

# ADJUSTING BACK TO SCHOOL:

## Creating a Routine That Works for You

*The start of a new school year is exciting, but it can also feel overwhelming. After a summer filled with late nights, loose schedules, and a more relaxed pace, switching back into school mode takes some effort. If you're feeling a little off balance, you're not alone—but the good news is that with the right routine, you can make this transition smoother and more successful.*

*Let's talk about how you can adjust back to school by creating a schedule that supports your energy, goals, and well-being.*

### Why Routine Matters

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Think of a routine as your personal roadmap—it gives you structure, saves you time, and keeps you on track. When your days are predictable, you feel more in control. You know what to expect, and your mind can focus on learning rather than scrambling to catch up. The earlier you get into a rhythm, the better you'll feel.



#### Step 1: Reset Your Sleep Schedule

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One of the toughest transitions is waking up early again. If you've been staying up late during summer, try gradually shifting your bedtime and wake-up time by 15–30 minutes earlier each day until you're in line with your school schedule. Aim for at least 8–10 hours of sleep each night—your brain needs it to function at its best. To make this easier, turn off screens at least an hour before bed. Use a calming bedtime routine, like reading or listening to soft music. Set a consistent wake-up time—even on weekends—to help your internal clock adjust.



#### Step 2: Plan Your Morning

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Mornings set the tone for your day. When you start in a rush, everything feels stressful. When you start prepared, you're more likely to feel calm and confident.

Try picking out your outfit and packing your bag the night before. Eat a nutritious breakfast—it fuels your body and your brain. Give yourself enough time so you're not racing out the door. Even small steps like writing a quick to-do list or repeating a positive affirmation can put you in a productive mindset.



#### Step 3: Create an After-School Routine

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Once the school day ends, your time is your own—but it's easy to let it slip away. A simple after-school routine helps you stay on top of homework, enjoy downtime, and still get to bed on time.

Here's an easy framework: Give yourself 30–60 minutes to relax, have a snack, and recharge. Then set aside a focused homework block in a quiet space. After that, enjoy some free time and hang out with friends, watch a show, or do something creative. Start prepping for the next day at least an hour before bed to ease into sleep.

If you're involved in sports, clubs, or have a job, factor those into your schedule—but don't forget to build in downtime. You need it.



## Step 4: Use a Planner or Calendar

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Whether you love a physical planner or prefer a digital app, keeping track of assignments, due dates, and activities helps you stay organized. Make it a habit to review your schedule each night so you know what's coming. Planning ahead reduces stress and helps you avoid last-minute scrambles.

Color-coding your subjects or tasks can make things even easier to manage.



## Step 5: Be Flexible and Kind to Yourself

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No routine is perfect, and there will be days when things go off track—and that's okay. What matters is that you get back into your rhythm without beating yourself up. If you find something in your schedule isn't working, adjust it. Routines are meant to support you, not control you.

It's okay to ask for help from parents, teachers, or friends. Celebrate your small wins—sticking to your routine even for a day is a step in the right direction. Everyone adjusts differently—find what works best for you.

## Final Thoughts

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Adjusting back to school doesn't happen overnight, but it gets easier with a little intention and structure. By setting up a routine that fits your lifestyle, you're giving yourself a foundation for success—academically, emotionally, and socially.

This school year is a fresh start. Take the time to set yourself up well, stay consistent, and most importantly, be patient with yourself along the way. You've got this!