



## Back to School Tips to Staying on Track

Learning has been difficult for many students during these uncertain times. Planning and resetting expectations can make all the difference for a student who is struggling. Here are some tips to support your children who may be transitioning back to campus for our Hybrid Learning Schedule.

- Understanding your child's strengths and weakness can help you tackle the challenges.
- Encourage your child to ask for help from their teachers.
- Make organization a priority. Get assignments turned in, backpacks prepared the night before, and be on time for school are a few examples.
- Come up with a plan if there are missing assignments and your child is getting behind. Talk to your teachers, reach out to the counselor.
- Set up regular check-ins with your child and help them face fears in a healthy way with positive feedback and support.
- Turning in something is ALWAYS better than doing nothing. Encourage your child to turn in all of their assignments, even if one of them is not complete.
- Help your child manage mistakes in a healthy way. Move the focus to the solution and ways to avoid making similar mistakes in the future. We are all human and make mistakes!
- Set up morale boosters including time to relax, and plan specific events that your child can look forward to that don't have anything to do with school.
- Don't surprise your child with questions about school. Keep conversations about school a regular part of a routine will help normalize them and make them more predictable. Encourage support and "How can I help?"
- Give kids space to try, fail, and try again! This communicates that you have confidence in your child's abilities, which encourages independence.

As always, please reach out to the Thunderbolt Counseling Office if you need additional support, we are here for you! Contact us by phone 928-854-7477 or email.

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