



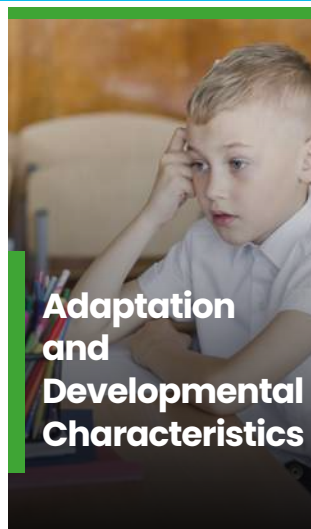
ISTEK SCHOOLS

It is a publication
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Psychological
Guidance
Department

Hello,

As we begin a new academic year, we share in the excitement, curiosity, joy, and sometimes anxiety that your child may be experiencing. This period is not only an academic beginning but also an important transition in terms of social, emotional, and cognitive development. Children's adaptation to school is closely related to the developmental stage they are in. Therefore, approaches that support adaptation should be shaped according to the child's age and needs. As the PDR Department of İSTEK Schools, we have prepared suggestions that will help you both recognize your child's developmental characteristics and support their adaptation to school in line with these characteristics.

Happy reading!





SCHOOL ADAPTATION PROCESS AND DEVELOPMENTAL CHARACTERISTICS

Grade 1 Students (Ages 6–7)

Developmental Characteristics:

- Curious about new tasks and roles, but require adult support.
- Open to learning through play.
- May fluctuate between reality and imagination.
- The sense of security is prioritized.
- Show natural curiosity toward literacy.

Suggestions for Adaptation:

- Establish daily routines together (preparing the school bag, sleep schedule, morning preparation).
- Use play to recreate the school environment at home; this helps manage school-related anxiety.
- Provide alternative forms of expression such as drawing when they struggle to verbalize feelings.
- Frequently remind them that the school is a safe place and keep farewells short.

Grade 2 Students (Ages 7–8)

Developmental Characteristics:

- Inclined to follow rules and value recognition.
- Concrete thinking skills have developed.
- Peer relationships begin to strengthen.
- More sensitive to criticism.

Suggestions for Adaptation:

- Recognize achievements and provide effort-focused feedback (e.g., “You worked hard, and that’s why you succeeded”).
- Talk about group activities and provide space for them to comment on their social experiences.
- Maintain consistent routines, as stability gives security.
- Present mistakes as learning opportunities and be supportive rather than corrective.

Grade 3 Students (Ages 8–9)

Developmental Characteristics:

- Desire for independence increases; they want to make their own decisions.
- Close friendships become more important.
- Sense of responsibility develops; more conscious relationship with academic expectations.
- Planning skills begin to improve.
- Suggestions for Adaptation:
 - Help them create a daily plan that balances study and leisure time.
 - Encourage them to make small decisions at home (choosing clothes, study time), sometimes just by offering options.
 - Listen to problems in friendships but guide them toward finding their own solutions.
 - Provide motivation in academic tasks without pressure.

Grade 4 Students (Ages 9–10)

Developmental Characteristics:

- Signs of preadolescence may begin to appear.
- Express emotions more openly.
- Able to evaluate criticism more objectively.
- Time management and organizational skills are developing.

Suggestions for Adaptation:

- Allow them to use an agenda or calendar to plan independently.
- Encourage emotional expression and listen without judgment.
- As body awareness increases, provide accurate and age-appropriate information.
- Support goal-setting, but ensure ownership of the goals remains with the child.
- Every child's developmental process is unique. Being sensitive to this diversity not only makes school adaptation easier but also contributes to raising self-confident individuals in the long run.



- Your supportive and consistent approach will make a significant contribution to your child's development. Your developmentally appropriate guidance will be invaluable for a healthy adaptation process.
- We would like to emphasize that we are always ready to support both our students and you, our esteemed parents, during the back-to-school and adaptation period. As the Counseling Department of İSTEK Schools, we wish you a healthy, happy, and successful 2025–2026 academic year.

İSTEK Schools
Psychological Counseling and Guidance Department

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