

The Importance of Fourth Term for Students

It is the time of year when students (and parents!) begin to get spring fever and long for the days of summer which are just around the corner. While we are all thrilled with the prospect of summer vacation, it is important to remember there are still school responsibilities to take care of, deadlines to meet, and things to complete before we can languish in the summer sun! The following are a few suggestions that all parents should keep in mind as they guide their child(ren) down the home stretch path of the fourth term.

- ❖ **Don't let up!** Continue to hold your child accountable in their daily school work, tests, and projects. If needed, check your child's homework for completion and encourage nightly study for upcoming tests. Also, call teachers or your child's counselor if you should notice a dip in grades or focus. It is always better to be preventive in your approach than to wait until something spirals out of control when contacting school personnel.
- ❖ **Limit afterschool activities!** There are a lot of spring sports and activities in which students are involved. Oftentimes, students can become over committed with activities and extra-curricular involvement. It is the parent's responsibility to rein their child in so that these activities do not begin to usurp his/her academic commitments. A child that is over scheduled will not be able to spend the time needed with his/her schoolwork. Therefore, the results at the end of the fourth term could be disappointing.
- ❖ **Eat balanced meals and get plenty of rest!** This suggestion speaks for itself; however, because all families tend to be extremely busy this time of year, it is really important to remember this tip. Our bodies are fine tuned, complex machines. They must be appropriately nourished and rested in order to perform optimally.
- ❖ **Study for final exams in advance!** Final exams are fast approaching. Please do not allow your child to wait until the last minute to prepare for these tests. The best thing students can do presently to prepare for exams is keep up with daily school work, study hard for weekly tests, and seek teachers' assistance at the first sign of trouble. As exam time approaches, encourage your child to begin organizing his/her notes, make flash cards, and complete study guides in a timely fashion.

Finally, remember the end of the school year is in sight. Try to help your child remain focused, and do not allow spring fever to be too pervasive. The finish line is in sight, and the race is almost complete! The key to success for the fourth term is perseverance!