



Back-to-School Tips to Start the Year Strong

Ten simple habits to set yourself up for an awesome semester — plus a bonus tip!

Get Organized

Use a planner, calendar, or app to track homework, tests, and activities.

Prep the Night Before

Pack your bag, lay out your clothes, and charge your devices — future you will say thanks!

Set Goals

Aim for realistic academic and personal goals you can actually hit this semester.

Stay on Top of HW

Tackle assignments early to dodge last-minute stress and all-nighters.

Build a Study Routine

Study at the same time each day in a quiet, distraction-free space.

Get Enough Sleep

Aim for **8–10 hours** a night to stay focused, energized, and sharp.

More Habits for Success

Eat Well & Hydrate

A balanced breakfast and plenty of water boost your concentration all day.

Participate in Class

Ask questions, take notes, and join discussions — it actually makes learning stick!

Take Breaks

Short study breaks recharge your brain and boost productivity.

Stay Positive

Mistakes are part of learning. Stay confident and ask for help when you need it.

✔  **Bonus Tip:** Join a club, sport, or school activity to make new friends and build awesome new skills!

