



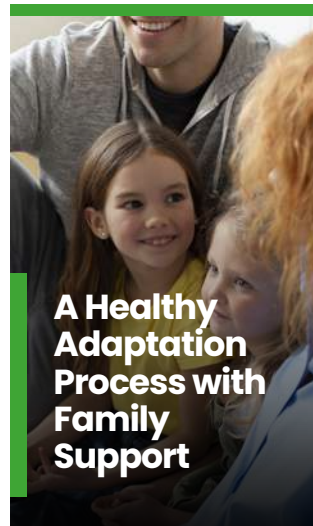
İSTEK OKULLARI

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Psychological
Guidance
Department

Hello,

We are excited to begin the 2025–2026 academic year with you. In this first newsletter, prepared by the Psychological Counseling and Guidance Department, we addressed the process of our students' adaptation to school. While shedding light on the new developments awaiting students on their middle school journey, we also emphasized the crucial role of family support and school collaboration in this process. We believe that every step we take alongside our students in their development will contribute to their becoming happier, more successful, and stronger individuals

Happy reading!





HELLO TO SCHOOL: THE JOURNEY OF ADAPTATION AND ORIENTATION

1. Adaptation to School and Transition to Secondary School

The transition to middle school is a significant milestone for students. This process isn't limited to changes in the school environment; it's also a time when children enter a new phase of their academic, social, and emotional development. It's important to view this transition as a journey; some students adapt quickly, while others may take time.

While primary school typically involves a single teacher, the process continues in middle school with an increase in the number of subjects and teachers. This change provides an advantage for students to gain diverse experiences and gains in each subject, while also making it crucial for students to establish relationships with new teachers and adapt to different expectations.

During this period, students enter a new social environment, not only with their teachers but also with their classmates. They may need to forge new bonds in place of the friendships they were accustomed to in previous years. This can sometimes create anxiety and shyness. Anxiety is a natural part of this process. However, given

their current developmental stage, students are actually capable of adapting to this change. Over time, they will develop more secure relationships with the teachers and peers they meet; with our support, their anxiety will be replaced by a sense of belonging.

2. The Role of Families in the Adaptation Process

The transition to middle school is often a new experience not only for students but also for their families. Parents' attitudes during this process directly impact their students' adjustment to school. It's crucial to be patient, understanding, and supportive as your child adjusts to the new term. Children may occasionally show anxiety or reluctance during this period. During this time, a caregiver who remains calm, accepts the process naturally, and provides encouragement boosts students' sense of security.

Using constructive language in daily life, recognizing and appreciating small efforts, and reminding them of their strengths boosts student motivation. Remember, students value their parents' opinions and perspectives. Your positive approach to school and teachers will contribute

to their enthusiasm for attending school and feeling more secure.

3. Friendship and Peer Relationships

Research shows that peer relationships have a powerful impact on students' self-perception, self-esteem, and psychological adjustment during the transition to adolescence (Wentzel & Caldwell, 1997; Rubin et al., 2006). During this period, students' need to "belong to a peer group" is particularly high, and social acceptance is often viewed as equally, if not more, valuable than academic success.

Scientific findings show that positive peer relationships boost students' self-confidence, strengthen their commitment to school, and improve their ability to cope with stress. Students who receive peer support are more vulnerable to risky behaviors (e.g., disinterest in school, disengagement with school, and negative habits).

Your understanding, supportive and follow-up attitude will greatly contribute to your student's ability to establish healthy social relationships.

4. Academic Order and Study Habits

Students' academic lives change significantly during middle school. Course variety increases, homework and projects intensify, and exams become a regular part of learning. During this process, students develop not only their subject knowledge but also their "learning to learn" skills. Research shows that academic habits developed during middle school directly impact high school and university success (Zimmerman, 2002; Cleary & Chen, 2009).

Students who have a regular study routine not only improve their academic performance but also their self-discipline and self-regulation skills. Students who have a weekly or daily plan are less likely to procrastinate and have a stronger sense of responsibility.

Academic success is linked not only to cognitive but also to motivational and emotional processes. Developing positive attitudes toward learning is critical to long-term success.

5. Guidance Studies and Communication

School counseling and guidance focuses not only on academic achievement but also on the emotional, social, and developmental needs of students. Research shows that school counseling services improve students' academic performance, reduce behavioral problems, and strengthen their commitment to school (Lapan,



Gysbers , & Sun, 1997; Carey & Dimmitt , 2012).

Individual meetings, group work, classroom activities, and parent collaborations within the scope of guidance programs facilitate students' adaptation process and contribute to their development of psychological resilience . Especially during middle school, the academic challenges students face, as well as the emotional upheavals that come with the transition to adolescence, make guidance support even more crucial.

Short Notes and Suggestions for Parents

1. Accept the process as natural: Anxiety and difficulties experienced during the transition to middle school are normal, and the student may need time to adapt.

2. Listen and be supportive: Listen to students' feelings without judgment, and make them feel supported. Value your student's effort and progress, not just grades. Present middle school as a period of development filled with opportunities rather than challenges.

3. Teach planning: Encourage preparing weekly study schedules and balancing study with short breaks.

4. Monitor friendships: Know the student's social circle; be supportive in case of bullying or exclusion and cooperate with the Guidance and Counseling Department.

5. Remember your own role: Support the student's sense of independence and give him the opportunity to take on responsibilities.

6. Prioritize guidance support: Stay in touch with the Psychological Counselor and Guidance Teacher; regularly attend seminars, parent meetings, and individual meetings at school.

İSTEK Schools

Psychological Counseling and Guidance Department

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