

A Reflection for When the School Year is Over

The end of a school year comes with highs and lows. You are finally done with your classes and papers and projects and finals. You desperately need a break. And yet, leaving campus and the community you've experienced comes with a lot of emotions. It is okay to feel both happy and as you end a school year and transition into the summer ahead. This guide is designed to help you reflect on the year you just completed, while also looking ahead to what is next.



Take a moment to get settled where you are at. Get comfortable. Try to be present in the moment. If you have things that keep coming to mind, write them down so you can come back to them later. Pause to take some deep breaths. Enjoy that you have a few moments of silence to yourself. Once you feel settled, feel free to begin.

First, take some time to think about your year. What were some highlights? Where were you able to thrive? What were some challenges? Is there anything you still need to grieve from the year?

What did you learn from both the highs and the lows of your year? Write those down. Spend some time in gratitude for what you have learned.

Take some time to reflect on how you are feeling transitioning into a new season. What emotions do you have about ending the year? Write down all that you are feeling regarding this transition. It's okay (and totally normal!) to feel a mix of emotions during this time. Name those and don't be afraid to feel them all.

Finally, spend some time looking ahead to what's next. How are you feeling about going into summer? Are you looking forward to it? Are you anxious or dreading it? Use this space to process all of those feelings.

What are some tangible steps you can take to help prepare you for the summer ahead? How can you build simplicity into your summer routine? Thinking ahead and planning for your summer priorities can go a long way in helping to make this summer one of your best yet!



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