

Back-to-School 2025: Tips, Trends, and Fresh Starts

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As the summer sun fades and the crisp air of autumn approaches, it's time for one of the most exciting (and sometimes hectic) times of the year: Back-to-School. Whether you're a student stepping into a new grade, a parent preparing for the morning rush, or a teacher welcoming fresh faces, this season marks a new chapter full of opportunities, growth, and fresh routines.

Returning to school isn't just about shopping for supplies—it's about preparing mentally and emotionally for the months ahead. Setting clear goals early can make the transition smoother. Students can jot down three key things they want to achieve, while parents can plan supportive routines to help kids stay on track.

Focus on Progress, Not Perfection

Instead of trying to get everything perfect from the start, view the school year as a journey focused on improvement. Celebrate small victories—such as completing a difficult homework assignment, answering a question in class, or making a new friend—these successes help build confidence over time. Mistakes are also part of learning, and each challenge is a chance to grow. Celebrate small wins—finishing a tough homework assignment, answering a question in class, or making a new friend—as they build skills over time.

The start of a school year is also a chance to create new friendships and strengthen old ones. Encourage open communication, inclusivity, and kindness—it goes a long way in creating a positive school environment. A great question starter for the new school year is, "What are you looking forward to in the new school year"?

For Parents and Guardians

Your role in the back-to-school journey is vital. Create a family calendar to track assignments, projects, and activities. Stay engaged with your child's teachers and check in regularly—not just when problems arise.

Back-to-school season is a reset button—a time to embrace new challenges, explore possibilities, and grow. With the right preparation, a touch of organization, and a positive mindset, the 2025 school year can be the most rewarding yet.

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