**TOP TEN TIPS FOR MIDDLE SCHOOL**

1. Be yourself. Try to make friends with others who share the same interests.
2. Get involved. Try to participate in school activities, clubs and sports.
3. Stay organized. Try to keep paperwork organized with folders, binders, etc.
4. Remember your family. Don’t forget that your family will ultimately be there for you no matter what, but friends may come and go, so stay connected with your parents and your family and welcome their support.
5. Expect great effort. Try your best. Expect this from yourself and others.
6. Set and achieve goals. Try to accomplish a small goal and build from there.
7. Find out more about your teachers. If you take the time to talk to them and get to know them, they will also more likely take time to get to know you.
8. Take responsibility. If you offer to help out at home, you are showing your family that you can be responsible. If you make a mistake, just own up to it.
9. Avoid the friendship drama! Relationships change on a daily basis. True friends will emerge, good friends forgive you and maintain the relationship.
10. Have fun! Middle school provides many new opportunities to learn, to participate in a variety of school activities, and to make new friends.