



# Your Child May Be.....



## Emotions and Feelings Common to New SWVGS Students

### Overwhelmed

Your child may be feeling overwhelmed, consumed, or helpless in his/her new experience in the Southwest Virginia Governor's School. They may be thinking that the school is too difficult and complicated for their understanding and abilities. Your child will persevere through these obstacles and will emerge a stronger, more confident human being.

Your child may be feeling somewhat overwhelmed at Governor's school.

They probably have never had an academic challenge and needing to work



hard to do well is a bit of a shock. The workload may take a bit of getting used to, but they're up for the challenge and will gain an invaluable experience in terms of preparing for college and later life.

Your child may be feeling stressed, overworked, and sometimes frustrated. He has never studied or done homework before and doesn't like it. Still, he actually looks forward to most days because he knows he will be challenged and be better prepared for college and life.

### Unsure

Your child may be thinking "school has always been so easy for me; why don't I understand the material covered in class today?"

Your child may be feeling inadequate with respect to their math skills.

Your child may be embarrassed to ask questions or to ask for help from a teacher. They may not have ever had to ask before, but they need to put those feelings and thoughts behind them. Many other students are feeling the same way, and also want to know the answer but are afraid to ask. It is so important to ask questions and to get help when needed. All teachers encourage students to ask questions, and students can do so before, during, and after school. The students can send the teacher an email or call in the evenings while they are working on homework. Students need to ask early—waiting too long leads to even more stress if they wait until right before the test to get help. On the other hand, make sure students know it is never too late to get help. And it's important to know that they should not give up; they need to keep a positive attitude and continue to work until they feel confident that they know the material.

### Governor's School Is Challenging

Our courses are based on a college curriculum with a collegiate pacing. Often a good portion of time outside of class is required to internalize and analyze the information presented during lectures. Your child could be feeling overwhelmed with the number of topics and feel pressed for time to keep up with assignments. With effective time management, students can balance the expectations from our classes with their other demands. Communication with the instructors can also help students keep on task and current with the class. There are numerous ways to keep in touch with instructors. Students can use the method they feel most comfortable with, if they fear judgment from their peers.

### Rest assured, there will be a turning point

When your child becomes a Governor's School student, he or she may feel overwhelmed and stressed. Many students are not prepared for the level of commitment required for academic success. They may not yet have developed the necessary study or time management skills to handle college level classes. The good news is your child now has the opportunity to develop these skills in an environment where students can work closely with their teachers. Some students may no longer feel "smart" because the work is harder, but experience has taught us that Governor's school students rise to the challenge and find success. Your child will too. Usually by the end of the first six weeks, students have found their niche and start enjoying the benefits of SWVGS.

## Tired

Your child may be feeling tired. Having to wake up early, travel to and from



SWVGS, and balance the demands of two separate schools can be difficult.

## Lonely

Your child may be feeling a bit lonely.

Other classmates at their regular schools

may not be able to relate to the environment of the Governor's school, or understand the rigor necessary to succeed.



Your child may fear losing a connection to their home high school or worry about not belonging. However, time will help your child become comfortable with balancing two schools.

## Adjustment

Your child may have their confidence shaken this year as most students often experience their first academic challenges while at the Governor's school.

Initially, this can cause anxiety, but with each success their confidence is strengthened all the more.



Your child may now be feeling that they are finally getting accustomed to the expectation of the Governor's school, and it is making their work at their home school much easier. Most students begin to feel more comfortable near the end of the first six weeks of school.

Your child may be thinking that they are glad they chose to be a SWVGS student!



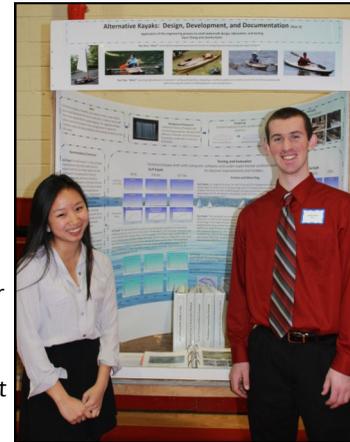
## Excitement

Your child may be thrilled to be in classrooms filled with motivated students with similar interests and goals.



Your child may be feeling elated to discover that they not only

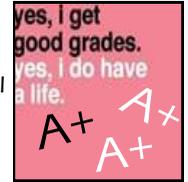
belong at the Governor's school, but that they excel at high level work!



## Pride

Your child feels like Governor's school has given her a real sense of pride in her work and

accomplishment. Before good grades just came naturally, but now she knows what it really feels like to earn an A and nothing is more rewarding.



Your child may be elated at the opportunity to be challenged in the classroom. They may have a new sense of self-worth as they master difficult concepts and discover their abilities as a student.

