

High School **YEARS**

Working together for lifelong success

Short Clips

▶ Boost math confidence

To improve your teen's confidence in his math skills, share these tips. Encourage him to ask questions in class. Suggest that he go for extra help (before or after school, during lunch period, in study hall) when he needs it. Tell him to be sure he learns the concepts behind the numbers, rather than simply memorizing formulas.

▶ Finding family time

Whether your teens are freshmen or seniors, you probably see less of them than ever. Look for everyday ways to spend time together, such as running errands or sharing chores. Also, join in activities they enjoy, like visiting their favorite music store.

▶ Suicide prevention

Suicide is the third leading cause of death among people aged 15 to 24. When a young adult says things like "I'd be better off dead" or "I won't be around much longer," it's important to take the statements seriously.

▶ Worth quoting

"Success consists of getting up just one more time than you fall."
Oliver Goldsmith

▶ Just for fun



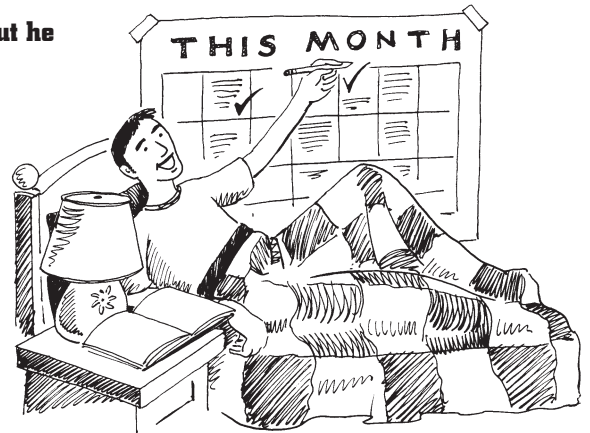
Parent: What will it take to get you out of bed this morning?

Teen: About 45 minutes.

Let's get organized!

John has a quiz tomorrow, but he can't find his notes. He thought they were in his backpack. If he doesn't find them, he'll probably get a bad grade.

It doesn't have to be this way. With a little effort, students can get organized. Keeping things together gives them more time to focus on homework, family, and hobbies. Share these methods with your teen.



Plan of attack

Discuss the upcoming month with your high schooler. What assignments are due? When will he do homework, chores, and extracurricular activities? Have him write everything down on a monthly calendar. The more advance notice he gives himself, the better prepared he will be.

Tools on hand

Suggest that your teen keep a different-colored notebook and folder for each subject. He can use notebooks for taking class notes and folders for storing returned homework and assignments. Also, have study supplies at home (dictionary, paper, pens, pencils, highlighters, and calculator). When it's time for homework, your high schooler will have everything he needs.

Nightly routine

Does your teen have trouble remembering what to take to school each day? Try having him put everything in one spot the night before. Or, he can make a list (homework, gym clothes, trumpet, etc.) to check before he goes to school. Preparing at night will make mornings go more smoothly. 👍

Take your seat

Attendance counts

Want a surefire way to help your teen get off to a super start this school year? Make sure she attends school every day with these tips:

- Show how learning relates to real life. If your teen thinks a skill is useful, she's more likely to learn it. *Example:* Planning a vacation draws on research skills.
- Tell your child not to skip a class because she's struggling. Offer to arrange for tutoring, or suggest that she find a study buddy.
- Find out your school's attendance policy. Let the school office know you'd like to be alerted if your teen misses a class. 👍



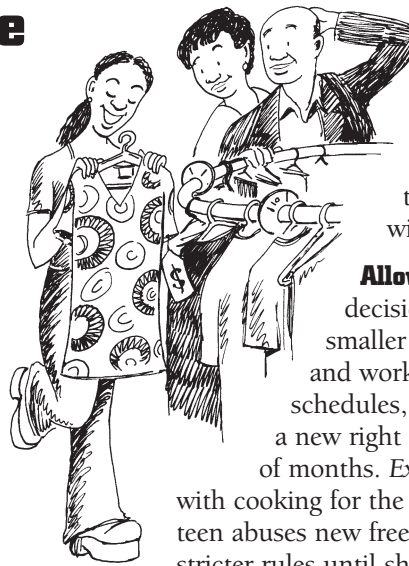
Guidance vs. independence

Finding the balance

One of the biggest challenges of parenting teens is knowing when to loosen the rules and when to tighten them. The payoff to striking the right balance? Helping your teen grow into an adult who's responsible and can make decisions. Try these suggestions for balancing freedom and control.

Decide which rules can't be compromised. For example, you can probably accept your high schooler deciding her own bedtime. But will you put up with her driving 20 miles over the speed limit? Set clear rules and consequences for those areas you won't budge on.

Negotiate flexible areas. Listen to your teen's input and pick rules you both can live with. *Example:* She can have



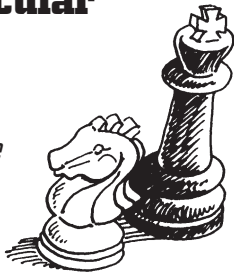
her girlfriends sleep over as long as they clean up any mess the next morning. Also, listen to her side of a situation. You don't always have to change your mind, but be willing to think it over.

Allow your teen to make more decisions as time goes by. Start with smaller matters (hairstyles, clothes) and work up to larger issues (class schedules, managing money). Try granting a new right and responsibility every couple of months. *Example:* a later curfew along with cooking for the family once a month. If your teen abuses new freedoms, you can go back to stricter rules until she shows she can be trusted. 👍

Extracurricular activities

A good way to spend free time

How can your child cure the boredom blues and make school more enjoyable? By getting involved in after-school activities. From sports to chess, extracurriculars...



- ▲ help teens make friends;
- ▲ provide the opportunity to learn teamwork and responsibility;
- ▲ fill time in a positive way—so kids are less likely to get into trouble;
- ▲ may lead to better attendance and grades.

Note: Suggest that your teen check with school staff as well as your local parks and recreation department or youth center for information about available programs. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Parent to Parent! No drugs!

My son Andy desperately wanted to attend a friend's party. I was worried about other teens there using drugs, so I decided we should talk.

First, I reminded him that I am against illegal drug use of any kind. Even drugs some high schoolers may think are "harmless," like marijuana, can damage a growing body and mind. I explained that getting high can also lead to dangerous behavior such as car wrecks, falls from windows, and sexual harassment.

Then, Andy and I talked about ways to say no. For instance, since he plays soccer, he could say using drugs would get him kicked off the team. He could also pretend not to hear an offer and walk away without responding. Andy seems relieved to have an "out" if pressured, and I feel better now that we've talked. 👍



Q & A On course for college

Q My daughter is just starting high school. How can we be sure she takes the right classes for college?

A Planning early and staying in touch with the guidance counselor will help ensure that your daughter takes the class she needs. You could also check with a few colleges (call the admissions

office or visit their Web sites) for course requirements.

Different colleges have different standards. Generally, they like students to take four years of English; multiple courses in math, science, history, and foreign language; and a few classes in computers, PE, and the arts (drama, music, painting). More and more, colleges want to see students stretching themselves by taking higher-level courses, such as honors and advanced placement classes. Challenging electives in subjects like economics and psychology are smart choices, too. 👍

