

Scenario	The problem with this	The positives (if any)	Your advice	Who can help?
<b>I won't know anyone!</b> 'I'm going to be in a new class, in a new school and I'm worried about how to make new friends.'	You might feel lonely.	You have a great opportunity to meet new people.  Lots of people will not know anyone – and that is what is exciting!	Don't worry! This is a great opportunity to speak to new people and make new friends.  Just be yourself and smile at others. If you feel confident to, just go and say 'hi'. The chances are they will be feeling exactly the same way that you are!	Your form tutor / any teachers/ your head of year.
<b>The work will be too hard!</b> 'I don't understand what I have been asked to do in class.'				
<b>I forgot my pencil case which has my equipment in!</b>				

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<b>The teachers will be really strict!</b> ‘I’ve heard that secondary school teachers are very different and this makes me nervous!’				
<b>I might get lost and be late!</b> ‘My new school is huge and I’m not very good at remembering things, so I’m worried about getting lost and being late for lessons.’				
<b>Homework!</b> ‘I’ve heard that you get loads of homework at secondary school, in every subject. How will I manage?’  “What if I forget my homework?”				