

Tips to help you adjust to school life, Its challenges and its rewards!

Set Realistic Goals - What do you hope to accomplish by going back to school? Come up with some clear, specific goals - such as to secure a better-paying job or to get a diploma. Then, with those goals in mind, realize that there are some other things that, realistically speaking, are not going to get done during the time that you're in school. This might mean that your house won't be perfectly clean, or that the bathroom isn't going to get painted until the semester break, and that's okay.

Create a vision of what you want your life to be like during, and after, you graduate. This vision will help you create the life you want and give you the motivation necessary to keep going should things get rough. Set the rules for family life while you're in class. Think about what you want it to be like on a daily basis.

Be Organized - Your time is going to be even more limited than it already is. One of the best things that you can do for yourself is prepare in advance, do this by getting yourself into a regular routine. Use a large calendar to keep track of schedules and events to help with the adjustments with starting school and throughout the year. Select clothing and have them laid out the night before. Hair accessories, backpacks zipped and ready, lunches made or at least decisions about what will be in the lunch, and determining weather-appropriate attire helps to minimize morning madness. The key to most changes in life - and going back to school is no exception - is thorough preparation. The reasons for a return to school are varied but by taking a few simple preliminary steps you can make it a success!

Recruit Support - If you're enrolling in school it's a good idea to make use of your support system or quickly assemble one. There will be times when your children need you and you have to study for an exam at the same time. What will you do? If you simply ask for assistance from people like your spouse, mother or a friend, you'll probably find that the people in your life will help. Let your family know that they are a priority and your distraction with schoolwork is only temporary. Prioritize your time well so you can be there when things pop up - because they will.

Get familiar with the campus - Get to know how the system works. Do you know how to log in to the school's system? Do you know where your classes are located, as well as other offices such as financial aid and admissions? Preparing before the first day can help you adjust to school, especially if it's been a while since you were a student!

Plan For Your Future - With a little planning, financial aid, and support, it can be easy for adults young and old to return to school. As long as you remain dedicated to your education and watchful of your finances, you should be able to earn the degree or certificate you've been hoping for.

Congratulations! - It takes real ambition to return to college. You should be very proud! The decision to return to school is life-changing. Keep your goals in mind as you face your challenges and get your family's support. Furthering your education is not easy, but it's definitely worth it. Lots of other people are doing it successfully and you can too!

Manage Test Anxiety

No matter how hard you've studied, tests can be stressful. There are lots of ways to manage your anxiety, assuming you're prepared, of course, which is the first way to reduce test stress. Resist the urge to cram right up to test time. Your brain will function more clearly if you:

- Arrive early and relaxed
- Trust yourself
- Take your time
- Read the instructions carefully
- Answer the questions you know easily first, then go back to the harder ones

Remember to breathe! Breathing deeply will keep you calm and relaxed.