

# Coping with Transition from Lower to Upper Secondary



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When a child gets promoted from Secondary 2 to 3, he will have:

- New environment with new classmates
- New teachers with different teaching methods and styles
- New subjects to study, i.e. Additional Maths, Social Studies, Pure Chemistry & Physics
- New responsibilities, i.e. CCA leader, class committee member

The above changes can be overwhelming for a 15-year-old teenager if not managed carefully.

**As a parent, what can you do to help your child with this transition period he will be going through?**

## 1. Be Encouraging and Supportive

Talk to your child about the changes he will be going through and find out how he feels about them. Encourage him to embrace these changes and enjoy the experience along the way. Share your personal story with them. It could be your school life or your career change. It will certainly connect well with them.

As a parent, you may have your worries for your child, but turn that into positive encouragements. Knowing that you believe in them can make a world of difference in their learning attitude.

Always show support by being a good listener and stay away from criticism and comparison with other children.

## 2. Be Realistic of Your Expectations

Parents are usually worried about their children's results during the transition period from Secondary 2 to Secondary 3. You should allow time for your child to adjust to new teaching styles, new subjects and new peers.

**"Change is inevitable.  
Change is constant."  
Benjamin Disraeli, British  
politician and author**

As each individual takes different amounts of time to be comfortable in his new environment, parents should place more emphasis on the child's development and feelings instead of focusing only on his academic results.

Yes, their academic results could be a warning sign that he isn't coping well with the transition stage, but it is more important to understand the reasons for his under-performance.

If the reason is because he does not understand the concepts from the teachers and has weak foundation for certain subjects, you can then find specialised academic classes to help him.

**As a student, what can your child do to enjoy a smooth transition?**

## 1. Be Prepared

Just like buildings are built on firm foundation, your child's understanding in any subject is also built upon strong fundamentals. For example, to cope with Elementary or Additional Maths, basic algebraic skills are required. If your child is lacking in this area, they could use this school holiday to revise on this area. And for Science subject like Chemistry, fundamental skills of writing chemical formulae and balanced chemical equations are important in helping them to learn more effectively when the school starts.

## 2. Be Consistent

Starting from Secondary 3, all core subjects especially Mathematics and Sciences are discussed in more depth in terms of content syllabus. It is typical that your child might struggle with the understanding of new concepts. When your child realises that he is unable to keep up with the pace of learning in class, he is highly encouraged to clarify any questions immediately by seeking consultation with teachers or tutors.

Consistent clarification of doubts is part of effective learning which will increase the interest level in the mastery of the subjects. This will boost his confidence in tests and examinations.

Remember the saying: "There is no such thing as a stupid question".

## 3. Be In Control of Time Usage

The significant increase in workload and responsibilities are challenging for most students and as a result, their grades tend to suffer. It is important that your child plans his time well to include regular study time amidst all other activities. Learning how to manage one's time properly is an essential skill, leading to a more balanced lifestyle for your child.

Therefore, by understanding what happens during the transition of lower to upper Secondary, it will put you in a better position to support your child and enhance his learning experience.