

Just joined a new school? Here are tips to help you cope

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The experience of joining a new school can bring on a whirlwind of emotions. It is natural to feel anxious, confused or overwhelmed when you are leaving a familiar environment and going to a new one with so much new information to process.

However, as much as entering into a new school environment can be intimidating, it does not have to be overwhelming. Here are a few ways in which you can take active steps towards getting accustomed to a new school;

Participating in various school activities is one sure-fire way to be a part of the school spirit. Take initiative and find ways in which you can

actively engage with fellow students and teachers in your new school. Seek out information on how to take part in school activities like sports games. Participating will help you move from feeling like an observer and outsider to feeling like a team player. Partaking in school activities will also help you find a community and form friendships with students in your new school.

Introduce yourself

Instead of trying not to draw attention to yourself, let people get to know you. Introduce yourself to your teachers and classmates in order to feel more included. By letting others know that you are a new student, they will be more mindful about making you feel more welcome and

assisting you on in your new journey.

Rules and culture

Every school has unique rules and regulations. It is very important to be aware of what the culture is in your new school so that you are not caught on the wrong end of the rules. Do not take any instructions that are given to you for granted about the dos and donts in your new school. Pay attention to how things are expected to be done so that you can meet your expectations as a student.

Do not burn bridges

The fact that you have changed schools does not mean connections to your former school are irrelevant. Keeping in contact with classmates

from your former school is still important. Joining a new school is an opportunity to expand your network, however it is just as important to have good rapport with people in other schools that you have been.

Ask questions

Knowledge is power. When in doubt, ask questions. Ask questions in class about topics you have not understood, ask for clarity about the school rules, and ask people what their names are. Ask so you can learn and build on your knowledge about your new environment. Most people will be willing to share information if you ask.

Give it time

Give yourself time to get accus-

tomed to the new environment as well as the schedule and rules that come with it. Eventually you will be able to fully assimilate into the new environment. Anything new takes some time to get used to. Your task is to have an open mind and in no time, the unfamiliar will become familiar to you.

Opportunity for growth

There is bound to be some initial uncertainty that comes with transitioning into a new environment. Use this experience to expand your community and learn new things about yourself and others. Build an outstanding reputation for yourself in your new school by putting your best foot forward in everything that you do.