

Counselor's Corner

Finish strong!

Have you ever heard this before? It's been a few years since I've run a race or been a student, but I have heard parents, coaches and teachers say it: FINISH STRONG!

How about START STRONG? What would that look like? I have a few suggestions.

Source, sustenance and summit

Begin with boundaries

- a. Firm bedtimes
- b. Firm rules about phones off and away from bedrooms at night
- c. Firm expectations about starting, checking, finishing and handing in homework (it's not ridiculous to remind your child "Don't forget to hand in your homework!")

Continue with consistency

- a. Check your consistency with the boundaries every week (I like Sunday check ins: how did everyone do on boundaries last week?)
- b. Change or correct things that aren't working

Be open to the process!

I always tell students: you don't arrive in (4th) grade knowing how to "ace" (4th) grade work. Part of learning is failure. Failure in life is necessary. Expect it, learn from it, allow it to motivate you.

So, there you go. Start strong. Stay with it. *Find the helpers* if you feel things starting to slip.

Please feel free to contact me anytime at karenslundy@gmail.com if you have any questions or concerns. I'm here to help!!

Karen Lundy, ICS School Counselor
The Teaching Never Stops!