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# Transition to Secondary: Healthy mindsets

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OUR PURPOSE IS TO  
**NURTURE** YOUNG PEOPLE  
TO DISCOVER AND  
CONFIDENTLY EXPRESS THEIR  
**UNIQUE** GOD-GIVEN GIFTS  
IN **SERVICE** OF THEIR  
COMMUNITY

WALK HUMBLY   LOVE MERCY   SEEK WISDOM  
ACT JUSTLY

# Framing

- It is stressful, hard, and you might feel anxious
- It is exciting, challenging, and you will have fun
- The words we use help to frame our experience



# Uncertainty

- Is normal
- You want to know everything so you can feel in control (you still aren't even if you do!)
- Get used to the feeling and learn to be flexible – things change and you are okay to go with that



# Ask

- Learn this skill
- Can't find your room?
- Don't know what homework was set?
- Didn't understand the questions?
- Lost something?
  
- You can feel like you should know, or you are bothering someone. Just ask if you need help (saves heaps of time)



# Challenge is normal

- But it feels uncomfortable – my heart is racing, my palms are sweaty
- Learn to see it differently – I get to stretch my learning, physical skills, social skills – I am lucky
- The feeling passes (and then you have the skill)
- If you avoid everything uncomfortable your world will get smaller and smaller.



# Relationships

- Be nice to everyone and see what happens
- Learn people's names, smile, ask about their day
- Make friends with people you don't know (more connections the better!)
- Be friends with everyone but choose who you listen to and are influenced by

