



Back-to-School Survival Guide & Planner

Tips for a Smooth Transition
into a New Academic Year

Back-to-School Survival Guide

I. ESTABLISH A ROUTINE

- [] Set regular wake-up & bedtime schedules to ensure enough rest.
- [] Plan consistent meal times & incorporate healthy snacks.

2. PREPARE IN ADVANCE

- [] Make a list of school supplies & shop early.
- [] Organize backpacks & school essentials.

3. REVIEW ACADEMIC MATERIALS

- [] Spend time refreshing your child's knowledge of key concepts from the previous year.
- [] Familiarize yourself with the upcoming curriculum.

4. VISIT THE SCHOOL

- [] Attend orientation events to learn about the school.
- [] Meet teachers & staff for a positive connection.

5. ENCOURAGE GOAL SETTING

- [] Discuss goals for the new academic year.
- [] Break down long-term goals into smaller milestones.

6. CREATE A STUDY SPACE

- [] Designate a quiet, well-lit area for studying.
- [] Stock it with necessary supplies.

7. BUILD HEALTHY HABITS

- [] Encourage regular exercise & outdoor activities to keep your child physically active.
- [] Promote balanced meals & encourage nutritious choices for lunch & snacks.

8. FOSTER TIME MANAGEMENT SKILLS

- [] Teach your child to use a planner or calendar to schedule homework, activities, & deadlines.
- [] Help them prioritize tasks & manage their time effectively.

9. PROMOTE OPEN COMMUNICATION

- [] Establish an environment where your child feels comfortable discussing any concerns or challenges.
- [] Encourage them to share their experiences & celebrate successes.

10. MANAGE TECHNOLOGY USE

- [] Set boundaries on screen time to ensure it doesn't interfere with homework & studying.
- [] Encourage the use of educational apps & websites for supplemental learning.

11. ENCOURAGE EXTRACURRICULAR ACTIVITIES

- [] Explore after-school programs/clubs that align with your child's interests.
- [] Engaging in extracurricular activities promotes social interaction & personal growth.

Back-to-School Weekly Planner

START _____ / _____ / _____

FINISH _____ / _____ / _____

GOAL FOR THE WEEK

	BREAKFAST	LUNCH	SNACKS
MON			
TUE			
WED			
THU			
FRI			

SUPPLIES NEEDED

EXTRACURRICULAR ACTIVITIES

MON	
TUE	
WED	
THU	
FRI	

HOMEWORK & ASSIGNMENTS DUE

MON	
TUE	
WED	
THU	
FRI	

CHORES

MON	
TUE	
WED	
THU	
FRI	

NOTES

