

# Middle School to High School Transition Panel Discussion

## High School Panelists:

- 4 of the 9<sup>th</sup> graders from Skyline High School, Issaquah School District (3 boys & 1 girl)
- 1 of the 10<sup>th</sup> graders from Eastlake High School, LWSD(1 boy)
- 1 of the 11<sup>th</sup> graders from LWSD Telsa STEM High School (1 girl)

## When:

March 1<sup>st</sup> 2015

## Daily routine:

Routine wise, it's actually pretty similar to 8<sup>th</sup> grade

### Bell time:

You need to wake up slightly earlier:

- 7:25am for Skyline,
- 7:30am for Eastlake High and STEM
- 6 periods each day.
- Wednesday has late start
- More details in the Bell schedule below:
  - Bell schedule for Skyline: [http://connect.issaquah.wednet.edu/high/skyline/m/shs\\_schedules/185280/download.aspx](http://connect.issaquah.wednet.edu/high/skyline/m/shs_schedules/185280/download.aspx)
  - Bell schedule for Eastlake High: <http://bit.ly/EHSDailySchedule14-15>
  - Bell schedule for STEM: <http://www.lwsd.org/school/stem/Pages/Daily-Schedule.aspx>

### Campus:

Biggest transition - the campus is much bigger than the middle school campus, you may get lost at the beginning ☺. Skyline has 2000 students.

### Transition between periods:

Only 5 minutes between periods, so you mostly carry all your textbooks with you for the full day, using locker is only optional.

### Lunch:

35 minutes, you can find a lot of healthy choices (lots of whole grain) at school, quite small portion (not necessarily the kids' favorites ☺), \$2.25 for pizza

## Homework:

Slightly more homework comparing with 8<sup>th</sup> grade (but it still depends on what class you take, 9<sup>th</sup> grade does not necessarily mean more homework)

Most schools have homework information posted on the teacher's website, make good use of it, so you can plan ahead or track your progress.

- Eastlake: all of their teachers are required to post homework assignment on the website
- Skyline: most teachers post on the website for homework info, some may not use it at all
- Some teachers don't even tell you if there is homework or not, but have it posted on the website, you have to take the ownership of checking on homework

## Bed Time

For most 9<sup>th</sup> grader students, it's between 10-10:30pm, which means you don't need to stay up late for homework (except you procrastinate)

## Teachers

- Easy access to teachers
- Comparing with middle school teachers, high school teachers may care less about how you participate in the class (as long as you don't distract other students), if you are a good student, they will support you to learn more, but if you choose not to study, they won't care much either.
- STEM school has office hours, during lunch sometimes

## Course plan

- Skyline:
  - There are 3 different ways to take classes: split, regular, honor (you just sign up to the honor class, there's no prerequisite)
  - IB diploma track is a lot harder, all 4 9<sup>th</sup> graders though indicated that they would go with that track in 10<sup>th</sup> grade
  - One of the 9<sup>th</sup> graders on the panel take AP class/test outside of Skyline.
- STEM:
  - No history in 9<sup>th</sup> grade for STEM
  - STEM test can retake and some more credits
  - No LASS block
  - A lot more science classes, no PE
- Why taking honor classes? It will help open the doors for more options later, it helps you make better choices for AP classes.
- Some summer camps can count credits

## Course selection process

i. Skyline:

[http://connect.issaquah.wednet.edu/high/skyline/academics/p/course\\_selection\\_2014-2015.aspx](http://connect.issaquah.wednet.edu/high/skyline/academics/p/course_selection_2014-2015.aspx)

- ii. Eastlake High:  
<http://www.lwsd.org/school/EHS/SiteCollectionDocuments/Course%20Catalog.edited%202015-16.pdf>
- iii. STEM: <http://www.lwsd.org/school/stem/Academics/Pages/default.aspx>

### Elective classes

- There are a lot of choices in each school. For example, Eastlake high has one wing out of their 4 wings just set up for Arts, they also offer language electives, community services
- For Skyline, there are two years for different languages, 1 year of career development. If you take IB diploma, you get to waive arts and career elective and PE

## School clubs

There are a lot of choices for school clubs, besides athletics clubs such as swimming, soccer, basketball, fast pitch, golf, wrestling, track and field. There are also other clubs for arts and community services etc.

- School clubs for Skyline: <http://skylineasb.com/clubs/>
- School clubs for Eastlake High: <https://docs.google.com/spreadsheets/d/12wluRUNI46-jlkZiXabsx4ECB5gJLWCLud7zhmqp5aY/edit#gid=1229389514>
- School activities for STEM: <http://www.lwsd.org/school/stem/Activities/Pages/default.aspx>  
(You need to go back to home school for Sports clubs)

### **Few tips:**

- Key club: highly recommended, it's a volunteering club (an international club), you will meet with students from other schools, has March convention, good on college resume
- No one gets kicked out
- Besides joining clubs, you can also start your own clubs, it will be a good experience.
- Eastlake High has very strong Robotics Club
- [DECA program](#) – learn business
- FBLA

## School counselors:

- Easy to get hold of counselor
- They don't meet with counselor regularly in 9<sup>th</sup> grade yet;
- Counselor can help when you need to switch classes.
- STEM:  
1 counselor for whole grade (1:100), more helpful when at 10th & 11th grade for getting scholarships, organizing college visits
- Skyline:  
2 counselors for one grade

## Social life

- STEM:

- Everyone is in the same position, coz they all come from different schools, it's a new environment for everyone. It's easy to make new friends, they have smaller class.
- 4 dancing events, movie nights, not all about academic
- Other schools:
  - No issue with making new friends. You usually make new friends when taking the same class.
- A lot of interactions between lower grades and higher grades

## Advices from high-schoolers

### Building good relationship with your teachers

- Most teacher is pretty open and accessible, you can talk to them during class, or email them;
- Being a good participant in the class, teacher will notice that, and they are willing to help students who are eager to learning.
- STEM: all teachers have office hours, one hour before school or after school, pretty available.
- You will need your teachers to write reference letters for college applications, so they'd better know you 😊

### Time management

- You can finish your homework in school, some teachers give you time to do it during the class, or you can even finish some work during lunch hours. For LASS most likely you have to do it at home
- It's all about priority, try to finish your homework before doing other things
- Not to multi-task when you try to finish homework (even though it's hard to resist)

### Social Media

- It's all about how you use it, most social media could be good tools for you to keep good communication with your friends, but don't spend too much time on it just for social
- STEM students have Facebook groups to discuss homework, which is very helpful.

### College Preparation

- SAT:
  - STEM: offers prep class afterschool, take it before Junior Year (10<sup>th</sup> grade), study a lot on your own
  - Take diagnostic test for ACT, SAT
- Differences between SAT and ACT:
  - SAT: more emphasis on reasoning and logic
  - ACT is newer, harder on content
- College visits, volunteer hours, getting a job are all helpful

### Summer programs

- Try to do some volunteering work during the summer, try to explore different kinds of opportunities to help build your experience

- You can also take classes during the summer to help you advance more on the topics you have interest (<http://robinsoncenter.uw.edu> )
- STEM provides internship opportunities for 11<sup>th</sup> grade

#### Advice for parents

- It takes some time for each student to adjust to the class each semester, they may stumble a little bit at the beginning, their grades may go up and down, please don't panic seeing a B or C 😊 they will surely get better throughout the semester. 😊
- Stay calm 😊