



# TRANSITION TO HIGH SCHOOL

EDUCATIONAL PROGRAMS AND TRAINING



## SECONDARY I 3-5 SESSION PROGRAM

### Students will learn:

- 1 Organizational strategies for a high school schedule and course load
- 2 Practical strategies to navigate the fast-paced high school environment
- 3 Test preparation, note-taking and study techniques
- 4 Time management and self-discipline
- 5 Social-awareness and strategies to manage peer pressure

...and more!

This **academic program** prepares students for a **successful transition into high school**. Students are provided with concrete tools and practical strategies, to confidently step into this new chapter of their life. The **3-5 class sessions** include activity-based individual and group exercises. The **included parent/student workshop** provides strategies to support students through new challenges, bringing families together around this exciting change.

#### For more information please contact:

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