



Back-to-School for Families and Students | *Article*

Heading Back to School as an Adult Learner

Many adults return to school to finish a degree, learn new skills or train for a better job. Nearly one in four college students today are over age 25 (National Center for Education Statistics). Going back to school later in life is a big step, but with the right support, it can help you reach your goals.

The Juggle is Real

Time management is one of the biggest challenges for adult learners. Many work full time or part time. Some are raising children or caring for family members. School becomes one more task in a very busy schedule.

Using a planner or digital calendar can help you keep track of classes, work and family time. Set small weekly goals, like reading two chapters or finishing one assignment. Small steps can help you make progress without feeling overwhelmed.

If you have ADHD or a learning disability, you may qualify for accommodations. These may include more time on tests, a peer tutor or a note taker. Talk with your doctor about a treatment plan. It may include therapy or medication if needed.

Money matters

Paying for school can feel stressful. Tuition, books and supplies add up, but support is available. Many adult learners qualify for grants, scholarships or financial aid. Some employers offer tuition help for workers who want to build new skills.

Start by filling out the FAFSA form to learn what aid you can receive. Then talk to your school's financial aid office. They can explain your options and help you plan.

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National Center for Education Statistics

LCT-244-20260716



Back-to-School for Families and Students Toolkit

Visit [LucetHealth.com](https://www.LucetHealth.com) for more resources.



Brush up on your study skills

If it has been years since your last class, your study habits may feel rusty. Here are a few simple ways to build them back up:

- Take notes by hand to improve memory
- Study in short bursts — try 25 minutes of focus, then take a break
- Join a study group, even online
- Ask your instructor questions when something is unclear

A quiet space and regular study times can also make a big difference, whether your classes are online or in person.

Involve your family

If you have kids, going back to school may become a family effort. Talk with them about your goals and why school matters to you. Let them see you studying. This shows that learning continues at every age.

It's also important to celebrate your progress. Passing a test, finishing a semester or staying on track are wins worth sharing. When your family supports you, it becomes easier to keep going.

Returning to school as an adult is not easy, but it is a brave and meaningful choice. With planning, support and clear goals, you can open the door to new opportunities.

#BackToSchool #StudentMentalHealth

If you or your kids need help with mental health at school, you can contact the [National Alliance for Mental Illness](#) by calling 1-800-950-NAMI (6264) or text NAMI to 62640.

Reviewed by Medical Director, Doctor of Medicine and Director of Clinical Operations.

