



How to...



FUN FACT
In the US, the first day of school depends on where you live and can take place from mid-July to early September.

Get ready for the school year

Follow this step-by-step advice for a smooth start.

As hard as it can be to say goodbye to summer, back to school is also a really fun and exciting time. You get to start new classes, meet new classmates, join sports teams or clubs, and see friends you may not have spent time with while you were on break. The beginning of a new grade also gives you an opportunity for a fresh start. Now is a great time to think about what you can do to help yourself have a successful year. Here are a few ways to get off on the right foot.

Establish a routine

Your summer schedule was probably very different than your school year schedule will be. If you can, start getting into a school routine a few days before you head back to class. This means going to bed early enough to make sure you can get at least eight to nine hours of sleep and waking up early enough to get dressed and eat breakfast before you head out the door. Get into the habit of making a checklist of what you need to remember each day (see the ideas at right).

Set up the night before

To make your mornings go smoothly, think about selecting an outfit and packing your lunch before you go to bed. You can also plan a time to get homework

done each day. Some kids like to complete theirs immediately after school, while others might find that evenings work better. Talk to an adult about what time would be best for you.

Create your workspace

In addition to making sure you have enough time for homework, having a dedicated place to do it can also help you be productive. With an adult's help, pick a quiet place, maybe in your room or in a shared family room, with a desk or table and a comfortable chair. Hang a calendar nearby so you can keep track of important dates like tests and project deadlines. Keep a drawer or basket full of supplies you need, such as pens, pencils, and a calculator. (You can personalize a pencil cup holder with the craft on the opposite page!) An adjustable desk lamp can also help with reading and writing.

Savor summer moments

Fall doesn't officially begin until September 22, so you can still squeeze in more summer fun. Talk to your family about activities you'd like to do one more time. This could be a trip to the local pool, going out for ice cream, or having a sleepover.



Pack up the night before.

3 checklist options



Paper notepad Research shows that writing things down—rather than typing them—can help people remember information better. You can use anything from a plain notepad to a decorative paper planner to make a list of what you need to do for the day.

Notes app If you use a device, a note-taking app is a convenient way to always have your list handy. You can delete items or mark them complete with a check mark emoji.

Whiteboard You can hang a small whiteboard on your refrigerator and write down everything you're supposed to bring to school, like your lunch, water bottle, and keys.