



• Establish Connection • Develop Awareness • Take Responsibility • Extend your Reach!

SCHOOL-LIFE BALANCE

For Students

Establish Connection:

- Quality time with family and friends is directly related to your emotional well-being and builds trusting relationships.
- Connecting with trusted adults helps build communication skills and is tied to making healthy choices; two essential skills that help foster positive relationships.

Develop Awareness:

- Explore personal interests beginning in middle school; connect interests with the courses you select and extracurricular activities in which you choose to participate.
- Broaden post-high school plans to include multiple options related to education and career.
- Do not compare yourself to others; You are each unique and have your own interests and strengths.

Take Responsibility:

- Be responsible for choosing what school experience you want to have; it is not just about the end result, but also the journey along the way.
- Be mindful and choose courses wisely; time availability, interests, physical and emotional well-being should all be taken into consideration.

Extend your Reach!

- Communicate your needs and concerns and let others help you; by doing so you are building resources and a support system.
- Asking questions and listening can help broaden your perspective and toolbox of skills that lead to long-term success.

SCHOOL-LIFE BALANCE

For Parents

Establish Connection:

- Encourage time with family and friends to build student self-worth and emotional well-being.
- Model and teach self-advocacy (verbal communication) and self-care (healthy choices).

Develop Awareness:

- Encourage and support the exploration of personal interests; help to connect personal interests with courses, and extracurricular activities without pressure to do more than is manageable.
- Help to broaden post-high school plans with multiple options related to education and career.
- Do not compare your student to others; each student is unique and has their own interests and strengths.

Take Responsibility:

- Help students adjust when changes to time availability, interests, or physical and emotional well-being occur.
- Be mindful of student's school-life schedule; students should be challenged but not overwhelmed.

Extend your Reach!

- Keep lines of communication open with your student; ask questions and listen.
- Build your parenting support system by communicating with family, friends and utilizing resources at your student's