

# How to End the Year on a High Note (Even If You're Exhausted)



Let's be real by the end of the school year, most school-based therapists are running on fumes. You're juggling evaluations, makeup sessions, IEP meetings, and maybe even a few end-of-year surprises. The paperwork pile is growing, your sticky notes have sticky notes, and summer break can't come soon enough.

Before you completely unplug (and you *should* unplug!), take five minutes to reflect on how this year went. This isn't about judgment. It's about checking in with yourself so you can set up next year to feel just a little easier. Start with this quick 10-question quiz to figure out what worked, what didn't, and what one small change might make a big difference next time around.

## Quick Self-Reflection Quiz: How Did This School Year Go?

Choose the answer that best reflects your experience this school year.

### **1. When it came to session documentation...**

- A) I was on top of it and rarely felt behind.
- B) I did okay but had a few frantic catch-up sessions.
- C) I was usually behind and it stressed me out.
- D) I avoided it until I absolutely had to.

### **2. IEP season made me feel...**

- A) Calm and prepared—I had everything ready.
- B) A little scattered but I pulled it together in time.
- C) Overwhelmed—I scrambled to find data.
- D) Completely underwater—I barely survived.

### **3. My weekly therapy schedule was...**

- A) Clear and easy to follow.
- B) A bit flexible, but mostly worked.
- C) Frequently shifted or got interrupted.
- D) All over the place—I never really settled into one.

### **4. Make-up sessions were...**

- A) Logged, tracked, and completed regularly.
- B) Tracked okay, but I missed a few.
- C) Mostly undocumented—I lost track.
- D) What make-up sessions?

### **5. I kept track of my travel time and visits...**

- A) Consistently—I logged everything.
- B) I tried, but missed a few weeks here and there.
- C) I kept notes, but not in one place.
- D) I didn't track it and hope no one asks.

**6. My therapy materials and equipment were...**

- A) Organized and ready when I needed them.
- B) Usually accessible, with a few frantic searches.
- C) Scattered across schools, bags, or rooms.
- D) A mystery—I improvised most of the time.

**7. My attendance records were...**

- A) Updated regularly and easy to reference.
- B) Mostly accurate, though I had to backtrack a few times.
- C) Incomplete or inconsistent.
- D) Sporadic at best—I know I missed stuff.

**8. My CEUs and licensure tracking this year...**

- A) Totally up to date and documented.
- B) I have the info—I just need to organize it.
- C) I think I met the requirements, but didn't track it.
- D) I'll deal with it when I renew... maybe.

**9. I used planning tools this year (like planners, calendars, or logs)...**

- A) Every week—it helped me stay grounded.
- B) Off and on, but it helped when I used it.
- C) I started but didn't keep up with it.
- D) I didn't use any—and I wish I had.

**10. I feel about next school year...**

- A) Ready and even a little excited to plan.
- B) Cautiously optimistic—it depends on my tools.
- C) Nervous—I want to do better but don't know how.
- D) Dread. Just dread.

## Score Your Results - Self-Reflection Quiz

### **Mostly A's – You had a strong, steady year.**

You've built solid systems that work for you. Keep doing what works—and consider setting one new goal next year to continue growing. Your Therapy Planner can help you stay consistent and focused.

### **Mostly B's – You made it work, but it was a little messy.**

You held things together well, but some parts of your routine could use more structure. The 2025–2026 Therapy Planner is designed to help you streamline scheduling, tracking, and documentation—all in one place.

### **Mostly C's – You've been in survival mode.**

You're not alone. Next year, start with tools that reduce stress, not add to it. Use a planner that keeps everything—IEPs, session notes, logs, and goals—in one easy-to-reference place.

### **Mostly D's – This year was rough.**

You did what you could. If you're craving a fresh start, one small change—like setting up your Therapy Planner before fall—can make a real difference. No pressure, just progress.

## One Small Step to Start Fresh

You don't need to overhaul your whole system this summer. But if you want to feel a little more prepared (and a lot less overwhelmed), start by downloading or printing your [2025–2026 Therapy Planner](#) today.

It includes:

- Monthly check-in and reflection pages
- Weekly and daily schedule templates
- Attendance trackers

- Travel logs
- CEU tracking
- IEP prep forms and documentation tools
- Equipment lists and more!

## **10 Strategies to Start Strong Next Year**

Whether your year was smooth, scattered, or stressful, these simple strategies can help you start next year feeling more confident and in control:

- **Set Up a Weekly Documentation Time**  
Block out 15–20 minutes a few times a week just for notes and logs—treat it like a non-negotiable appointment.
- **Use Monthly Goal Pages**  
Choose one small professional or personal goal each month and jot it down in your planner. Progress over perfection.
- **Track Missed Sessions as You Go**  
Use a make-up session log to avoid end-of-year scrambling. Color-coding by student or reason can help, too.
- **Preload IEP Dates in Your Planner**  
Add in all known IEP meetings at the start of the year. Leave space for prep time the week before each one.
- **Keep Your Travel Log in One Place**  
Whether you visit multiple schools or classrooms, tracking mileage and visits consistently saves time and headaches later.
- **Log CEUs Immediately After the Event**  
Use the CEU tracker in your planner to record the name, date, and hours—no more digging through inboxes later.

- **Do a Monthly Reflection Check-In**

Use monthly worksheets in your planner to jot down what's working, what's not, and what to tweak. These notes will save you during busy seasons.

- **Use a Materials Checklist**

Keep an inventory of equipment or therapy materials at each location so you don't lose time (or tools!) throughout the year.

- **Make Monday Morning Setup a Routine**

Take 5 minutes at the start of each week to review your schedule, notes, and to-do list. It sets the tone for a calm week.

- **Write Encouraging Notes to Your Future Self**

Leave reminders or positive affirmations in your planner—like “Don't overbook this week” or “You're doing great.”

Take a breath, reflect, and give yourself credit: you made it through another year. Now give future-you a head start with just one small, supportive step

