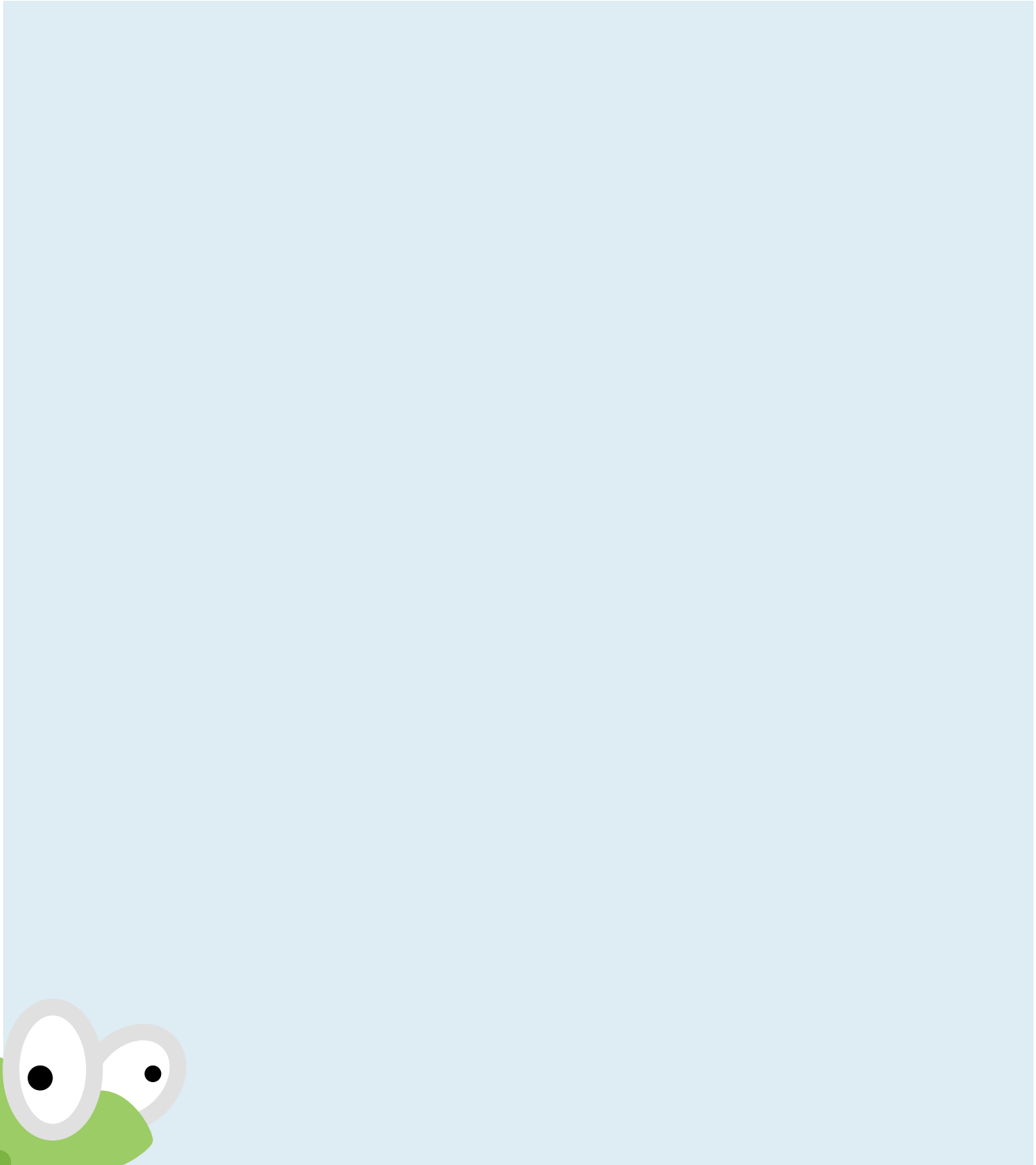
NOTES

Use this page to write down some notes that will help support you with your goals.



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Use this page to write down some notes that will help support you with your goals.



FINAL THOUGHTS

HOPE YOU FOUND SOME INSPIRATION

I hope that this guide was helpful for you to find some ways to understand your (Jr) High School Anxiety, challenge some of the negative thoughts, and offer some positive ways to start your next adventure on the right foot. Remember that working on your goals and staying committed will help keep you focused and confident.

Dr. Marilisa Morea is a Licensed Clinical Psychologist.

She has other workbooks and journals available for purchase that might be helpful. To learn more about her, or to purchase a workbook, check out her TikTok or Instagram pages @dr.morea or her website:

www.monarchtherapy.ca

