http://kidshealth.org/en/kids/middle-school.html#

Moving to High School

Is it good to be in the middle? Sometimes it's not, like when you're in the middle seat on a long car ride. But sometimes it is, like when you're in the middle of a thrilling movie. What will happen next?

High school is a little bit like that. Middle school is behind you. College and a career still await you.

[-1-] Your assignments — and the work you do in class — likely will get more challenging, but that's not necessarily a bad thing. You'll also probably be learning some new and different classes — like Theory of Knowledge, advanced courses in computer technology, music and art, health, and life skills.

On top of that, high school will probably offer a considerable variety of new teams, clubs and activities you can join. Maybe you love lacrosse, ceramics or jazz music. You might find opportunities to do all three at high school.

[-2-] On the big day, eat breakfast and be brave. You need your energy and brain-power to navigate your new school.

On your way out the door, take everything you need and try to remember that this is a big adventure. You might get lost on campus. Oh, well, it's your first day! Try to be brave and say "Hi" to other new students. If you don't know the student with the locker next to yours, say "Hello". You'll be seeing a lot of each other this year!

In class, listen to what the teacher says and take notes because it's hard to remember everything. Try to write down the important stuff — like your locker combination and your homeroom number. Then you can look it over when you get home and be prepared for Day 2.

[-3-] When it comes to friends, the switch to a new school can leave you feeling a little dizzy. What if your best friend isn't in any of your classes and you never see him or her? What if none of your friends even goes to your school? High school is a good time to make new connections and new friends.

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Sometimes, it's easy to make a new friend. You might meet the first day and then hang out all year long. But it also can go more slowly, especially if it seems like a lot of students are already hanging out together in groups that don't include you.

You might wonder what you can do to feel less lonely and make friends. Here's something: Try joining a club, sport or activity. It's a great way to get to know students you don't know yet. Being in these groups also can help you feel more at home at your school. By next year, you'll be the more confident older student who's helping out the newbies. If he's lost on the way to the gym, please show him the way!

Adapted excerpt from an article by D'Arcy Lyness:
http://kidshealth.org/en/kids/middle-school.html

Choose an appropriate heading from the list that completes each gap in the text. Write your answers on a separate sheet of paper.

1. [-1-]

2. [-2-]

3. [-3-]

A. Learning new stuff
B. Joining clubs
C. Remembering stuff
D. Making a good start
E. Finding your way
F. Making friends

What do the following words mean in the text? Choose the appropriate words from the list.

4. challenging (line 9)

5. advanced (line 13)

6. considerable (line 16)

A. confusing
B. different
C. higher
D. interesting
E. large
F. thoughtful

7. *Read from line 39 to the end. Choose the three true statements.*

A. High school is a great place to meet new people
B. You meet old friends at the start of high school
C. People have different experiences on the first day
D. Lots of new people say hello to you on the first day
E. After time, you will become one of the cool students
F. Joining a club may give you more self-confidence

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8. This text is:
   - **A.** a report
   - **B.** a review
   - **C.** a brochure
   - **D.** a set of guidelines.

9. Who is the audience for this text?
   - **A.** Parents
   - **B.** Teachers
   - **C.** The general public
   - **D.** High-schoolers

10. What is the main purpose of the text?
   - **A.** To teach the readers a lesson
   - **B.** To tell a story to the readers
   - **C.** To give advice to the readers
   - **D.** To explain a problem to the readers

11. What high school class is the girl in the picture starting?
   - **A.** Spanish
   - **B.** Art
   - **C.** Humanities
   - **D.** Geography

12. What is the meaning of the picture in relation to the text?
   - **A.** Students can learn new subjects in high school
   - **B.** Students will meet students from different backgrounds
   - **C.** Students may be lonely when starting a new school year
   - **D.** Students should greet other students on the first day

13. For what context has the text been created?
   - **A.** The beginning of the last year in middle school
   - **B.** Before the start of classes in high school
   - **C.** For the first week of classes in high school
   - **D.** For use during the first year of high school

14. What is the writer suggesting about the culture of high schools?
   - **A.** High schools are very different from each other
   - **B.** The schools are less frightening than they seem at first
   - **C.** The schools are very unfriendly places for new students
   - **D.** High schools help students to move to college

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