

Get back to school!

By: Maria Grupińska - Happy Kid Mission leader

Many of us are going to get back to school in the nearest month. A very important topic, which I think is not talked about that much when it comes to going back to school is preparing for it. I don't mean buying school supplies, but preparing your brain, your health - both mental and physical, and getting ready to study this year. Today, I have decided to make a list of 10 activities, that I think everyone should complete before going back to school.



preparing yourself for what you are going to be learning. How much material is there to be covered? Are there any topics, which interest you most? This point is optional, although I think that knowing what's awaiting you in the future might be very helpful during the process of goal setting.

3. **Set meaningful goals.** A point that I enjoy doing at the beginning of the school year is goal setting. I like to make myself a list of goals and once they're achieved cross them out of the list. This is very satisfying + it gives you an idea of how much you have done over the school year.
4. **Set yourself a productive morning routine.** Calculate how much time do you need to get ready for school and how much time do you need to get to school. Thanks to that you are going to know exactly how much

1. Revise the material from your previous grade. Many teachers have the habit of making revision tests from last year to see what their students remember. It's a good way of seeing what you remember. A good idea might be revising the material from last year. This doesn't mean learning everything once again! This means reading through your notes, just to briefly remind yourself what have been learning.

2. Go on the internet and look up the curriculum for this year. A good idea might be mentally

time you need and at what time should you get up and leave your house. You can do the same thing when it comes to your evening routine!

5. **Prepare a meal plan.** An option that I like to add to my daily routine is creating a meal plan. This means, thinking of a couple of meal ideas that are quick and easy to make. If you would like to see some meal ideas, then make sure to check out my Instagram page - @happy.kid.mission. There you can find a lot of breakfast ideas, but also some lunch and light snacks.

6. **Research study techniques.** Again i am going to have to promote the Happy Kid Mission Instagram, since I give a lot of study technique ideas there. Another tip that I could give is watching youtube videos on that topic. This is the way that I use and it's very affective and makes my life a lot easier. Studying before you sleep, whether it is reviewing flashcards or notes, can help improve recall. No one wants to spend more time studying than they need to. Learning effective study techniques can ensure you are fully prepared for your exams and will help curve any looming test anxiety.



Source: commons.bcit.ca

7. **Organise/clean up your desk.** A thing that have saved my life so many times is cleaning up my desk. I am not able to study, while I have a lot of paper laying around, notebooks, and binders. While your desk is clean you can fully focus on your studies. Your mind doesn't fly away from the homework your doing and everything starts making more and more sense.
8. **Organise your time well so that you have time for other activities apart from studying - sports.** A thing that is very important, but often skipped is doing sports and getting breaks from studying. Taking breaks in between studying, actually makes you more productive and you learn more.

9. Go to bed earlier, get up earlier. Waking up earlier leads to faster accumulation of adenosine, making you feel sleepy in the evening hours. Going to bed early improves your chances of completing all four stages of sleep through the four to six sleep cycles, making you feel well-rested and rejuvenated the next morning.

10. Put your phone away. A good idea might be setting yourself a screen time for social media. How many times have you found yourself consumed in your phone, while you should be studying? Probably a lot. Well, I have done it. We all have done it. With a screen time set, we know exactly how much time we have spent on our phone and when should we stop.

That would be all for today, when it comes to the 10 points to getting back to school. I hope that you found this helpful and are going to use it this school year. Below I have left a link to the Happy Kid Mission Instagram and a couple of applications, which are good for school! Thank you!

- Happy Kid Mission on Instagram - <https://www.instagram.com/happy.kid.mission/>
- Notion - <https://www.notion.so/desktop>
- Google calendar - <https://www.google.com/calendar/about/>



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Hi! I am a Happy Kid Mission leader and the Global Awareness Movement Junior ambassador leader. I decided to join this community to share my perspectives and start global friendships.