

How to Fit in When You're in Middle School

Four Parts: [Being organized](#) [Studying](#) [Expressing your individuality](#) [Forming friendships](#)

Do you find it hard to fit in in middle school? Middle school is a time of big transitions and change. You gain new responsibilities and begin to find new friends and maybe even a love interest. Fitting in can feel challenging sometimes but never fear, it's all very manageable with some organization and dedication.

Part 1 of 4: Being organized

1 Get to class on time. If you are late, it will go on your attendance record. If you are late/absent often, you might have to attend summer school, or be held back if it is severe. This will also lessen your chances to get friends, because they might not want to involve with who seems to be bad influence.

2 Keep organized. Try to keep your supplies, binders, and even your locker well-kept and up to date. This will make it easier to find the things you will need for the day and will reduce the time you spend trying to figure out what you need to bring home. Also, it makes you get to your classes faster, and your friends won't need to wait for you.

3 Use a schedule to keep up with everything. You want everything to be as easy as possible, so have your own schedule on how you operate.

Part 2 of 4: Studying

1 Study. Tests/exams/quizzes will make up a huge part of your grade, and it's important that you get good grades. You will feel good about yourself, you will be seen as a smart, good person to hang with, and your parents will be very pleased, and might reward you. Also, in the future, you will have to spend a lot of time studying, so it's a good idea to train and get used to it right away.

2 Always ask questions in class if there's something that you don't understand. Don't be afraid to ask your teacher for help. They don't want you to

fail in school. If you don't want to ask in front of your class, ask privately after class.

Part 3 of 4: Expressing your individuality

1 Accept you for who you are. You don't absolutely need to fit in. While it might be fun, it could make you more stressed trying to constantly conform to expected standards. By accepting that what you have to offer as being as worthy as what others do, you can feel less needy about having to fit in. By all means be open to learning how you can improve things about yourself that make you feel better and more capable but don't feel that you have to become something you're uncomfortable with.

Part 4 of 4: Forming friendships

1 Choose friends who accept you for who you are. Gravitate to the people who have similar interests and hobbies. This will make your school time much easier.

- Seek out friendships with people who do not expect you to change the essence of who you are.
- If your friends accept you, they will try to understand you without asking more of you. However, they will also be supportive of you as you go through the changes so typical of your age group. After all, you don't want to be stuck back in time when you're ready to move onto the next phase of life. In turn, be supportive of their personal growth too.
- If you end up hanging out with kids who have a bad influence over you, check yourself. Do not participate in bad behavior or activities and seek to extract yourself from such situations. Find friends who are not going to bring you down.

2 Join clubs. Most schools offer after-school clubs and activities to join. These are useful ways to meet new people, and find others who enjoy the same things you do, and it will make you enjoy school more. This also is a chance to improve your knowledge and skills in a certain area, which is always good.

3 Help others. If you help someone else you might get a new friend or they might help you back in return.

We could really use your help!

Yes

No

Yes

No

Yes

No

Yes

No

Tips

- Plan your time wisely. Time management is a good skill to have. Effectively using your time will make school easier and less stressful.
- Do your best in school. You might earn respect if you do, and it usually gets you good grades.
- Try to get to class early. This gives you more time to get ready for class and relax a bit before it starts, or even catch up on the gossip around class.
- Behave. You do not have to be teachers pet, but you should be respectful and obedient.

Warnings

- If someone is bothering you, you can go to the guidance counselor or a trusted adult.
- Don't bully. It isn't a good way of getting what you want—it only makes people afraid of you, not cool. Moreover, if you have gotten into the habit of bullying, get help. There are usually very real reasons behind bullying that need to be tackled; you need help, so reach out for it.
- If you want to change styles, from preppy to scene, the best time to do it is over summer vacation. Otherwise, people might call you a poser because you are making changes too quickly just to try to fit in.

Article Info

Categories: [Surviving Middle School](#)

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