

This information is
for _____ only
and should not be shared.

Occupational Therapy
Development Centre

Occupational Therapy Handout

Preparing for Secondary School

1. Obtain a layout of the school if possible.
2. Try to visit the school more than once and look at the key classrooms,
 - Where belongings will be kept,
 - Dining hall.
 - Toilets
 - Playground
3. Timetable- have copies, one for school bag, one for the bedroom and a spare. Colour co-ordinate lessons and books with highlighters or coloured stickers. Use the timetable to prepare for the following day. Make a list of items needed in school bag and tick them off as they are placed in.
4. Try using a timer when needing to complete an activity within a time limit, even washing and dressing. Digital watches, buzzer key reminders.
5. Put locker keys on a chain to prevent them from being lost.
6. Try and discuss with School having a mentor or buddy, to help with getting to different classes (etc.).
7. Use a clear pencil case so that objects can be seen from the outside, or place a list inside to check that all items are placed in and ready for the next lesson.
 - A ruler with a ridge helps stability and control.
 - If a spare set of equipment is kept at home the other can be kept in the school bag for the following day.
8. Use a homework diary. Attach a bookmark to the diary so that it is opened at the appropriate page each day.
9. Use fluorescent sticky tabs or highlighters to mark a place in a book or important passages.
10. Use a Dictaphone to record work and then play back to write out so that ideas are not lost.
11. Use a mobile phone to set reminders and make notes. Use of a laptop/chromebook.
12. Position in class is important – near a board and power supply but aware from distractions e.g. doors, windows.
13. Have homework printed on a sheet to ensure full listening to instructions instead of writing.
14. If lockers available an end locker is best. Spares keys are essential.

FINDING YOUR WAY IN SECONDARY SCHOOL



You may be very familiar with the layout of your primary school and can now easily find your way around. You probably feel comfortable in your surroundings. However, you will almost certainly find that your new High school is larger.

Most people initially have concerns about how they are going to find their way around their new school and think about losing their way to classes. Some High schools provide you with a layout/map which guides you around the building. Even if you are provided with a map you might find it difficult to follow.

Don't worry, everyone will find it difficult to find their new classes at first and you can all help each other to find your way around. If you know that you can sometimes find it difficult to find your way around new places. You can practice your orientation skills by trying out some of the following activities.

ACTIVITY IDEAS

- Can you draw a plan of your house? Or if you find this too difficult, can someone draw it for you and you can try to label/name each room. You can use the house plans below to guide you.



- Once you have a plan of your house, can you describe to someone for example, how you would get from your bathroom to your kitchen?



- Use the map above to describe how to get from the top porch to bedroom 2, then bottom porch to the bathroom?
- Can you look at a local street map and find your street and your school.
- Using the street map can you find your route to school, then show a member of your family how to get there?
- Can you describe to someone, how you would find your way to your friend's house, either by walking or when going by car?

Handy Tip - Plan out your route to school and have a trial run, before you begin in September

Adapted from nhsggc.org.uk Children's OT Service

CNWL share your clinical information with other healthcare professionals involved in your care, to support better informed clinical treatment and help reduce clinical risk. A patient information leaflet is available on request from services and further details can be found on the Trust website



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