

# Get Ready for High School!

## **Social skills and executive function bootcamp for middle school students.**

**Wednesdays, 4:00 to 5:00 pm.**

**April 19, 26, May 3, 10, & 17.**

**Instructor: Rachel Gilbert, MA**



The transition from middle-school to high-school requires growth in a number of developmental skills and executive functions. For students who find social interactions to be challenging, it is helpful to practice working with others in a group, while under the watchful eye of an educational specialist. Our experienced educator can offer real-time feedback to your student, allowing them to adapt or pivot as necessary to be more successful when collaborating with peers.

This five-week bootcamp will help boost your student's ability to:

- Handle the challenges of working within a group.
- Communicate more effectively with other students, both verbally and online.
- Use tools to responsibly keep track of tasks and assignments.
- Practice self-advocacy skills (e.g. sending a professional email to teachers, etc.).
- Seek help when facing demanding classes or difficult concepts.

Class sessions will be held at the Center for Developing Minds. The group is designed for 8<sup>th</sup>-grade students who will be entering high school this fall. High school freshmen who are struggling with these skills may also be appropriate class candidates. Class size is limited to provide participants with personal attention. The course fee is \$500.00 for the five-session group. Please register with the clinic in advance.



To register for this program, please contact the Center for Developing Minds at 408.358.1853

[www.devminds.com](http://www.devminds.com)

© 2023 by Center for Developing Minds. All rights reserved.