



## FROM YOUR CFS **Wellness Specialist**



# Finish the School Year Strong

## Strategies for success

As the school year nears its end, motivation for school work can wane due to warmer weather, increased distractions, and a full calendar. The final quarter plays a crucial role in academic progress, so finishing strong is important. Here are practical ways to help your child stay engaged and motivated:

### **1. Create a Countdown Calendar**

Help your child track assignments, tests, and activities with a visual schedule. Breaking tasks into smaller steps reduces stress and provides a sense of progress.

### **2. Maintain Routines for Stability**

Longer daylight hours can make it tempting to relax routines, but keeping a structured schedule for homework, meals, and bedtime fosters success. Re-establishing consistency helps students stay on track.

### **3. Use Small Incentives for Motivation**

Big rewards like summer vacations can feel too far away. Instead, use short-term incentives such as extra screen time or a fun activity to encourage daily effort and perseverance.

### **4. Prioritize Exercise and Movement**

Physical activity boosts focus and energy. After a long school day, encourage some outdoor play, a walk, or active break to enhance concentration for schoolwork and reduce stress.

### **5. Encourage Effort Over Perfection**

Some students feel overwhelmed by end-of-year projects, while others may check out entirely. Emphasize doing their best rather than achieving perfection. Perseverance and responsibility are valuable life skills.

The school year is like a race, challenging yet rewarding. Encourage your child to press forward, knowing that God provides strength for every step. "Let us run with perseverance the race marked out for us." (Hebrews 12:1) By staying focused and seeking God's guidance, students can finish strong.

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