



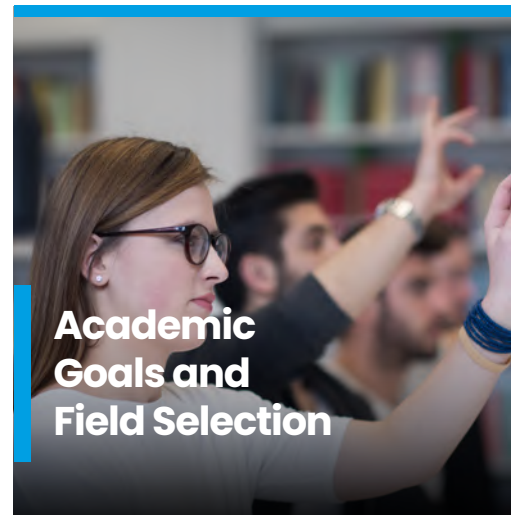
BULLETIN

It is a publication  
of the  
Psychological  
Guidance  
Department

Hello,

As we step into the new academic year, we share the excitement of a fresh beginning together with our students. High school years are a special time when young people develop their academic skills, discover their personal identities, and take significant steps toward their future. During this journey, the support of parents, the motivation of students, and the collaboration with the school play a vital role in helping them grow both academically and socially. As the Psychological Counseling and Guidance Department, our goal is to accompany our students on this path and to move forward hand in hand with you, our esteemed parents.

Happy reading!





## A NEW YEAR, A NEW CLASS, AND NEW EXCITEMENT...

Following the summer break, we greet the new academic journey with excitement as we return to school together. We kindly recommend that you read this guide carefully, which has been prepared to support our students throughout this important journey.

High school life is one of the most intensive and formative periods for both personal and academic development. At the same time, it is also the stage when the effects of adolescence are strongly experienced. Our goal is to ensure that students complete this period in a healthy, happy, and successful manner by cooperating with you and helping them make the most of their high school years.

Each stage of education brings its own changes and challenges. For preparatory and 9th-grade students who are taking their first steps into high school, the process of adaptation and discovery begins. For students trying to adjust to a new school environment, peers, and academic system, the anxieties they feel in the first weeks are normal. Supporting them with orientation activities that ease adaptation, along with school-based opportunities such as social clubs,

guidance programs, and peer mentoring, will help facilitate this process. As adults around them, listening attentively to students' experiences at school, offering motivational encouragement, giving them time to develop a study routine rather than constantly reminding them to study, and maintaining a supportive attitude will help them navigate this period more smoothly.

10<sup>th</sup>-grade students, on the other hand, have already adapted to high school and entered a stage where they begin to shape their academic paths. This year, they face the important decision of selecting a study track. Helping students discover their interests, talents, and professional values, as well as guiding them toward setting clear goals, is essential. Career awareness activities such as interest and personality tests, presentations on higher education programs, university visits, and career days aim to support students in making informed decisions.

School counselors will provide opportunities in all these areas. Moreover, offering students opportunities to openly share their dreams, goals, and expectations with adults in their lives, as well as providing environments for career



exploration, will further guide them toward the right choices. Another key focus at this stage is fostering the habit of consistent and efficient study. The foundation for becoming responsible, self-disciplined learners in preparation for university entrance exams is built during these years. Encouraging students to keep track of their assignments and projects, without constant reminders, will help them develop ownership of their own learning.

11<sup>th</sup>-grade students transition into the phase of preparing for university entrance exams. Unlike previous years, they now study courses specific to the academic field they have selected and cover most of the subjects included in the second stage of the university entrance exam (AYT). At this point, it is vital to establish a regular study and review routine, as success cannot be achieved by attending classes alone.

Such routines will support both school success and exam readiness. Another important step is taking practice exams, which allow students to identify knowledge gaps early and improve their test-taking strategies. During this intense year, students may feel stress, anxiety, or fatigue. As adults, encouraging them to express their feelings, focusing on their efforts rather than just outcomes, and avoiding pressure will help them manage this period more positively and maintain psychological well-being.

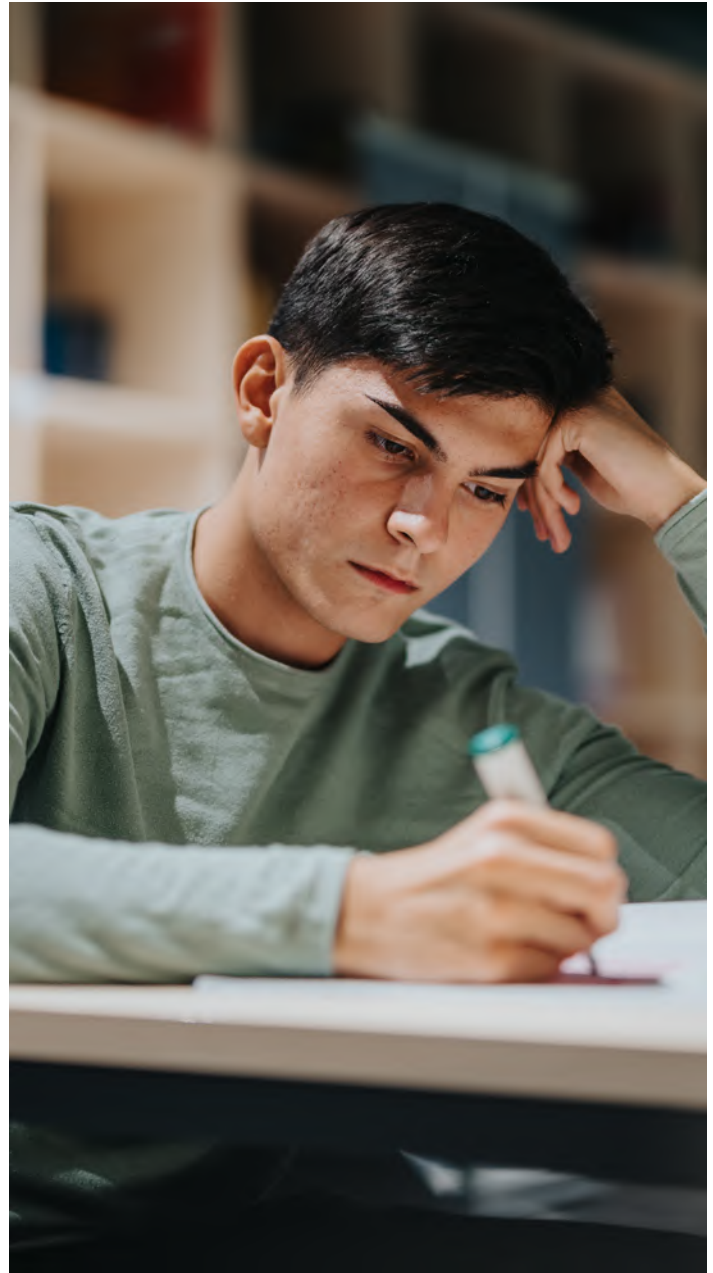
### Returning to Routines

Although each grade level has its unique challenges, students' needs are often similar:

- Their primary expectation from adults is to be "listened to without judgment." Instead of asking dismissive questions such as "Is that really a problem?" when they share difficulties, asking open-ended, supportive questions such as "I understand this is important to you—how would you like me to help?" will foster communication.
- Returning to school may bring challenges in re-establishing routines after the summer. Rather than adopting a strict approach, it is more effective to gradually help students create a balanced routine while reminding

them about essential areas such as technology use, social life, and sleep.

- At the start of the school year, setting expectations regarding rules and responsibilities is important. Avoiding repetitive demands, recognizing their growth toward adulthood, offering flexibility, and allowing them to take on new responsibilities will help them embrace this transition. Guiding them instead of controlling them will also reduce conflicts.



- After a summer of frequent social gatherings, extended use of social media, and leisure activities, students may struggle to balance academics and social life once school begins. Imposing strict bans or restrictions may trigger resistance and harm family relationships. Instead, giving them opportunities to plan time for friends and hobbies during the week helps them find balance. Regarding social media use, agreeing on reasonable limits at the start of the year and allowing students to self-manage first, while setting shared boundaries only if necessary, will support healthy screen time management.
- It is important to remember that although all young people go through similar stages of development, each student is a unique individual with their own talents, interests, and character. While some may eagerly embrace new beginnings, others may need additional support to adjust. Avoiding comparisons, acknowledging their individual needs, and patiently accompanying them on their personal journey is invaluable.
- As the Counseling and Guidance Department, we will continue to work together with you, our esteemed parents, to ensure that every student completes this process at their own pace and with confidence. We look forward to a school year in which we maintain strong communication and collaboration with both our students and you.

We wish all our students a healthy, successful, and joyful academic year.

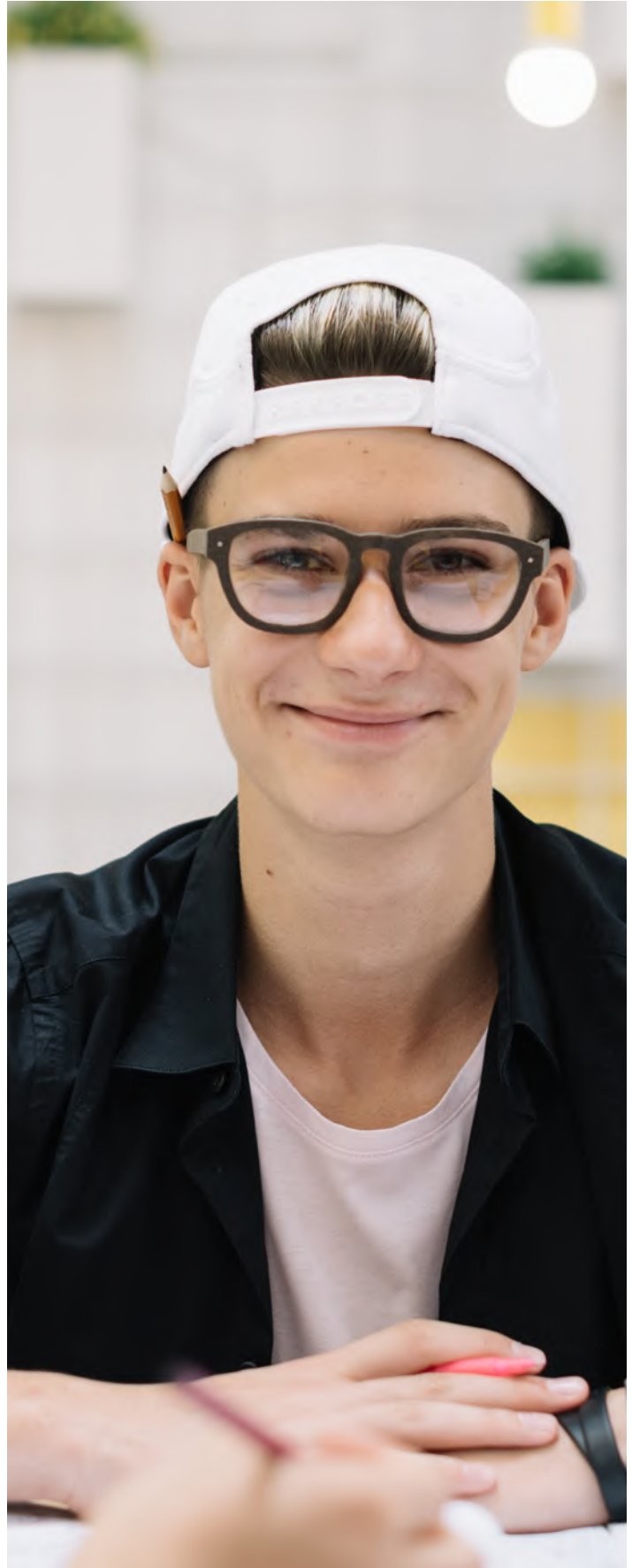
**İSTEK Schools**  
**Psychological Counseling and Guidance Department**

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