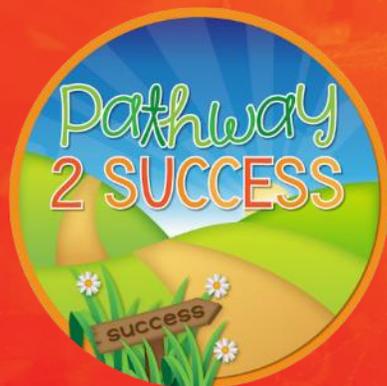


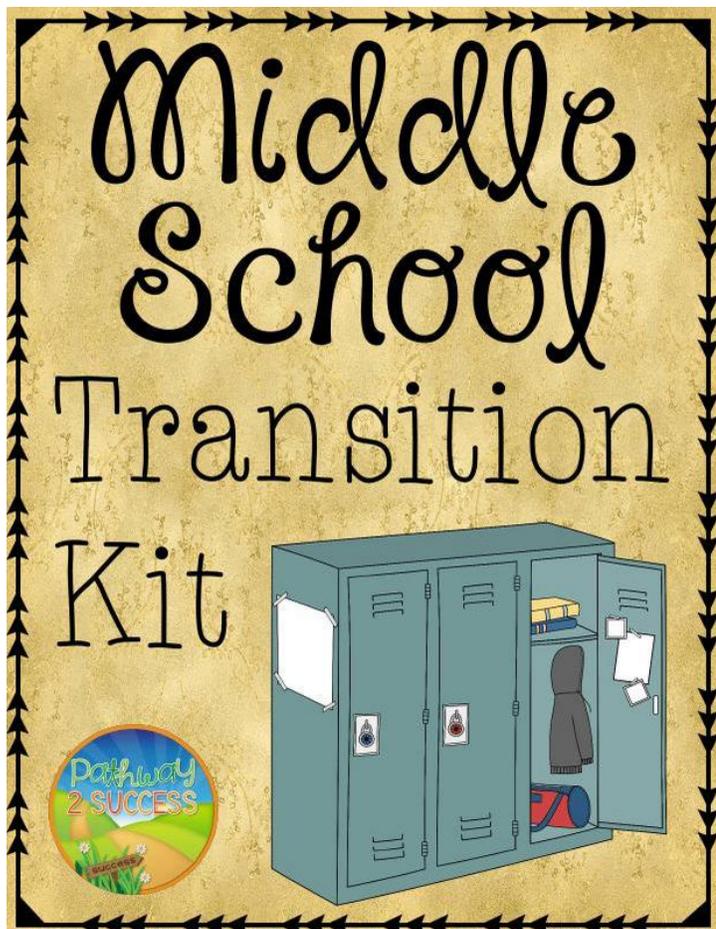
Middle School

Keys to
Success



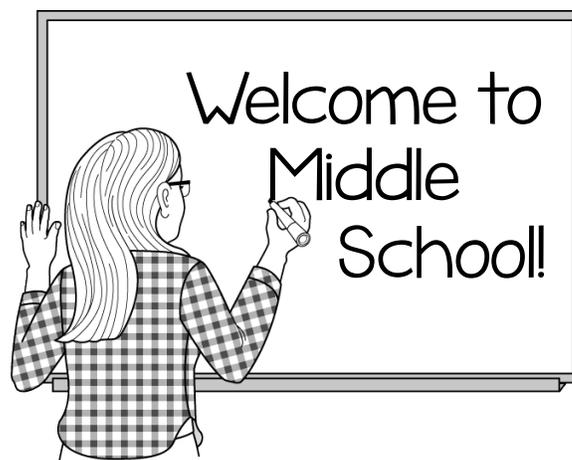
If you like this...

Consider purchasing the [Middle School Transition Kit](#), aimed as helping kids transition to middle school!



This guide includes info on:

- Keys to success
- Staying engaged in classes
 - Changing classes
- Dealing with different teachers
 - Getting organized
- Making a homework plan
 - Effective studying
 - Planning ahead
- Importance of grades
 - Study halls
- Figuring out your locker
- Navigating the hallways
- Dealing with peer pressure
 - Lunch time
 - Knowing the rules
 - AND MORE!



Name: _____

Date: _____

Middle School Keys to Success

So you want to be successful in middle school? What does "being successful" even mean? How will you get there? Answer the following questions on your own or with a partner.

1. What does it mean to be "successful" in your own words?

2. Do you consider yourself "successful" right now? Why or why not?

3. How does a person become successful?

4. What will you need to do in middle school to be or stay successful?

5. Who are some people in your life that will probably help you to be successful?

6. Brainstorm what you think the "top 10" keys to middle school success might be?

Name: _____

Date: _____

Top 10 Keys to Middle School Success

#1 Sleep well. Teens and young adults should be getting 8 to 10 hours per night. Enough sleep is critical for your body and brain to function well.

#2 Eat right. Healthy and balanced meals give your body and mind energy to work well throughout the day. Take extra time and effort to make sure you're not only eating enough, but eating a mix of everything you need (fruits, veggies, dairy, and whole grains).

#3 Do your homework. Making it a habit to do your homework each night will help you practice skills and be ready for the quizzes and tests. It also helps to show your teacher that you care, which may come in handy when you need his or her help.

#4 Pay attention in class. Focusing and using class time wisely is one of the best ways to get ahead in middle school. Since you'll be switching around from class to class, it's important to pay attention and follow along for every minute that you can.

#5 Get involved. Research shows that school involvement can be a big determining factor for your success. Kids who are involved with after school activities, sports, and clubs are more likely to do well inside and outside of school.

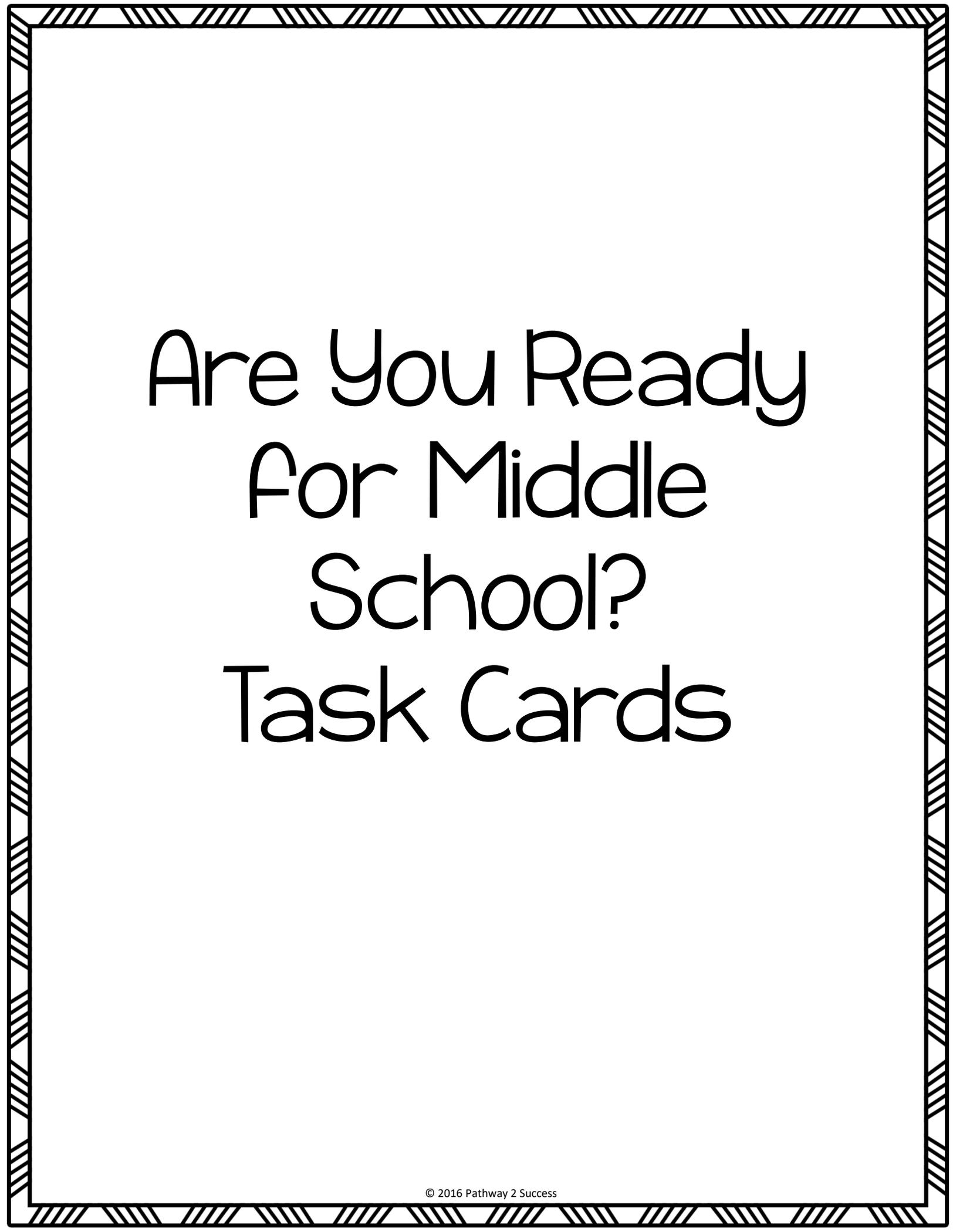
#6 Think positive. Things are going to get tough and overwhelming at times. It's important to stay positive and know that you CAN do whatever you put your mind to.

#7 Ask for help. Whether it is academic, social, or emotional help, there are adults at the school ready and willing to help you. Seek out and ask for help when you feel you might need it.

#8 Stay organized. A little organization goes a LONG way in middle school. Writing down homework in a consistent place and keeping pages organized in the right spots will help you study, turn in work, and do better on tests/quizzes.

#9 Make goals. Give yourself something that you want to attain by the end of the marking term. Then, make a plan and stick with it to get there.

#10 Take risks. Middle school is the time when you start to grow up and figure out who you are in the world. Take risks and be brave. It will pay off in the end!



Are You Ready
For Middle
School?
Task Cards

What does it mean
to be successful?

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What are some
differences from
elementary to
middle school?

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Why is it important
to be successful in
middle school?

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What are some
similarities with
elementary and
middle school?

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How can doing your
homework help you
in middle school?

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Name at least 3
keys to middle
school success.

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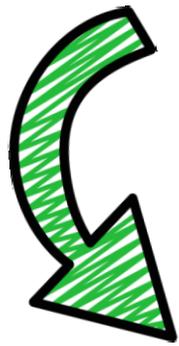
What does it mean
to “pay attention” in
class?

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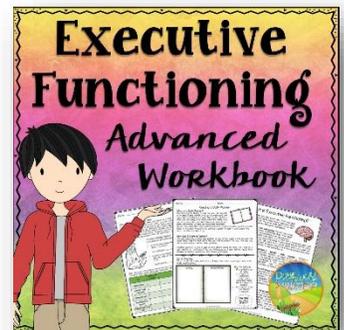
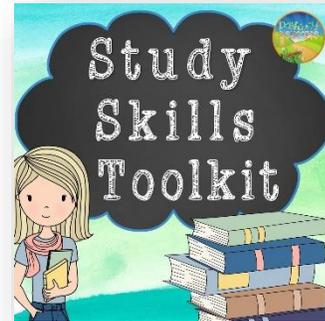
How can sleeping
and eating right
help you be
successful?

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MORE Study Skills!



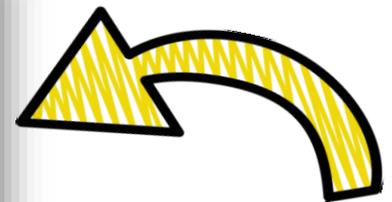
Full year resources to teach executive functioning skills.



Executive Functioning Lessons & Activities

Planning	Sustained Attention
Task Initiation	Organization
Perseverance	Working Memory
Self-Control	Metacognition
Flexibility	Time Management

Lessons, worksheets, and practice for teaching study skills including planning, organization, attention, & more!



Click here to check out all of my study skills materials!

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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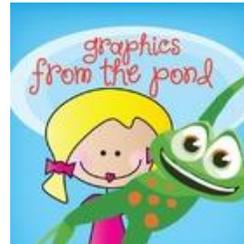


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