



Transitioning to Secondary 1

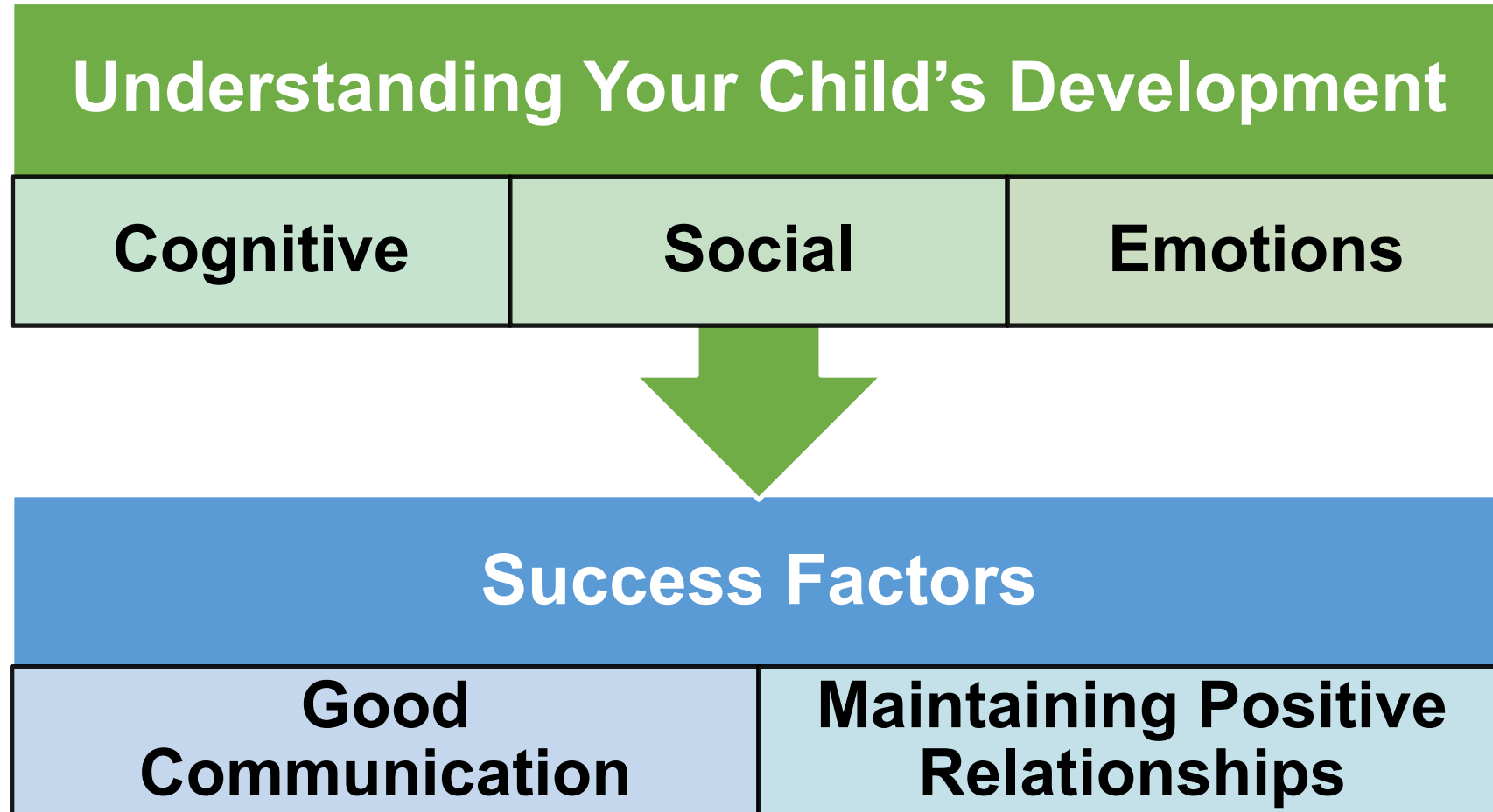
Mdm Elaine Goh
Senior School Counsellor



School Counsellors

 A portrait of a woman wearing a black hijab with a floral pattern and glasses, smiling.	 A portrait of a woman with long dark hair, smiling.	 A portrait of a woman with short dark hair, wearing a purple jacket, smiling.	 A portrait of a man with short dark hair, wearing a light blue shirt and a dark tie, smiling.
Mdm Suriati Sinwan Senior School Counsellor	Ms Elaine Goh Senior School Counsellor	Ms Lee Sok Fun FAJ Counsellor	Mr Rick Chan Teacher-Counsellor

Overview



Cognitive Development



Toddler-Preschool

- Establishing connections
- Soaking all the knowledge



Primary School

- Exploring options
- Developing skills



Adolescent

- Remodelling and pruning
- Specialising and developing identity

Social Development

Strategies

**Show interest and
listen non-
judgementally**

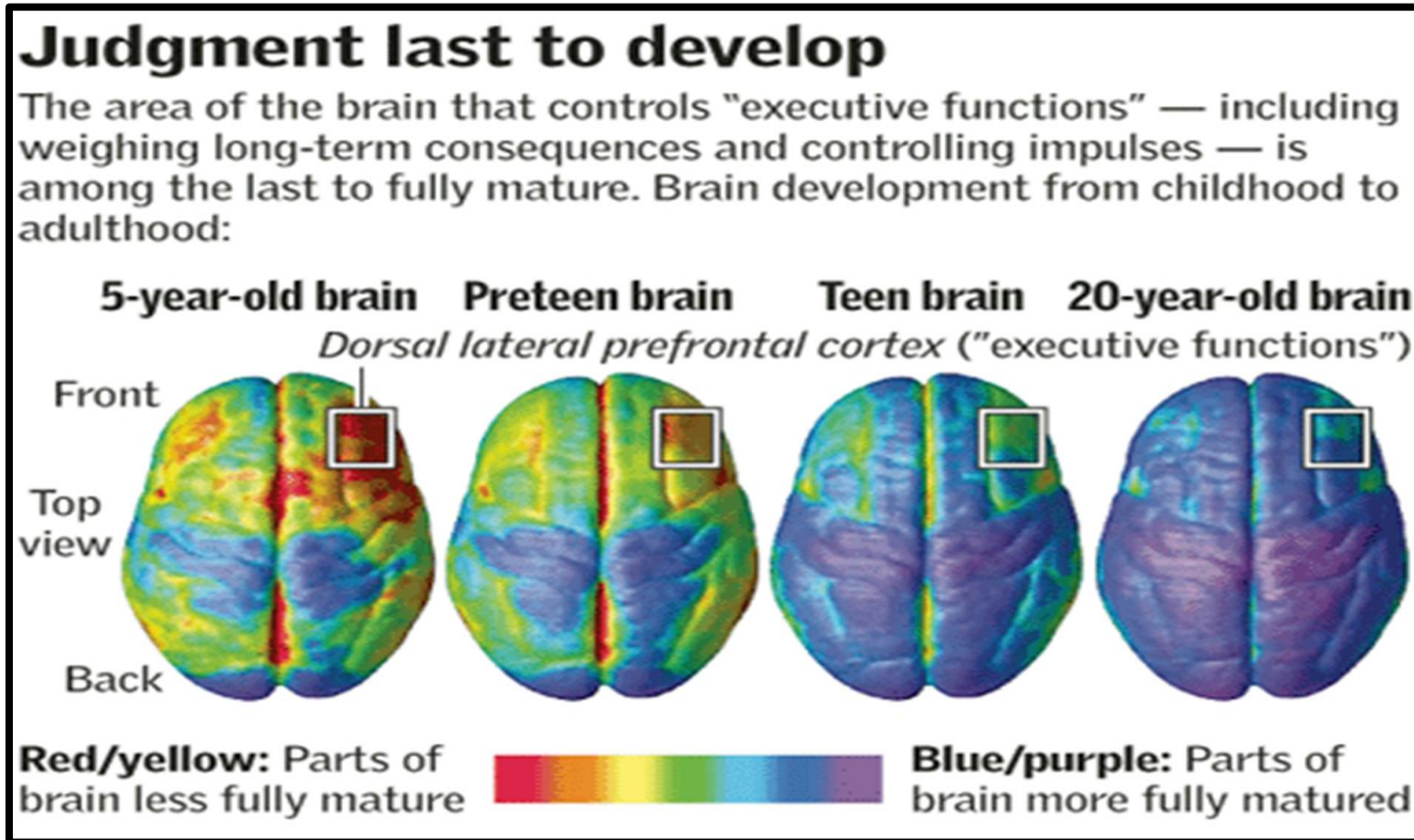
**Be mindful of your
reactions & consider
managing your
expectations**

**Show empathy if they
need more time to
adjust socially or forge
new friendship**

**Encourage them to
keep an open mind
when they share about
difficult peers**



Emotional Development



Emotional Development

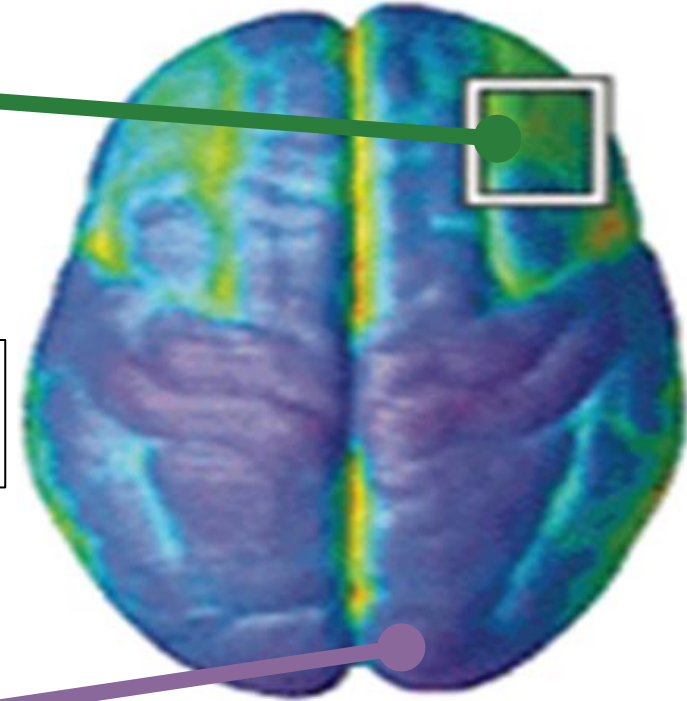
Thinking Brain • Still maturing

Red/yellow: Parts of brain less fully mature



Blue/purple: Parts of brain more fully matured

Feeling Brain •



- Develops earlier than executive thinking
- Hence, increase impulsivity and risk-taking behaviour

The Success Factors



Communicating Differently

- Take a lead to start conversation with your child. Start with sharing about your day & casually invite them to share their response
- Discuss and agree on screen time, me-time and family time
- Respect their personal space by giving them time for “me-time”
- Guide your child to self-regulate towards a healthy balance between online and offline activities



Maintain Positive Relationships

- **Time** - Regular opportunities such as mealtimes or weekend activities
- **Expectations** – Parents' expectations VS child's interests and strengths
- **Empathy** – Listen to understand them first; they will be more willing to listen to you too
- **Nurture** – Be a facilitator, not a supervisor. Experiencing challenges is part of their learning process. Trust that they will be capable of discovering solutions for themselves, even if it takes a longer time

