

Getting ready for high school

Grade 8 is an often stressful experience for learners. Many may find themselves changing schools, perhaps boarding for the first time or planning which subjects and extra-curricular activities they would like to take.



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"It is important that the right amount of thought and preparation is given to starting grade 8, after all time flies and this is where each learner's senior academic journey begins. As the new school year approaches, why not consider these eight tips for starting grade 8," says John Luis, academic head at the ADvTECH schools division.

- **Positive attitude:** Get involved and try new things. High school offers an array of new experiences both academically as well as socially and this time of transition should be met with positivity and enthusiasm. Believe in your ability to achieve that which you have set your mind to.
- **Consider the bigger picture:** Have your sights set on the bigger picture every step of the way. Regardless of what you think your plans may be once you matriculate, ensure that you focus your energy on paving the way to whatever future you desire.

- **Try a bit of everything:** As you get older, and navigate your way through grades 8 - 12, you will find that interests and tastes may vary. Broaden your horizon by trying different hobbies, sports, arts and culture activities as well as different academic subjects.
- **Challenge yourself:** High school is the first opportunity you will have to challenge yourself. Why not see what you are made of by seeking out a leadership position or competing in Olympiads or recitals - these experiences will expose you to a myriad of skills you did not know you had.
- **High school = growing up:** As you enter grade 8, you begin your path to young adulthood. This is where you begin learning about accountability, honesty and reputation. Be wary of social media and always put your best foot forward.
- **Work hard, and work smart:** With the workload and responsibility that comes with the new challenge of high school, comes the need to develop good study habits, which will one day lead to a strong work ethic. Stick to a schedule, plan, stay organised and avoid procrastination.
- **Embrace your youth:** High school is filled with new things; friends, experiences, academic subjects and sporting and extramural activities. Cherish each moment and have fun. Many spend the beginning of high school wishing it would end and the last stretch wanting it to last longer - be sure not to waste it.
- **Strive for academic excellence:** Throughout it all, high school is there to pave the way for your future and adulthood. Stay motivated, healthy, alert, enthusiastic and focused on your studies.

Grade 8 is the first chapter of what will be a fantastic five years in high school - it is important that you make the most of it.

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