

HAVE YOU EVER WONDERED

HOW TO SUCCEED AT SECONDARY SCHOOL?

STUDENT WORKBOOK



WHAT SCHOOL CLUBS AND ACTIVITIES AM I INTERESTED IN?



School clubs and activities are a great way for Year 7 students to get to know each other and make new friends. They are also brilliant for learning new skills.

WHAT TO DO

Answer these 4 questions about school clubs and activities.

1. WRITE DOWN 3 SCHOOL CLUBS OR ACTIVITIES THAT YOU WOULD LIKE TO KNOW MORE ABOUT OR THAT YOU ARE KEEN TO GET INVOLVED IN.

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2. WHERE CAN YOU FIND OUT INFORMATION ABOUT YOUR SCHOOL'S CLUBS AND ACTIVITIES?

3. WHO DO I NEED TO SPEAK TO, TO GET INVOLVED?

MEMBER OF STAFF:

4. HOW CAN I GET INVOLVED?

DAY:

TIME:

PLACE:



TOP TIPS FOR MAKING A SUCCESSFUL START TO SECONDARY SCHOOL



Starting secondary school is an exciting fresh start with lots of new challenges and opportunities. It's important to approach it positively so that you can enjoy learning all subjects and reach your full potential. If you follow our top tips you'll be on the road to success!

WHAT TO DO

Look at the 'Top Tips' in the diagram below and answer the questions. Then discuss with a partner.

QUESTIONS

1. Which 'Top Tips' are you already good at? (Put a tick next to each)
2. Which 'Top Tips' do you need to improve? (Draw a circle around each)



TACKLING HOMEWORK AT SECONDARY SCHOOL



Doing homework is a key part of secondary school life. As you move through the years at secondary school, your homework load will only get bigger, so it's important to get into a good routine of completing homework whilst you are in year 7. Writing down homework tasks and then planning when you are going to complete them is an important skill. If you are organised you will never miss a deadline!

WHAT TO DO

Imagine today is Monday 1st February.

You have lots of homework to complete in the next two weeks:

- **Maths homework.** Due in *Thursday 4th February*. It will take you 30 minutes
- **Science homework.** Due in *Tuesday 2nd February*. It will take you 20 minutes
- **An English essay.** Due in *Wednesday 10th February*. It will take you two hours
- **Two separate History questions.** Both due in on *Friday 5th February*. They will take you 30 minutes each
- **Making sure your art sketch book is up to date.** Due in on *Thursday 11th February*. It will take you three hours

Use the homework diary page to write in the following:

- **When each piece of homework is due in**
- **When you are going to complete each piece of homework**

You also have other commitments that are already written on your diary page. You'll have to make sure you complete your homework around these commitments.

How will you fit it all in over the next two weeks?

YOUR DIARY



MONDAY 1 FEBRUARY	✓

MONDAY 8 FEBRUARY	✓

TUESDAY 2 FEBRUARY	✓

TUESDAY 9 FEBRUARY	✓

WEDNESDAY 3 FEBRUARY	✓

WEDNESDAY 10 FEBRUARY	✓

THURSDAY 4 FEBRUARY	✓
4.30pm - 7.30pm - Babysit Sam	

THURSDAY 11 FEBRUARY	✓
4.30pm - 7.30pm - Babysit Sam	

FRIDAY 5 FEBRUARY	✓
6pm - 7.30pm - Football match!	

FRIDAY 12 FEBRUARY	✓
6pm - 7.30pm - Football match!	

SATURDAY 6 FEBRUARY	✓
10am - 1pm - Look after Sam	

SATURDAY 13 FEBRUARY	✓
10am - 1pm - Look after Sam	

SUNDAY 7 FEBRUARY	✓
2pm - 5pm - Meet up with friends	

SUNDAY 14 FEBRUARY	✓
2pm - 5pm - Meet up with friends	



GETTING READY FOR SCHOOL



Getting into good habits is important for being prepared and organised for school. A regular routine can help you to get ready for each school day.

HERE ARE SOME TOP TIPS



SET AN ALARM

Try and get out of the habit of a parent, carer or sibling waking you up. Take responsibility for your own wake-up call and this will put you in good practice for the rest of your life!



CHECK YOUR TIMETABLE

Each night before school, have a look at your timetable to see what lessons you have the next day.



CHECK YOUR HOMEWORK IS DONE

Write down all your homework and when it's due in. Then plan when you are going to complete it so that it's handed in on time, this way you will never miss a deadline!



GET EQUIPMENT READY

Another good reason to check your timetable each night before school, is so you can get all your equipment, PE kit and textbooks ready for your lessons.

PACK YOUR LUNCH OR DINNER MONEY

Prepare your packed lunch or dinner money the night before school so you know it's there, ready for lunchtime.

CHECK YOUR SCHOOL BAG IS PACKED

By being prepared and knowing your timetable, you can gather together everything you need for each day and make sure it is packed into your school bag, ready to go!

WHAT TO DO

Look at the diagram and answer the questions below. Then discuss with a partner.

QUESTIONS

1. Which 'Top Tips' are you already good at?
(Put a tick next to each)
2. Which 'Top Tips' do you need to improve?
(Draw a circle around each)



WHAT HAS YEAR 7 BEEN LIKE FOR YOU SO FAR?



Since starting secondary school you will have had lots of new experiences. You have been taught by lots of different teachers. You are learning lots of new subjects and being taught in different classrooms. You have met new friends from different primary schools and may have joined school clubs that were not available at primary school. You may have a new route to school – perhaps you are now travelling by bus or cycling.

WHAT TO DO

Look at the table and answer the questions. Then discuss with a partner.

QUESTIONS

1. **Tick** the things that have gone well so far
2. **Circle** the things that you have found difficult or challenging so far
3. **Talk** to a partner about your start to secondary school

Making new friends	Lunch and break times	Wearing a new uniform	Getting changed in P.E.
Finding my way around	Travelling to school	New daily routine	Getting to know new teachers
Missing primary school	Getting used to new subjects	Being more independent	Being on time to lessons
Joining school clubs	Too much school work	School work is hard	Too much homework

TALKING ABOUT WORRIES AND CONCERNS



It's perfectly natural to have worries and concerns about your new school and your new routine. Moving from primary to secondary is a big change for every student so you shouldn't feel afraid or embarrassed about discussing your worries and concerns.

If you do have any worries or concerns, remember to tell someone. Teachers or a parent or carer will be there to help you.

WHAT TO DO

Write down 3 names of people that you could speak to about worries or concerns at school. If you are unsure ask your teacher for help.

Person 1:

Person 2:

Person 3:



WANT TO FIND OUT MORE?

If you would like to know more about the skills needed to succeed
at secondary school

Or

If you have ever wondered what it is like to go to university, then visit...

everwondered.uea.ac.uk

You will find lots of fun activities to do and helpful information.

everwondered.uea.ac.uk

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