



Previews Program Summer 2023

What is the purpose of the Previews Program?

The purpose of the Previews Program is to help provide a seamless transition from middle school to high school. This optional three-day program teaches strong habits for academic success, character traits such as persistence and resilience, and critical social-emotional skills.

What topics will the program cover?

- Team and character-building experiences
- Acclimating to the high school environment and preparing for the transition
- Improving organization and study skills
- Handling stress and anxiety
- Using healthy coping skills
- Communicating assertively
- Learning to use technology responsibly
- Meeting other 8th graders, peer leaders, and school staff to begin building positive relationships
- Participating in tours of the high school
- Learning how to open your locker
- Talking to upperclassmen about how to thrive throughout high school

When is it?

**Dates: Tuesday, August 8th
Wednesday, August 9th
Thursday, August 10th**

Time: 9:00 am - 12:00 pm

Please use this link for the registration: [WMM Summer Previews](#)

RSVP Mandatory by July 28th

Email questions to:

Mrs. Cathy Cartier, Wellness Counselor ccartier@wmrhsd.org

Mrs. Sarah Boveé, Student Assistance Counselor sbovee@wmrhsd.org