

When I'm Not Sure What To Do

Sometimes the hardest part of starting high school isn't knowing the answers.

It's knowing what to do when you're unsure.

The good news is...

You don't have to figure everything out on your own.

If I'm lost...

"Can you help me find this classroom?"

If I don't understand...

"Could you explain that again?"

If I need help...

"I'm not sure what to do."

If I need a break...

"Could I have a quiet minute?"

Remember

Every student asks questions.
Every student gets lost sometimes.
Every student needs help now and then.
Asking for help is part of learning—
not a sign that you're failing.

Every question you ask helps you find your way.

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My Small Wins

Belonging doesn't happen all at once.
It grows through lots of small moments.

This week, take time to notice your small wins.
They matter more than you think.

Three things I did this week that I'm proud of...

1

2

3

One small step I want to take next week...

Something I want to try:

How I can help myself remember:

Remember

You don't have to be perfect.
You don't have to do everything.
You just have to keep showing up.
One small step is always enough.
You belong here—exactly as you are.

You are learning.
You are growing.
You are enough.

Small steps today. Big change tomorrow.