



MBES

Counselor's Corner

Spring Fever!

I think we are all ready for Spring to get here after these past couple of months of freezing weather and sickness! When the weather starts to warm up it is important for the kids to get outside, but it can become more difficult for them to balance schoolwork and homework. We must help them remember that they are still in school and must stay focused for a few more months. Here are a few tips on how to help your children concentrate on school until summer arrives...

- ❖ **Set Realistic Goals:** We talk with the students all the time about setting goals. Help your child break down long term assignments into manageable parts. Do this with tests as well. Discuss the importance of studying a little every night so they aren't overwhelmed the night before the test.
- ❖ **Create a Study Area:** Have your child help create an "office" where they can be away from distractions. Encouraging them to help make the office will make them more motivated to use it!
- ❖ **Take a break:** Schedule a short break between assignments. Make sure your child is aware of how long the break will last, so they know when it is time to start working again.



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- ❖ **Motivate:** Encourage your child during frustrating times. Acknowledge his/her frustration and be supportive. Reinforce the strategy of skipping a hard problem and coming back to it at the end.
- ❖ **Create a countdown calendar:** This is a fun way to count down the days because time is a hard concept for children to grasp. I've make a paper link chain with the amount of days before and each night we've ripped off 1 link.
- ❖ **Acknowledge Achievements:** Sometimes work is hard. By helping your child recall past achievements it will help encourage them to do their best. Discuss their feelings related to these past achievements. Also, help your child realize it is ok to ask for help. Things will be challenging at times, but with practice it can become easier.