

EDUCATION

Help students adjust to a new school



Students typically attend multiple schools over the course of their academic careers. Preschool, elementary school, middle school, and high school are all normal pit-stops on students’ academic journeys.

Moving to a new school can pose a challenge for students. Whether they are beginning a new school at the start of a school year, or switching schools mid-year, the transition may be marked by a variety of emotions. The following tips can help students adjust to a new school.

- Discuss stress and uncertainty with kids. Parents can be honest with children and note that not every scenario is simple. Uncertainty is a part of life, and feelings that arise because of it can

be acknowledged. Parents can demonstrate that it’s alright to feel stressed about the uncertainty of a new school and unsettled about changes that are coming. But ultimately everyone will work together as a family to help ease the transition.

- Familiarize oneself with the new school. Learning about and touring a new school can assuage a lot of the fears a student may have. School campus tours and opportunities to shadow students can help them feel more comfortable on the first day.

- Connect with other students. If possible, students should try to meet up with some of their potential peers. Some schools host meet-and-greet events where incoming students can hang out with others

in a friendly environment. Seeing one or two familiar faces the first day of school can help students who are apprehensive.

- Focus on what can be controlled. One of the best ways that adults can help students feel more positive about a new school is by focusing their attention on what they can control, says Pearson. Gathering familiar supplies, setting up a schedule or enrolling in a favorite subject or extracurricular activity are some ways students can exert control to boost their confidence.

- Work with the teacher. Parents can meet with a student’s teacher or teachers about what they can do to foster a smooth transition, particularly if their child is coming into the school in the middle of the school year.

- Show an interest in the school. Parents should be active participants in their children’s educations. That means attending school functions that celebrate students and joining parent-teacher organizations. Asking about new courses or extracurricular activities also can help students who may begin to mirror the enthusiasm their parents are showing.

Adjusting to a new school takes some time, but it is not an insurmountable task.

How families can approach the college application process

Going to college is the next step in many high school graduates’ academic journeys. The U.S. Bureau of Labor Statistics indicates that around 62 percent of recent high school graduates were enrolled in college as of 2023. College enrollment has remained relatively stable in recent years, with around 60 percent of students enrolling in college after high school.

Many current high school students are planning to attend college, and they may wonder when to begin the application process. U.S. News & World Report advises students to check in with the individual schools they are considering, as deadlines and requirements for college applications vary by school. Fall of senior year typically is a busy time for college applications. This timeline can help students better prepare for the college application process.

- Begin your college search during junior year of high school. This also is a time to visit schools in person to get a feel for each campus. By spring of junior year, it is advisable to have taken the SAT or ACT test at least once. These tests can be taken again in the fall and then the highest score will be sent to colleges.

- Continue to look at colleges the summer before senior year and narrow down which colleges seem to be the best fit. Western Colorado University suggests it could be a good idea to begin the application process during the summer before senior year. This gives students plenty of time to finish an application before the deadline.

- Most students wait until the fall of senior year of high school before they do the bulk of their college ap-



plications. Schools will have separate deadlines for early decision, early action and regular decision, so it is important to know these cutoff dates and apply accordingly. Early action tends to close out in November, while general applications need to be in by January or February. A student who applies for early decision and is accepted by a school must withdraw all other applications, as early decision is binding.

- Most students will hear back about their applications by April of senior year.

College Decision Day occurs on May 1 each year. This is the date when most students commit to a particular school. It’s a time of great celebration and anticipation regarding what the next several years will bring.

What’s going on at your local library

BY BREA SANFORD
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Looking for something fun to do this week? Here’s a look at what your local libraries are hosting:
(Please note these functions are prone to change if the weather prevents the libraries from opening.)

INDEPENDENCE PUBLIC LIBRARY

Tuesday, June 24
• Tuesday Storytime- 10:15 a.m.
• Kathrine Applegate virtual Children’s Au-

thor visit- 3:00 p.m.
Wednesday, June 25
• Exercise- 10:30 a.m.
• Teen D&D Club- 5:00 p.m.
• Library Board Meeting- 5:15 p.m.
Thursday, June 26
• Crafts with Cindy- 2:00 p.m.
• Carnegie Circle: “On Stupidity” by Dietrich Bonhoeffer- 6:00 p.m.
Friday, June 27
• Qigong- 11:00 a.m.

CANEY CITY LIBRARY

Tuesday, June 24
• Teen Tuesday- 4:00 p.m.
• Library Board Meet-

ing- 6:30 p.m.
Wednesday, June 25
• Chair Yoga- 1:00 p.m.
• Senior Programming: Remember When: Grocery Stores- 2:30 p.m.
Thursday, June 26
• Community Coffee- 8:00 a.m.
Friday, June 27
• Stay N Play- 10:00 a.m.
Saturday, June 28
• Storytime- 10:00 a.m.

CHERRYVALE PUBLIC LIBRARY

Tuesday, June 24
• Scavenger Hunt-

12:00 p.m.
Wednesday, June 25
• Mobile Zoo- 1:00 p.m.
Thursday, June 26
• Diamond Art- 12:00 p.m.
Monday, June 30
• Story Time and Activity- 1:00 p.m.

COFFEYVILLE PUBLIC LIBRARY

Tuesday, June 24
• Summer STEM Camps- 10:00 a.m.
Friday, June 27
• Artsy Friday’s- 10:00 a.m.
• TCG Night- 4:00 p.m.

CLASSIFIED NEW DEADLINES

Daily-11 a.m. Day Before
Saturday- 3 p.m. Thursday

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CLASSIFICATION INDEX

Topic	Number
ANNOUNCEMENTS (100)	
Food Specials.....	101
Business Opportunities.....	102
Coming Attractions.....	103
Notices.....	104
Lost & Found.....	105
Lodge Notices.....	106
EMPLOYMENT (120)	
Help Wanted.....	121
Jobs Wanted.....	122
MERCHANDISE (130)	
Auctions.....	131
Rummage Sales.....	132
Farm Equip. & Supplies.....	133
Livestock & Equip.....	134
Pets & Supplies.....	135
Indoor Goods.....	136
Outdoor Goods.....	137
Merchandise for Rent.....	138
Free.....	139
Merchandise Wanted.....	140
SERVICE (150)	
Services.....	151
Auctioneers.....	152
VEHICLES, ACCESSORIES (160)	
Autos.....	161
Trucks.....	162
Motorcycles.....	163
Recreational Vehicles.....	164
Vehicle Accessories.....	165
Vehicles Wanted.....	166
PROPERTY (180)	
Real Estate for Sale.....	181
Property for Rent.....	182
Mobile Homes.....	183
Property Wanted.....	184
Auctions.....	185
PUBLIC NOTICES.....	200

104 Notices

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Helpful Tips

Did you know?

Flowers can have sentimental value, particularly those received as gifts or those that were part of momentous occasions, like weddings. Fresh flowers have finite life spans unless measures are taken to preserve the blooms. The flower experts at Pro-Flowers say pressing flowers can preserve them for years to come. While flower lovers can invest in a flower press, other heavy objects also be effective at pressing flowers. Start by choosing flowers that are either still in bud form or are freshly bloomed. Dry the flowers out as quickly as possible to prevent browning. Place the flower between two pieces of white, non textured paper. Then place all within the pages of a book. Depending on the size of the book, you may be able to press more than one flower at a time. Place other books on top to weigh down the book with the flowers inside. Change the moisture blotting sheets every few days. After two to three weeks, the flowers will be completely dry and flat. Remove the flowers carefully using tweezers or fingertips. Store the fresh flowers in a cool, dry place or consider framing them in a shadow box.

GAME ON

We have you covered!
Get your game on with IDR and Sports Editor Nick Dailey!



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