

Five Ways Teachers Can Finish the Year Strong

1. Recognize and accept what is required at the end of the year. Sometimes just mentally recognizing this is the case and not bemoaning the fact or denying it, helps immensely. Know you will put in some extra time planning, grading and going to end-of-year activities. Let friends and family know you may not be available until the school year ends.

2. Know your triggers and plan for them. What do you dread most about the end of the year? Spend a few minutes reflecting on what is the most difficult part for you and come up with a plan to make it easier.

3. Organize Your To-Do List. Whenever you feel you have the weight of hundreds of tasks on your mind, sit down and write them all out. Just getting them all out of your head will relieve stress. And, oftentimes, there will be fewer things than you expected.

4. Make sure you have the important items covered. When we get overwhelmed, it's easy to forget that not all tasks carry the same level of importance. There are a few things essential to closing out a school year. Usually, these include giving final assessments, grade reporting, and other end-of-year paperwork. There are many other things that feel like they should be done but just aren't necessary.

5. Celebrate the success of individual students. If you've been keeping data throughout the year, you have evidence of how much your students have accomplished. Celebrate them individually or as a group. You could write notes to the students who have made exceptional strides, print out their individual reports and ask them to reflect on the year and what their achievements mean to them, or hand out gold star badges to the entire class and throw a party to celebrate them for reaching their goals.