

# Dealing with change and transitions toolkit Secondary and FE



The end of an academic year brings a range of emotions. It is a time for reflection and celebrating achievements, as well as excitement with the summer holidays on the horizon.

However, it is also a time of change and upheaval which can feel difficult and cause anxious feelings.

For some students it is the end of their time at school or college altogether, and others may be adjusting to the end of term, exams or assessments.

Everyone in school or college will also be preparing for the shift from a regular routine, to no formal education structure across the summer break.

In this toolkit, we've collected resources to help older students deal with change and prepare for the summer break. We've also included resources for those students who will be leaving your school or college, to help them feel more able to handle the changes coming their way.

We've also worked with education staff mental health charity Education Support on some guidance for staff, to help you look after your mental wellbeing over the holidays.

## Resources for students: dealing with change

### [Self-care summer: secondary and FE](#) – Anna Freud

The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school. Young people at secondary school or college can create a detailed self-care plan for the summer with this resource.

### [Dealing with change lesson plan pack](#) – Public Health England

A lesson plan, PowerPoint and accompanying videos looking at the expected and unexpected changes people may face in their lives, and helping students identify strategies for managing change.

### [Six tips to help you handle post-exam blues](#) – BBC Bitesize

The end of exam season is often a relief but it's a big change too. This guidance will help students adjust and recover after exam season.



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**Anna Freud**  
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# Resources for students: starting or leaving school/college

[Starting college or university: advice for autistic young people](#) – National Autistic Society

A webpage offering guidance and support to autistic children and young people, or their families, who are in the position of transitioning to college or university.

[Know before you go: guide to navigating university life](#) – Student Minds

Knowing what to expect can make a big difference to anxiety around changes. This detailed guide for young people shares lots of information about what to expect from university life.

[Moving Up! The transition to secondary school](#) – Anna Freud

An animation and teacher toolkit for those who have recently started Year 7, helping them feel more confident as they join your school.

[Teacher resources for students transitioning to secondary school](#) – BBC & YoungMinds

Videos and accompanying teacher guides to help new students settle into secondary school and deal with the changes that come their way.

## Self-care summer: advice for education staff

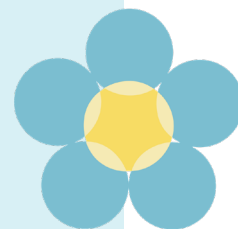
Self-care may not be the easiest thing for education staff to practise. Schools and colleges can be challenging environments to work in at times, and during term time, your focus will be on your pupils and your to-do list.

That's why the summer break can be the best time to develop good self-care habits, so that when term starts again, you may have techniques you can turn to in stressful times.

We have teamed up with [Education Support](#) to produce a guidance booklet and poster to help you have your own self-care summer.



Download the resources now



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