

Starting High School:

Top Tips for Success!

1 It's OK to Feel Nervous
Everyone feels unsure at the start, but you're not alone!

2 Give It Time
Things might feel confusing at first, but they will get easier each day.

3 Ask for Help
Teachers, staff, and older students are there to support you – just ask!

4 Find Your People
Be kind, be yourself, and friendships will grow over time.

5 Learn the School Routine
Know where your classes are and how the day works – practice helps!

6 Try New Things
Join a club or activity – it's a great way to meet others and build confidence.

7 Be Kind to Yourself
You won't get everything right straight away – that's part of learning.

8 Talk About Your Feelings
If you're worried or overwhelmed, share it with someone you trust.

9 Celebrate Small Wins
Every step forward counts – be proud of yourself!

10 Enjoy the Journey
High school is a new adventure – make the most of it!

Remember:

"You don't have to be perfect – just keep trying!"