



**BACK TO  
SCHOOL  
2025**

## How to...

**DID YOU  
KNOW?**

The average length of the school year in the US is about 180 days.



# Get organized for school

**Use these tips to prepare yourself for a strong start.**

Whether you have a few weeks of summer left or your new school year has recently begun, you can put some plans in place that will set you up for your best year yet. Here are a few smart strategies that will get you excited about what lies ahead.

### Set yourself up for homework success

Take a few minutes to check out your homework space. Is it comfortable and well lit? Can you easily reach your charger and pencil sharpener? Give it a test run with any summer work you have left. That way, if you need to make changes—like moving a lamp or adjusting your chair—you can do so now. Also, think about what time will work best for you to do homework during the school year. It might be directly after school or after a snack and a break. Talk to a parent about when you do your best work so they can help you stick with that timing.



**Pack lunch the night before.**

### Be smart about your supplies

First, look up your supply list on your school website to see what your teacher recommends. Before buying new supplies, gather any pencils, pens, and erasers from last year. You may also have some binders, folders, and

notebooks at home—you can just tear out any used pages or relabel them for this year.

### Plan your first-week wardrobe

Feeling your best not only on your first day but throughout your first week will keep you confident as you settle into your new schedule. Try clothes on to make sure they fit and feel comfortable. Assemble outfits for the week and arrange them on hangers so they're ready to go.

### Start shifting your sleep schedule

If you've been staying up late and sleeping in, it's time to get back into a regular sleep routine. Change your habits in small increments. The week before school, gradually adjust your bedtime and wake up 30 minutes earlier each day until you're clocking the recommended nine to 12 hours of sleep and still waking up on time for school. You can also get more sleep by doing tasks like making lunch the night before.

### Plan a mini celebration

On the Friday night of the first school week, plan to get ice cream or see a movie with your family. This will let you savor some remaining summer fun while rewarding yourself for a successful start to the school year.

## Goals for the year



Besides getting ready for the first days of school, you can also set long-term goals, like these:

**Join a club** A school club can help you enjoy a hobby more often or explore a new interest, whether it's chess, gaming, or yearbook. Look out for the interest meeting so you can plan to attend.

**Speak up in class** Raise a hand at least once a week in class. Using your voice will give you a confidence boost that will help you contribute to discussions inside and outside the classroom.

**Ask someone to lunch** To get to know a classmate better, invite them to lunch. Also set a goal to be open if someone asks you!