

HOW TO HELP YOUR STUDENT THROUGH ACADEMIC FATIGUE



LOW BATTERY
PLEASE RECHARGE



As we transition into the middle of the school year, students will begin to experience school burnout. Below are some tips to help prevent academic fatigue and break up the monotony in your student.

EXERCISE

Provide your student with the opportunity to rest their mind and engage in activities that allow their blood to circulate. Activities such as stretching, walking, or running.

HEALTHY EATING HABITS

Ensure your student has a well-balanced diet. Students who have healthy eating habits are more likely to perform academically due to certain vitamins and minerals ingested. Healthier eating habits also boost energy to focus during a long day of instruction.

REST

Allow your student to let their minds rest. Whether engaging in low-impact activity or doing nothing at all allows their brains to recharge. If they are already experiencing academic fatigue taking a break or switching their mental gears can be helpful as they plan to refocus to finish out their school year.

EMBRACING SOCIAL ENGAGEMENT

Interacting with peers outside of school is great for your student. Students are expected to be quiet, so they do not miss instructions. However, having the opportunity to express themselves or with their peers at an appropriate time matters as well. This is a great opportunity for students to explore their self-learning as well as with their peers.

GOAL SETTING

Talk with your student on what their goals are for the year. Their game plan to excel? What do they want to accomplish this year? Help your student set at least two attainable goals for the school year and do frequent check-ins to ensure they have the support they need.

TIME MANAGEMENT

Communicate how to prioritize tasks. Students need parental assistance prioritizing responsibilities in and out of the classroom. Communicate with your student about deadlines. Assist them with planning out their schedule to prevent them from feeling overwhelmed.

AWARENESS OF SCHOOL CONTENT

Take the opportunity regardless of what age group your student is to do family activities that are enjoyable. (ie., Performing arts shows, museums, indoor trampoline parks, outdoor activities, etc.)

HIGHLIGHT YOUR STUDENT'S STRENGTHS

Recognizing and praising them for their strengths goes a long way. It'll help build their self-confidence and create a safe space to provide feedback.