

A photograph of a classroom setting. A female teacher with blonde hair, wearing a white patterned blouse, is leaning over a desk, smiling and pointing at a tablet held by a young female student with dark hair. The student is also smiling and looking at the tablet. Other students are visible in the background, slightly out of focus.

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 completely normal. As you move through middle and high school, you'll take on more responsibility for managing your time, staying organized and keeping up with assignments. One of the best ways to set yourself up for success is by creating a dedicated study space at home. Choose a quiet, well-lit area that's free from distractions, and keep your school supplies organized and within easy reach. Having a consistent place to study helps your brain recognize when it's time to focus.

Stay Organized and Manage Your Time

Using a planner is one of the most effective ways to stay on top of your responsibilities. Whether you prefer a paper planner or a digital calendar, keep track of classes, homework, tests and extracurricular activities in one place. It's also helpful to sync your planner with your family's calendar so you don't miss important appointments or events. Along with staying organized, build a regular study routine by setting aside time each day to complete homework and review class material. Break larger assignments into smaller, manageable steps and set small goals to help you stay motivated while avoiding last-minute stress.

Ask for Support and Keep Growing

Remember that asking for help is a sign of responsibility, not weakness. If you're struggling with an assignment or feeling overwhelmed, reach out to a teacher, friend or tutor before the problem grows. You don't have to figure everything out on your own, and getting support early can make a big difference. The new school year is a fresh opportunity to build habits that will help you succeed both now and in the future. By creating a productive study environment, managing your time well and seeking help when needed, you'll build a strong foundation for learning, confidence and personal growth. Every small step you take toward staying organized and focused adds up over time.

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