

Tips for the Transition to Middle School

Beginning middle school is a stressful time for any student, but it can be especially challenging for a student with autism and their parents or caregivers. Planning the transition process should begin several months before the student enters middle school. Here are some tips that may help you manage the transition process.

Begin preparation during the last year of elementary school

- Visit teachers and administrators at middle school
- Learn more about the new expectations of being a middle school student
- Learn about the classes and curriculum at your middle school
- Learn school rules & traditions
- Talk about the new social environment
- Talk about what behavior is appropriate and what behavior is not appropriate in middle school



Review IEP (Individual Education Plan) and set appropriate goals

- Discuss student's new schedule with team
- Discuss any sensory challenges that a student may face (i.e. loud sounds, locker combinations, and riding the bus)
- Consider revisions to the IEP to include time for breaks or resource support



Prepare the student for a new environment

- Practice walking the halls to each class
- Show the student important areas such as the bus stop, homeroom, bathrooms, cafeteria, gym, etc.
- Practice using their locker
- Review a yearbook to help the student become more familiar with staff and faculty members of the school
- Organize notebook with subject dividers to help the student stay organized
- Review daily schedule with the student

Review Planning for the Future Checklist

Use the following checklist to help your student prepare for life after graduation. Make sure your child is on the right track!

[View Transition Checklist Here](#)