

Responding to different people

Introduction

Starting secondary school can seem intimidating, but building skills like problem solving, communication and resilience, can help you feel more positive about it. You have been practising these skills in school already, maybe without realising it yet.

This activity will help you understand how staying positive can help you communicate better with different people. Type in the boxes to answer the questions.

Worksheet: What is my approach to school?

Think about how you communicate with others, particularly at school, and how you feel towards school and rate yourself against the statements below. Answer yes, no, sometimes and write an example to support each of your answers:

	Yes	No	Sometimes	Examples/How I could improve
Stay motivated throughout difficult tasks				
Am engaged with my learning and maintain focus				
Apply myself to new tasks and challenges				
Have a positive approach to learning				
Am comfortable asking for help when I need it				
Keep going in the face of a challenge				
Take responsibility for my own mistakes				
Enjoy meeting new people				
See critical feedback as constructive				
Am excited by opportunities to learn				
Communicate in a positive way with my teachers				
Listen well to instructions and can break down my work into small steps				
Feel confident to talk to my teacher if I don't understand the work I need to do				

Responding to different people

Worksheet: What is my approach to school? cont'd

Going into secondary school, you will meet more teachers than in primary school, and talk to them about a range of things like activities you want to get involved in, help you need, or in response to feedback on your schoolwork.

Read through these scenarios and think about what you might do, how you might communicate about what's happened.

Scenario 1: You have some homework set which is due in six weeks. You didn't realise that it needed to be done over the whole six weeks until the due date. How would you talk to the teacher about this?

Scenario 2: You want to join the football, hockey or netball team. You don't think you are as sporty as some other students, and think you might not get to play. How would you get the confidence to talk to a teacher about this? What could you do outside of school to help build your confidence in your sport?

Responding to different people

Worksheet: What is my approach to school? cont'd

Scenario 3: Your science teacher suggests you should do some more study of the periodic table. Some of your recent results showed that there are a few things you don't know. Ask yourself – do I understand what I'm meant to know? How can you refocus to understand it better? Who can you ask for help? How will you talk to your teacher about this?

Discuss your responses with your parent or carer. Think about how you could be more positive about your responses, or what you might do to avoid these situations happening to you.

Here are some tips that will help you get a positive outcome, no matter who you are dealing with. Practising these things will help you feel more prepared for secondary school. Remember to:

- Be as positive as you can be.
- Think ahead.
- Break down any problems into smaller parts.
- Communicate often.