
Welcome
To High
School
Year 7s
PRESENTED BY:
STUDENT
EDGE

What is High School Really Like?

By Student Edge

Wondering what high school is really like? No, we mean, what it's really, really like.

We went straight to the source and asked some Year 7 & 8 students for their experiences.

They told us about the change in workloads and friendship groups, getting lost on the way to class and how they eventually came to enjoy high school, even if it "wasn't like the movies at all."

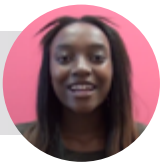
Watch Anna, Elina, Elisabeth, Emily and Sam share their stories below.





"I was used to having so many kids admire me…"

"I noticed in high school straight away that they treated us more like adults."

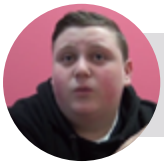




"My first day of school was exciting and I was really nervous."

"The school was a lot bigger, and there were a lot more people."





"What if I got bullied in high school?"

Primary and High School: What's The Difference?



By Brittney Rigby



So, you're about to enter the big, bad world of high school, hey? (Okay, it might be big, but it's really not that bad.)

Here are ONE HUNDRED (read: five) ways that high school is different to primary school - and why that's a good thing. You're movin' on up in the world!

Classes

You'll know by now that a main difference between primary school and high school is that you go from having one long day split up into different areas of teaching (for example, Maths and English) to having structured classes for each subject, called periods.

When I was in Year 7, my classes were English, Maths, History, Geography, Art, French and Music. Sewing, Cooking, Metalwork, Woodwork and Drama came in later years. Being exposed to such a range of subjects allowed me to finally figure out what my passions were and start thinking about the big picture: what I was good at, what I loved and what I might want to do as a career.

Teachers

Similarly, different classes mean different teachers, and different teachers means learning from a bunch of people who have totally different learning styles, life experiences and areas of expertise. Pretty cool.

I found that high school meant forming bonds with teachers unlike any I'd made during primary school. Some of my high school teachers became mentors both in and out of the classroom, helping me with not only schoolwork, but also university and career choices. Treat your teachers right, and they'll become invaluable.

Electives

Possibly the best part of my high school experience was choosing electives, which let you tailor subjects to your interests and strengths. Once I got to Years 11 and 12, I selected Art, Legal Studies, Business Studies and Extension 1 and 2 English.

Extension 2 English and Art allowed me to focus on single projects I could work on for much of my final year, and that freedom in creativity was amazing. Year 7 provides the perfect opportunity to start scoping out what you love, and think about what you might like to pursue in later years of high school.

Homework and Assignments

Now, this one's a big change. Primary school homework is a very different ball game to the kinds of homework and assignments you'll be expected to complete in high school.

I found the switch to regular homework for multiple subjects and assignments a tough one. I needed to learn time management and organisation, especially for assignments that were due close together. Here's the trick: using different coloured folders for every subject to store all worksheets and handouts, creating a study timetable to make sure I set aside enough time for each subject, and recording all due dates in a diary.

Friends

Last, but certainly not least, high school means the chance to add to, expand or change your friendship group. This can be scary. It's also one of the most liberating things about a new chapter. I know that some of the friends I met in high school will remain my friends for life. The great thing is, while you're figuring out who you are and what you like, you can also work out which people you want to grow with.

With Great Power: How To Handle (And Ask For) Additional Responsibilities In High School



By Anthony Pearce

High school is the beginning of a transition towards something everyone looks forward to: freedom. However, it can be difficult to balance what you want to do with what you should do. The way you approach this newfound responsibility can make or break your high school experience.

Fear not: By the time you're done with high school, you'll look back and wonder how you ever lived without these additional, rewarding responsibilities (except for those thousand-word assignments - you'll know perfectly well how you managed without those.)

Putting Aside Free Time To Study

High school requires a different approach to study. Be wary that teachers are likely to supply you with optional tasks, or 'recommended' material that isn't compulsory, yet highly recommended.

At first, this new arrangement might seem daunting, and yes, it will sometimes mean you'll have to go out of your way to do work when you could be relaxing. However, being given the option – and freedom – to study the way that suits you best is worth the additional effort.

Asking For More Homework (It's A Thing)

If fewer people are going to be forcing you to get things done, you're going to have to take matters into your own hands. It's not just about deciding when to study, but what to study.

Starting early, asking questions and doing more than is strictly asked of you is the best way to operate. It might sound like a terrible idea to take on an extra set of questions, or practice extra material, but you'll appreciate the head-start in the long run.

The dynamic between you and your teachers will change as well. As the next few years go by, teachers will treat you as more mature (provided, of course, you act that way). You'll be able to ask for more flexibility with the work they give you and overall be treated like an equal. If approached right, this can make your study far easier and more enjoyable. Just don't push it too far.



Prepare To Change As A Person

This is the big one. Everything 'social' changes in high school. What's 'cool' changes, how social groups are divided changes and how you define and express yourself (both in and outside of school) will change.

A lot of people (parents and students alike) underestimate how fast this happens and often try to resist it. This is a bad (and futile) approach. You're being exposed to new people, schedules, information and possibilities. It'd be more concerning if people didn't change dramatically!

The best approach is to avoid taking these changes personally. Interests change and if you lose an old friend when they move to another group, it's often not because of any ill will. They've just changed, and most likely so have you.

Embrace changes and be flexible; try not to dwell on the things you leave behind. You'll be best off if you look to the new opportunities, rather than the old ones which are no longer there.

You're Not Alone

The most important thing is that you're not expected to work it all out for yourself. If you're not 100 per cent sure about something, your teachers, a school counsellor, or the folks at ReachOut.com will be able to give you help and advice.

It's likely they remember what it's like to go through those changes too, and they can give you the help you need to ensure you can make the best out of your newfound freedom.

How To Recover From An Extended Break



By Louie Zhu



We've all had that feeling; that feeling of not wanting a break to end, no matter how small or big.

We've already developed habits to maximise our lazing about and minimising our work. But now that it's 'High School' time, it's also 'back to the grind of having to get up early' time. It can be jarring having to go straight from holidays to school, and there's usually a couple of days (or weeks) of lag time before you adjust. Here are a couple of tips to help with the transition. You need this before starting your big year.

Gradually Re-introduce Work.

Our natural inclination is to keep doing what we've been doing, especially if what we've been doing has been relaxing all day.

Although it's important to start as soon as you can to keep up with school, taking on everything at once can be overwhelming and stressful. Instead, introduce work slowly every day until you start to feel comfortable again. Maybe begin with a half hour on your first day back and build from there.

Also, keep in mind that the first few days of school probably won't be that intense, so it's the perfect time to gradually re-introduce study to your life.

Re-establish A Routine.

Following on from this, it's important to prepare for school ahead of time as well. Once you're back into the swing of things, structure your work so that you know how much time is required for each subject.

Keep a regular schedule of what you should be doing, when. For example, set specific times for Maths, English and Science (accounting for breaks in-between). You can make this flexible, especially if you have more work for a particular subject in a particular day or week; in general though, stick to your schedule.

Implement Good Habits On Holiday.

There is a temptation on holidays to completely abandon all the good habits you've built up during the school term, mainly because you're on, well, holidays. Even though you really want to make the most of your holidays, you shouldn't completely abandon your routine. It can make the transition back to school much harder.

No one's expecting you to do any hardcore work during the break; simply stick to general guidelines like waking up or getting to bed at the same time you would if you had school on. This can help prevent massive grogginess later. Of course, if you must wake up at an ungodly hour because your school is far away, by all means, wake up at a more reasonable time during holidays (but try not to deviate too much - an hour is pretty easy to correct for, but maybe not two or three).

Sure, go out there and enjoy your holidays. Just think of these steps a few days before the holidays end and your body and mind will end up thanking you over the next ten weeks.



Dealing With Change? Here Are Some Tips To Improve Your Resilience

By Student Edge & ReachOut.com



They say change is as good as a holiday, but sometimes the fear of the unknown can get the better of us, and when that happens, no platitudes can make us feel better.

But change sometimes truly is for the best; it's when amazing new opportunities arise and your life can take a turn for the amazing.

Still, we understand it's a concerning prospect.

That's why we asked ReachOut.com to give us some tips to help you build up your resilience and develop better coping skills.



'7 tips for dealing with change'

"Dealing with change isn't always easy. It can be uncomfortable, stressful or even scary at times. But the good news is, there are things you can do to make coping with life changes a little easier." Read more.

'Building better coping skills'

"Working out the right coping strategies to help you handle different situations can be tough, but it's worth it. Find out more about different coping strategies, including how to put them into practice, and tips for what to do when they don't work." Read more.

'All about making decisions'

"Indecision can have a really negative impact on how you're feeling, so good decision making skills are really useful when you're faced with a tough choice. Get tips on how to make good decisions, and find out what to do when you can't figure out a plan." Read more.

'Talking to my teenage self'

The ReachOut.com team reflected on their teenage years (when worries were a-plenty) and shared whether or not things ultimately worked out for the best. Read more.

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How To Make New Friends (At School Or In Life)

By Karyn Tee

Some people are winners: confident; magnetic; it's like they're playing life on easy.

The rest of us… well, we spend our time reading articles about how to make new friends, or what to do when we accidentally make eye contact with someone on the bus.

Deep down, science says, we all crave meaningful human interaction, and all too often, we find ourselves in search of something more. Something to freshen up our old, stagnant circles. A fairy-tale meeting, perhaps? A chance encounter with our platonic soul mate.

Thoughts like these are one reason we're here writing articles about friendship instead of actually being out with friends.

If you want to connect with people, you can't sit around waiting. My first tip? **Be proactive**. Be aggressively proactive. If you're new somewhere, you already have an excuse. Interrupt conversations and introduce yourself like you're somebody they should know.



If you don't have somewhere to be new at, **find a place**. Find an online place, if that's where you're more comfortable.

Of course, it's easier said than done. So, it may come to this: If you want new friends, put yourself in positions where you and the people around you have little choice but to develop a firm rapport.

Sign up for classes that involve teamwork; join a committee; play a sport. Take pictures and promise to send them to your new friend later—voilà, you now have their contact details and an excuse to start a conversation.



Once you have that excuse, you're almost set. The key now is to spin conversation until the two of you are bound tight by the unbreakable thread of best-friendship. It is useful to keep a stash of interests you can draw from to enthuse about if the conversation grows stale, as well as a question bank to proffer so your partner gets a go too. Nothing cements a friendship better than feeling like the other person loves the same things you do.

This is all rather clinical, isn't it? But if you were the sort of person who could easily navigate the ever-changing seas of interpersonal communication, you wouldn't be here. So, don't be ashamed to have a formula to fall back on. The measure of a friendship's success is how it survives the years, not the circumstances under which it was formed.

I will reiterate this: deep down, we all crave meaningful human interaction. There's always room for one more friend, and there will always be people to befriend. Give others reason to care about you—be a classmate; be a fellow hobbyist; be the person who listens when they're in need of an audience—and see if they reciprocate. Often, they will.

We can't all find life easy. But having someone to share our struggles with? Well, that's a victory to cherish.

STUDENT EDGE



Student Edge is Australia's largest member-based organisation of high school, TAFE, VET and university students in Australia, with more than 850,000 members nationwide.

By allowing students to form and feel part of a larger collective, Student Edge is able to harness the power of the student community to support each other and give Australia's youth an advantage.

Student Edge is well known for its amazing discounts which can be redeemed upon presentation of the Student Edge app or discount card. Partners include McDonald's, Apple, Hoyts, The Iconic, Baskin-Robbins and many more. Those looking for more freebies can also enter our exclusive competitions.





Students may also come to our website for the latest in news, pop culture and politics, as well as movie and music reviews. We provide life hacks and 'cheat sheets' on a broad range of issues, from study to wellness to financial management. Members can discuss all these and more within our Forums.

Student Edge seeks to empower and support students to make great life choices, offering job listings in addition to career and pathway tips.

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