

My Feelings About Secondary School

Answer the following based on your feelings about secondary school as honestly as possible.

1. What do you imagine secondary school will be like?

2. When you think about moving to secondary school, what feelings do you experience? Give reasons your answer.

3. What are you looking forward to the most in secondary school? Explain your answer.

4. What are you looking forward to the least in secondary school? Explain your answer.

5. What is your biggest fear about secondary school?

6. What could you do to work on this fear?

7. If you have spoken to someone who attends the secondary school you are going to, what have they told you about it?

8. How do you imagine you will be feeling on your first day in secondary school?

9. What strategies might you use to deal with feeling nervous or stressed as you begin secondary school?

10. Name one person you would be able to talk to about any concerns you may have about your move to secondary school.
