



Back-to-School Tips: Middle and High School Students

Starting a new school year, whether at the same school or a new one, often brings a mix of excitement and nerves—and that's totally normal. As you move through middle and high school, you'll be expected to take more responsibility for managing your time, staying organized, and keeping up with assignments. It's okay to feel unsure at times—growth happens when you challenge yourself.

Creating a Dedicated Study Space

One of the best ways to succeed is by creating a dedicated, comfortable study space at home. Choose a spot that's quiet, well-lit and free from distractions where you can fully focus on your work. Keep your supplies organized and within easy reach so you can quickly get to what you need without interrupting your flow. Having a consistent place to study helps your brain know it's time to focus.

Using and Syncing Your Planner

Using a planner is another essential tool. Find one that fits your style—whether paper or digital—that lets you track daily classes, homework assignments, tests and extracurricular activities. Don't forget to sync it with your family's calendar too so, you don't miss appointments or events. Regularly updating your planner will keep you on top of deadlines and reduce last-minute stress.

Building a Study Routine and Asking for Help

Building a steady study routine is key to staying on track and reducing last-minute stress. Try to do your homework and review regularly at times that work best for you. Be realistic about how long assignments take and start big projects early by breaking them into manageable steps, so you don't get overwhelmed. Setting small goals along the way helps you stay motivated and see your progress. And remember, asking for help when you don't understand something is a smart and responsible move—don't hesitate to talk to your teachers, friends or tutors before things get overwhelming. You're not alone, and getting support early makes a big difference.

The new school year is a fresh chance to build habits that will help you succeed now and in the future. By thoughtfully setting up your space, managing your time well and seeking support when needed, you'll create a strong foundation for learning and growth. Remember, every small step you take toward staying organized and focused truly adds up over time.

BHS provides referrals to qualified mental health professionals that can help. Call BHS at 800-245-1150 to speak to your designated Care Coordinator about your benefits and options for support.