



## High School

### Home Connection

#### Transitioning to life after school

Dear \_\_\_\_\_,

I wanted to share with you what your student has been learning about transitioning from high school to adulthood. Our lesson focused on the changes and challenges that come with graduating and starting a new chapter in life. Graduation is called "commencement" because it marks the beginning of a new phase. While students are excited about leaving their studenthood behind, they can also feel anxious about the uncertainty of the future.

We discussed how students feel about these changes—whether excited, nervous, optimistic, or apprehensive. We addressed that any positive or negative change can be stressful for the mind and body. We also polled the students to see how many feel fully prepared for independent adulthood, and many were relieved to find that their classmates share similar feelings.

To continue this conversation at home, please ask your student, "What are some of the changes you are anticipating as you transition into adulthood, and how do you feel about them?" This can be a great opportunity to discuss your student's feelings and offer support as they prepare for this exciting new phase.

Please do not hesitate to reach out with any questions or concerns.

Best,

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