



How to Make Going Back to School Easier for Yourself

Returning to school as an adult can be a huge undertaking and a challenge. Stress, motivation, financial concerns, and other distractions can quickly derail your progress. But don't let them stop you from achieving your dreams! Here are five tips to help make returning to school easier.

Research Potential Scholarships and Grants

There is no better way to take the financial burden off your shoulders than by researching scholarships and grants you may qualify for. You may be surprised at what is available- some don't even require applications or essays! By taking advantage of these funds, you can significantly reduce the money you need to cover tuition.

Connect with a Mentor

Having someone understand what it's like to return to school as an adult can make all the difference in the world. Connecting with a mentor who has been through this experience before can provide invaluable guidance and support throughout the process. Plus, having someone cheering you on and motivating you never hurts when things get tricky!

Invest in Organization Tools

Organization is vital when balancing work, classes, social life, and studying for exams. Investing in organizational tools like calendars, planners, reminders, etc., can help keep track of assignments, due dates, and test date reminders so that nothing falls through the cracks, and everything stays on track. Here are a few digital options:

- [Using Trello to track college assignments](#)
- [Stay organized with Evernote](#)
- [Top 10 tech tools to help keep students organized](#)

Take Advantage of Online Tutoring Services

It's impossible to know everything about every topic in school- which is why online tutoring services exist! If there's any subject you feel like you could do with extra help or guidance, take advantage of tutoring services available online. You will likely find great resources like video tutorials or one-on-one sessions with experienced professionals eager to help!



Utilize Your Local Library

Your local library is an excellent resource for research materials and studying in an environment free of distractions- but best of all, it's free! Check out books about topics related to your studies or use the library for its Wi-Fi connection if needed. Take advantage of this space whenever possible; it could be just what you need when it comes to crunch time studying sessions before exams! [Find local libraries in your area.](#)

Take Time for Yourself

We often forget this vital step, but taking time for ourselves is essential when going back to school as an adult worker. Scheduling breaks from studying helps us stay motivated and energized during our studies instead of feeling burnt out after long hours spent working or studying without any breaks in between. Taking care of ourselves should always come first, so remember this important step no matter how busy your schedule gets!

Going back to school as an adult doesn't have to be stressful or overwhelming! With these five tips – research potential scholarships/grants; connect with a mentor; invest in organizational tools; take advantage of online tutoring services; utilize your local library; take time for yourself – going back to school will become much easier on yourself mentally and financially. Good luck on your journey toward higher education!





5 Surprising Truths About Going Back to School as an Adult

Returning to school as an adult can be a daunting experience, but it doesn't have to be. In fact, many unexpected joys and opportunities come along with furthering your education later in life. With that in mind, we've compiled 5 surprising benefits you might discover during your journey back to school as an adult – which could make the entire experience worthwhile. We'll look at each situation below, so read on for more about these hidden treasures waiting for you on the back-to-school path!

You May Feel Out of Place

One of the surprising things adults going back to school should expect is that they may feel out of place. This is perfectly normal, as it can be challenging to adjust to being in an educational setting after being out of school for several years. However, you can do a few things to help make the transition easier. First, try to find other adults who are also returning to school. You can connect with them online or in person and share your experiences. Additionally, try to be understanding and patient as you adjust to your new surroundings.

You Will Need to Study More Than You're Used To

Another thing adults going back to school should expect is that they will need to study more than they're used to. This is because, as we age, our brains become less efficient at retaining information. Therefore, creating a study schedule that allows you to review material regularly is essential. Additionally, find active ways to engage with the material, such as by participating in discussions or working on projects. [6 Study Tips for Adult Learners](#).





Your Classmates May Be Younger Than You

One of the surprising things adults might discover when they go back to school is that their classmates may be much younger than they are. This can be an adjustment. Still, it's important to remember that everyone is there to learn and deserves respect. If you struggle with this, try to focus on the positive aspects of having younger classmates, such as their energy and fresh perspectives.

The Workload May Be Intense

Another thing adults should be prepared for when returning to school is that the workload may be intense. Colleges and universities expect students to juggle responsibilities like attending classes, studying, and working on projects. If you feel overwhelmed, don't hesitate to reach out for help from your professors or classmates. Additionally, try to take time each day to relax and recharge.

You Will Need Support

Finally, one of the most important things adults returning to school should know is that they will need support from family and friends. This support can come in many forms, such as help with childcare or financial assistance. Additionally, having someone who understands what you're going through and can offer emotional support when needed is essential.

You can also find mental health support, coaching, and skill-building for resilience, mindset, and more through your Uprise Health EAP benefits by visiting the Member Resource Center. Available topics include:

- Sharpening your skills in mindfulness, mindset, and stress management with self-paced courses through your Uprise Health app
- Learning how to best balance life and school with 1:1 coaching sessions with Certified Health and Wellness coaches
- Discovering new skills through monthly personal development webinars