



Transitioning to High School Resources

It's normal to feel somewhat apprehensive about moving on to high school. But remember that lots of other incoming freshmen are feeling exactly the same way you are. And it's important to know that there are LOTS of resources out there to help make your transition as smooth and worry-free as possible. Here is a list of some books and websites that provide additional information and help on the topics discussed in *Act Now!*. Don't forget that parents, older siblings, teachers and counselors are also great resources when you have questions or concerns.

Books

Where Should I Sit at Lunch? The Ultimate 24/7 Guide to Surviving the High School Years
By Harriet S. Mosatche and Karen Unger

Been There, Survived That: Getting Through Freshman Year of High School
By Karen Macklin

The Real High School Handbook: How to Survive, Thrive and Prepare for What's Next
By Susan Abel Lieberman

Ultimate High School Survival Guide
Peterson's Ultimate Guides

Countdown to College: 21 To Do Lists for High School: Step-by-Step Strategies for 9th, 10th, 11th and 12th Grades
By Valerie Pierce

101 Ways to Adjust to High School
By Randy Howe

Where's My Stuff? The Ultimate Teen Organizing Guide
By Samantha Moss and Lesley Schwartz

Friends, Cliques, and Peer Pressure: Be True to Yourself
By Christine Wickert Koubek

The Complete Idiot's Guide to Surviving Peer Pressure for Teens
By Hilary Cherniss and Sara Jane Sluke



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Websites

www.teenshealth.org

Awesome site with lots of information on school issues, emotional and physical well-being, peer pressure, online safety and much more.

www.safeteens.com

Lots of information about internet safety and homework help.

www.isafe.org

Important information on how to be safe on the internet.

www.nsteens.org

Relevant topics include online safety, social networking, and cyberbullying.

www.stophazing.org

StopHazing.org serves as a resource for accurate, up-to-date hazing information for students, parents, and educators.

www.proquestk12.com

General help site for grades K-12.

http://teens.lovetoknow.com/Category:Teens_and_School

Includes topics such as peer pressure, bullying, cliques, study tips and homework help and much more.