Attention Parents

5 ESSENTIAL TIPS

TO HELP YOUR CHILD TRANSITION TO HIGH SCHOOL

AUSTRALIAN DIRECT TUTORING

1 Build Strong Organisation Skills Early

High school brings new teachers, subjects, systems, and expectations.
Help your child develop:

- [ ] A weekly schedule
- [ ] A structured homework routine
- [ ] A clear method to track assessments
- [ ] Strong organisation reduces stress and prevents your child from falling behind.

2 Establish a Consistent Study Routine

Year 7 students succeed when they have predictable routines.
Encourage:

- [ ] Daily homework time
- [ ] Regular note revision
- [ ] Early exam preparation
- [ ] These habits are far more valuable than last-minute studying.

3 Support Emotional Confidence

The transition can feel overwhelming.
You can help by:

- [ ] Talking about their day regularly
- [ ] Normalising mistakes and challenges
- [ ] Encouraging problem-solving, not perfection
- [ ] Confidence grows when students feel safe asking for help.

4 Teach Time Management & Planning

Students often struggle with balancing:

- [ ] Homework
- [ ] Co-curricular activities
- [ ] Family routines
- [ ] Social commitments

Show your child how to break tasks into steps, prioritise their workload, and estimate how long tasks will take. This builds independence and reduces stress.

5 Don't Wait to Get Support

The first year of high school shapes long-term academic patterns.
Families who seek support early often report:

- [ ] Increased confidence
- [ ] Improved grades
- [ ] Better organisation
- [ ] Reduced anxiety

Early intervention — even light support — can make Year 7 smoother, calmer, and more successful.