



1. 9th Grade Matters.

- a. The results of where and how you choose to spend your time and energy, and whom you spend it with, impact what you're getting out of high school.
- b. 9th grade is a *predictor* year for how well you succeed in high school and beyond.
- c. If you don't know or learn how to get the most out of high school it will be an opportunity, and a lot of your time, wasted.

2. Expectations Become Different.

- a. Your academic work becomes harder and different at the same time teachers expect you to do the work more independently than in middle school.
- b. Teachers expect you to be responsible for your behavior and completing your work.
- c. The relationships you have with friends change as you and others grow up at different speeds, and the importance of these relationships grows.

3. Growing Independence

- a. Your relationship with teachers has less of the family buffer than in elementary and middle school.
- b. The time you spend with friends is more removed from families.
- c. You want to be acknowledged by your family as a young adult, regardless of how awkward your daily life feels.
- d. The discomfort and instability of this growing independence is a new normal.

Let us know if you'd like a free copy of Taking the Best First Step How-to Guide [here](#):

