

High School 1 YEARS

Working together for lifelong success

Short Clips

Science fun

What makes curve balls curve? How do skateboarders jump over obstacles? Your high schooler can find answers to these questions and more at the Exploratorium, a science museum with a great Web site (www.exploratorium.edu).

Inside organization

For an indoor activity the whole family can try, make a game out of “decluttering” your house. Set a timer for five minutes and see who can find the most things to throw away before it rings. Check easily cluttered spaces, like counters and backpacks.

Movie monitor

If your child asks to see a questionable movie, check out its content first by reading online reviews. Sites such as Movie Mom (<http://movies.yahoo.com/moviemom/>) have ratings and their explanations in detailed reviews.

Worth quoting

“The surest way to unlock the essence of a person is to look at what he or she likes to do and does well.”

Arthur F. Miller Jr.

Just for fun

Teacher: Mary, do you ever have trouble making decisions?

Mary: Well... yes and no.



College admissions secrets

With more students than ever before earning good grades in high school and heading to college, competition for a university spot can be tough. Entrance-exam scores and grades are the biggest factors that colleges consider when reviewing applications. But there are other important ways teens can stand out in the crowd. Share these ideas with your high schooler.

Show the real “you”

Schools want insight into your personal qualities. Let your character shine through in application essays by discussing something that’s important to you, such as a difficult time you’ve overcome. Letters of recommendation can also reveal your character. Choose people who know you well enough to share meaningful praise, and give them plenty of time to think about what they’re going to write.

Put leadership on display

Outside activities demonstrate your interests and potential. In addition to extracurriculars like sports and clubs, you might also want to consider community service or volunteer work. *Hint:* Give most of your time to only a few groups to show that your commitment is serious.

Let them know you’re interested

Make an effort to let schools know you really want to attend. Visit the campus, or interview with an admissions



officer. Colleges may pay more attention to applicants who seem eager, because they’re more likely to attend than other students who apply but decline acceptance later on. 👍

Plugging into alternative colleges

Suppose your teenager doesn’t want to go to a four-year college. Steer him to helpful Internet sources to get him thinking about alternatives.

Search4CareerColleges connects students with “career schools” that provide training for jobs requiring less than a four-year degree. Look for programs by state and subject. You’ll also find occupations and salary ranges in fields from accounting to welding. www.search4careercolleges.com

Technical Schools Directory links students to technical schools and associate-degree programs by state. You can explore programs by area of study, including culinary science, medicine, Internet and computers, advertising, and electronics. www.techschooldirectory.com 👍

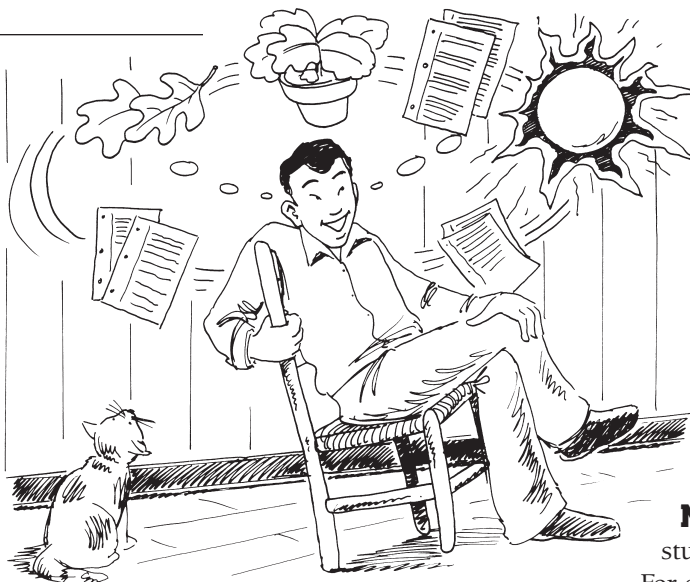


Total recall

High schoolers may think they know what they've studied and learned—until it comes time to remember it on a test. These tips can help your teen.

Learn it right the first time. Don't hesitate to ask questions if you don't understand lecture or textbook material. When you learn incorrect information, it's hard to "unlearn" and replace it with the right information.

Know what you need to know. Make a study sheet by writing down only the information you need to remember.



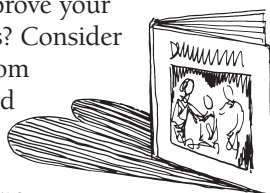
Or highlight important items in your notes so you can quickly recognize what you should review.

Say it out loud. For formulas, definitions, or other information you need to memorize, look away from your notes and recite the information aloud. Try explaining big-picture concepts to a study partner in your own words.

Make a mental picture. As you study, picture an image in your mind. For example, if you need to know how plants produce oxygen, try to "see" the process. Recalling images during an exam will help you remember the information. 👍

Positive parenting style

Want to improve your parenting skills? Consider some advice from Jane Nelsen and Lynn Lott, authors of



Positive Discipline for Teenagers. Their book offers a "kind and firm" approach to parenting. This parenting style helps parents communicate more successfully with their teens while teaching them important skills that will prepare them for adulthood.

Try this exercise from the book. Start by thinking about a time when you rescued your teenager. *Example:* Your child forgets to take a report to school and calls you at work. Since he'll get a zero for not turning it in on time, you skip a meeting to take him the paper.

Then, think of a way you could handle the situation differently next time. *Example:* You could tell your teen, "I'm sorry. I have a meeting. I know you worked really hard on the paper. What can you do to keep this from happening again?" By not rescuing your child, you will be teaching him to be more responsible. 👍

Parent to Parent Chores checklist

My teenager used to do chores half-baked. A friend suggested that I do the work with my son a couple of times, and then make a step-by-step checklist for him.

"Be specific," she said. "Asking Josh to put the dinner plates in the dishwasher will work better than saying, 'Clean the kitchen.'" I decided to give it a try.

First, I showed Josh how I want the dishwasher loaded after dinner. Then, working alongside him, we wiped down the table and swept the floor. Finally, I wrote the steps on an index card and taped them inside a kitchen cabinet. That way, I can say, "Check the list," instead of nagging him about the job he's doing.

My son may not clean the kitchen exactly the way I do, but his efforts sure have improved. 👍



Q & A Acting on impulse

Q My teenager constantly makes decisions without thinking them through. How can I teach her to think before she acts?

A Teens often live in the moment, making choices that seem right at the time but that they may regret later on. Explain to your daughter that thinking before reacting will help her make better decisions. For example, choosing to think overnight about buying a CD, instead of purchasing it on the spot, gives her time to remember that she needs to save her money to help pay for her car insurance.

You can also talk about situations in which your child reacts too quickly. If she jumps at the chance to do something with a friend and forgets she has a meeting at school, suggest that she say, "Let me look at my calendar," before saying yes to her friends.

Learning to experience delayed gratification can help, too. Encourage your high schooler to set and work toward goals that take time, such as saving for a special trip. 👍



OUR PURPOSE

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

Resources for Educators,
a division of Aspen Publishers, Inc.
3035 Valley Avenue, Suite 103, Winchester, VA 22601
(540) 723-0322 • rfeustomer@aspenpubl.com
ISSN 1540-5605