



Start the new school year off
on the right foot with
these tips

Make Back to School a Breeze With Oxford Learning!

For students in grades 9 to 12

In high school, good grades matter more than ever, especially with post-secondary school looming. Students don't have the luxury of waiting until after the first report card to get help if they need it; they need to hit the ground running from the first day of school and ensure every test, every homework assignment, and every project is helping them achieve their academic goals.

Tips:

- ☒ Talk to your teenager. Prepare them for the year ahead and encourage them to be more independent and to take responsibility for their school work.
- ☒ From the very first day of class, students should be using strategies to develop a strong momentum that will carry them throughout the whole year. These include:
 - Being organized
 - Using a planner
 - Developing a homework routine
 - Eating right
 - Getting enough sleep
- ☒ Time management skills are especially critical in high school. The workload increases every year, as do personal and social responsibilities. Balancing an active social life with homework and studying can get tricky — that's why it's critical for high school students to master time management, and master it early on.
- ☒ Start limiting screen time before school begins. Computers, TVs, and cell phones are the biggest student distractions. Studies show that students can spend up to 7 hours per day online. Create a family screen time schedule and make homework — not tech — the priority.

Some school discussion ideas for high school students:

- ☒ Feelings about school, teachers
- ☒ Academic goals
- ☒ Post-secondary school
- ☒ Social pressures

Watch out for: Lack of Motivation

As school work gets harder and pressure mounts, some students choose to disengage completely. Skipping class, ignoring homework, and lack of communication about school can quickly lead to trouble. Keep lines of communication open with teenagers and teachers, and don't ignore warning signs.

