

Strategies to help in Secondary School

Finding your way around the school

- ✚ Try to find a map of the school, or ask somebody to help you draw one for you if there is not one available.
- ✚ Fill in all the rooms where your subjects are taught using the same colour coding as on your timetable. Make sure you mark the dining room, locker room, PE hall etc.
- ✚ Ask a friend to help you find the different rooms until you become more confident in finding your way around. If you do not initially know anybody well enough then ask the teachers if there is a "Buddy System" in school where school staff identify an older student to help out until you become familiar with the school.
- ✚ Try to leave yourself enough time to find your classroom or find out where the classroom is before you go to lunch or to the playground etc.