

# My Feelings About Secondary School

Answer the following based on your feelings about secondary school as honestly as possible.

1. What do you imagine secondary school will be like?

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2. When you think about moving to secondary school, what feelings do you experience? Give reasons your answer.

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3. What are you looking forward to the most in secondary school? Explain your answer.

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4. What are you looking forward to the least in secondary school? Explain your answer.

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5. What is your biggest fear about secondary school?

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6. What could you do to work on this fear?

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7. If you have spoken to someone who attends the secondary school you are going to, what have they told you about it?

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8. How do you imagine you will be feeling on your first day in secondary school?

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9. What strategies might you use to deal with feeling nervous or stressed as you begin secondary school?

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10. Name one person you would be able to talk to about any concerns you may have about your move to secondary school.

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