



Finishing The Year Strong

The sun is bright and warm as you walk to school on a crisp spring day. The trees have blossomed and you smell their fragrance. Then you half-heartedly walk inside the school to your locker, greet your friends, and find your way to homeroom. Maybe you can see the playground outside your classroom window. When the windows are open maybe you can hear the sound of other classes enjoying their recess or P.E.

You want to be finished. You long to go outside and relax. Maybe you have friends that are already out of school. I want to encourage you to push through all of these feelings and finish strong even though you might be tempted to not try as hard or stay focused.

Here are some tips to help you finish this school year strong:

1. Focus on your attitude – Don't forget the tremendous opportunity that you have to learn and grow during these last few weeks.
2. Set goals - Perhaps if you work harder during study hall and free time, you will have more time to spend outside in the evenings.
3. Take advantage of nice weather - If you do have homework, set up a table outside where you can work and enjoy the weather, or find a cozy outdoor corner to do all of your reading.

4. Remember what you have worked for – You have worked so hard through four quintiles.... don't allow these last few weeks to ruin all of the hard work that you've already put in.

5. Take a time out - It's o.k. to take a few minute and play, regroup, reset your mind before returning to your studies.

6. Take care of yourself – Continue to make healthy eating choices, get enough rest, and live a life that balances work, play, and rest.

7. Focus on the finish line – It can be helpful to count down the days until the end as long as it motivates you to work hard, knowing that the end is in sight.

8. Have fun – Experience all of the fun end of the year activities from field day to celebrations to end of the year dances and awards.

If you follow these tips you will finish the school year strong and be proud of all of your growth and accomplishments!



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