



Adjust to the New School Year



Prepare in Advance

- Complete summer homework
- Have the books, stationery, and school bag ready
- Check whether the school uniform still fits

Think about the Joy of School Life

- Meet new and old friends, and teachers whom you admire
- Gain new knowledge
- Participate in school activities that you enjoy



Get Back into Routine

- Go to bed and wake up early two weeks before school starts
- Schedule a daily reading time
- Take deep breaths and do gentle stretching exercises before bed to relieve stress

Use Self-Talk to Stay Motivated to Study

- When self-doubt arises in your academic progress, aside from solving problems, you can also encourage yourself,

“As long as I keep putting in effort, I will make progress!”



Build a Reliable Support

- Share about school life with your family
- Talk to teachers and school social worker
- Form a reading club with classmates to encourage each other

