

# Quiz; Transition & Me

*Even though changing and moving schools can be very exciting and something to look forward to, it can also be quite daunting! Many of you may feel a little worried about certain things, but don't want to tell anyone because you feel you are the only one feeling that way. However, it is very likely that most of your friends and/or class feel exactly the same as you!*

Try this quiz to test how you really feel about moving schools and starting secondary school- you may be surprised by what you discover!

QUESTION	YES	NO
<b>1</b> Are you sad about leaving your Primary school?	<b>1</b>	<b>2</b>
<b>2</b> Are any of your friends moving to the same school as you?	<b>2</b>	<b>1</b>
<b>3</b> Do you enjoy meeting new people and making friends?	<b>2</b>	<b>1</b>
<b>4</b> Do you know how to get to your new school each day?	<b>2</b>	<b>1</b>
<b>5</b> Have you visited the school already with your family/friends?	<b>2</b>	<b>1</b>
<b>6</b> Are you worried about getting homework?	<b>1</b>	<b>2</b>
<b>7</b> Have you met any of your new teachers?	<b>2</b>	<b>1</b>
<b>8</b> Do you know where you can play and eat at break and lunch times in your new school?	<b>2</b>	<b>1</b>
<b>9</b> Do you worry about having lots of lessons all in one day?	<b>1</b>	<b>2</b>
<b>10</b> Are you worried about getting lost and being late for class?	<b>1</b>	<b>2</b>

## POINTS

Use the chart to see how many points you got for each answer to the questions. Now add up your score and use the information below to see whether you may need a little help with your worries or whether you've got it all under control!

Question	YES	NO	Question	YES	NO
1	1	2	6	1	2
2	2	1	7	2	1
3	2	1	8	2	1
4	2	1	9	1	2
5	2	1	10	1	2

### SCORE: 18- 20 Above Average

Congratulations! It would seem you've found out lots of information about your new school already and are well prepared. You don't have any reason to worry about where you are going and what you will be doing. Try to use everything you have learned so far to help your friends and others in your class who may be feeling a bit nervous or worried about changing schools- you would make a great buddy!

### SCORE: 14- 17 Average

Well done! You are slowly preparing to leave your primary school, and are also quite excited about a lot of new things that you will be doing when you get to your new school. Try to find out as much information as possible before you start in September by asking your teacher to help you and your friends answer as many of your questions as you can.

### SCORE: 10- 13 Below Average

Oh dear! It would seem that you may need some help in finding out a bit more about your new school before you start in September. Ask your teacher to help you find which other people in your class and/or school will be going to the same Secondary as you, and together look at ways in which you can find the answers to the questions you have. Also, speak to a parent or guardian about your worries as they will be able to help you find solutions and/or look at ways in which you can feel a lot happier and less concerned about changing schools.