

## *From Your Ridgecrest Counselors*

In middle school, whether students are just beginning their three year adventure, happily adjusted, or preparing for high school, learning the skills of homework completion, study skills, organization, and time management are crucial during this time. By now you have witnessed your child(ren) navigate through multiple academic subjects, experience challenges, new teachers, meet new people and make new friends. Students also have grown in the past few months since school began and learned more about themselves as students, including their strengths and areas for growth.

A great tool available to our students and parents is the Academic Handbook. This handbook has been compiled by your Ridgecrest Counselors to provide resources and suggestions for success at Ridgecrest. Covered in this handbook are topics including note-taking skills, test-taking skills, tips on how to stay organized, social skills, tips for parents and students from teachers, stress reduction methods, making and keeping friends, and more. As counselors, we strive to offer support and suggestions to students in each area of need that impact them during middle school. The Academic Handbook is available as a whole for download or by specific topic on Edline under the Counseling page and is also available on the Ridgecrest App under School Info.

We hope you find this handbook to be another useful support for navigating Ridgecrest's academic expectations as well as reading and learning more about what to expect during the middle school years.

*Heidi Shulman & Jesse Allen*