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Are You Ready for High School?

Welcome to Dalton High School, all freshmen! Are you excited about high school? This is an exciting stage of life. You will experience a lot of great things and make good friends.

However, like other students, you may face some challenges. Last year, we surveyed our students to find out their most common concerns. The most common concern is studying and taking tests. Their second most common concern is interpersonal relationships. If you have these concerns in the near future, don't worry—you are not alone.

As you face challenges, remember that there is always more than one solution. We—the school counselors—are always here to give you advice. Here, we would like to share two tips on dealing with the two most common student concerns former students had. These tips will help you stand on the shoulders of the people who came before you.

First, time management is key to effective studying and test preparation. One of the methods was the Eisenhower Matrix. It helped me do the urgent and important things first. When you have a lot on

your plate, good time management will help you finish things on schedule.

Second, healthy interpersonal relationships start with good communication. My first case in Dalton was about a fight between two students. Their homeroom teacher told me that they had had trouble communicating with each other for a long time before the fight. If you have a similar problem, remember that communication is a two-way street. In addition to expressing yourself, you also need to listen to others. A good listener does not just focus on other people's words. People's facial expressions and voice levels can help you better understand their messages and feelings. With great communication skills, you can get along better with your classmates and become close friends with them.

We hope that these tips will help as you begin your high school life. You may have a mountain to climb, but don't forget that every small step you take brings you closer to the top. You will get valuable experience along the way. If you need any advice, we are always here to help you.