Coping with Change at School

The beginning of a new term or semester hides its own challenges that can appear large to some students. In the Middle Years at OLSCC we have a change of elective subjects midyear. Two of the biggest stressors for students can be new subjects and new teachers.

There are some fairly simple ways for students to manage these changes for themselves.

Most importantly, don’t prejudge. Be prepared to give a new subject a chance to interest you. Even if you have previously not enjoyed this as much as some other subjects, it could be now that the focus has changed; or maybe you have changed, and can approach it in a more mature manner. Make sure you know what you have to do, and ask questions when you are unsure.

Don’t prejudge a new teacher, either. Listen to what your friends say, but make your own judgements. There’s any number of reasons why your friends might have a particular opinion of a teacher, but go in with an open mind. A student in the Middle Years knows many tricks to get a teacher’s attention, so just make sure you’re approaching things in a positive way. There’s not much to be gained by making life more difficult for yourself.

If it all becomes too much, or you are confused, look to a teacher at school you are more familiar with, and talk through the issue with them. It might not exactly solve things, but at least you have a helping hand to sort things out.

Work at staying positive, ask for help early, and remember there’s always someone to help you up if you stumble.