

Next Semester Quick Start Checklist

A calm, clear way to decode this semester — and plan the next one

No Overwhelm

No Perfection

Just Clarity

Just Essentials



Check the Emotional Weather

- ☐ Did your child come home exhausted or emotionally drained most days?
- ☐ Did stress build as the semester went on?
- ☐ Were there big mood shifts at the same points each week?
- ☐ Did weekends feel more like recovery than rest?

Look for patterns — not one-off bad days.



Look Beyond the Grades for Patterns

- ☐ Were there subjects where school felt much harder than it should?
- ☐ Did missing work pile up in certain classes?
- ☐ Did homework regularly take way too long?
- ☐ Did they ace tests but bomb assignments — or the reverse?

Patterns matter more than letters.



Review Executive Function Habits

- ☐ Trouble starting work
- ☐ Forgotten assignments or materials
- ☐ Needs constant reminders
- ☐ Work only happens with an adult nearby
- ☐ Big emotional reactions to “simple” tasks

Executive function struggles are developmental — and teachable.



Teacher Comments = Clues (Not Conclusions)

Common translations:

- “Works hard” → effort is high, something invisible is making it harder
- “Capable but inconsistent” → skills or executive function need support
- “Missing assignments” → organization, memory, or overwhelm
- “Could participate more” → confidence or processing load

This isn't judgment. It's data.



Spot Assignment Clues

- ☐ Where did the missing work stack up or take way too long
- ☐ Which subject drained them the most
- ☐ What kind of work only got done if you were right there?

If any of those lit up like a little warning light....

keep going to page 2

Small Changes can Transform Next Semester

Next Semester Quick Start Checklist Cont.

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Assess Core Academic Skills

- ☐ Before looking forward, look at skills and concepts needing supports
- ☐ If your child struggled in math, look for...
 - ☐ Fact Fluency slowing down problem-solving
 - ☐ Concepts they memorized but didn't really get
- ☐ If reading or writing got rocky...
 - ☐ Check comprehension, writing structure, spelling and stamina
 - ☐ Did reading or writing lead to frustration, avoidance or shut downs?



Fix the Systems That Made Things Harder Than Necessary

- ☐ Morning routine:
 - ☐ Calm ☐ Chaotic ☐ Somewhere in between
 - ☐ Homework rhythm:
 - ☐ Predictable ☐ Stressful ☐ All over the place
 - Tech & tools:
 - ☐ Helpful ☐ Neutral ☐ Actively making life worse
- 👉 Keep what helped.
- 👉 Fix what almost worked.
- 👉 Toss what added friction.

Keep the next semester feeling calmer, clearer and more predictable!

Check what fits. Skip what doesn't.
You're looking for patterns — not perfection.



Build a Proactive Next Semester Plan

- ☐ Before looking forward, look at skills and
- ☐ Choose 1 academic skill to support
- ☐ Add 1 executive-function support (timer, checklist, routine)
- ☐ Set 1 predictable routine for the hardest part of the day
- ☐ Reset communication with teachers before problems pile up

Small systems > big promises.



Bonus: Check in With Your Own Capacity

- ☐ What's one thing I cannot repeat next semester?
 - ☐ Where did I feel the most stretched?
 - ☐ What support would actually reduce stress — for me?
- Parents don't burn out from not caring.
They burn out from carrying too much alone.

Need help decoding this? Scan to book a session

