

# High School **YEARS**

Working together for lifelong success

## Short Clips

### Family writing fun

Create family memories and nurture your child's writing skills at the same time. How? On a piece of paper, write down your thoughts about an event, such as a family outing or holiday you shared. Ask your teen to write his memories on the page below yours.

### Lost and found

Does your teenager constantly misplace things? Have her create a storage space for items like her student ID and house keys. She could have a bowl on her desk or a hook on her wall. That way, she'll always know where to look.

### Mood tip

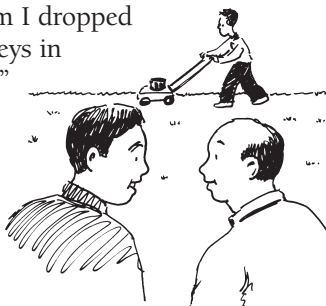
Help your teen avoid getting down in the dumps with this tip. Suggest that he think of more than one reason that something negative happened. Considering different possibilities will make the situation less likely to be upsetting. *Example:* "Sam didn't return my call. Maybe he's working or at band practice."

### Worth quoting

"Of all the properties which belong to honorable men, not one is so highly prized as that of character."  
*Henry Clay*

### Just for fun

"I told him I dropped the car keys in the yard."



## Taking notes

Your teen may know that good lecture notes pave the way to good grades—they help students understand and remember what's taught in class. But your child may not know about the different note-taking methods he can try.

Share these popular formats with your high schooler.

### Cornell Method

Draw a vertical line two inches from the left side of your paper. Write class notes on the right. Later, use the left-hand side to write key phrases or questions from the material. To study, cover the notes on the right, look at the key phrases and questions on the left, and see if you can recall the information.

### Outlining Method

Use this format to record notes so they look like an outline—broader topics on the left, points about each topic indented to the right. The more specific the information, the further it should be indented. To review, cover indented material, and quiz yourself on the topics to the left.

### Mind-Mapping Method

Diagram your notes to show how ideas relate. For example, write the main topic in the center of the page and circle it. Add key points outside the circle. Then, circle each key point, and draw lines connecting them to the main topic. Write supporting details under each key



point. Cover these "branches" to drill yourself on the key points. 👍

## Questions for conferences

Attending parent-teacher conferences lets your teen know you take her schooling seriously. To get the most from the meeting, make a list of questions before you go.

### If there's a learning or behavior problem:

- When does the problem occur?
- What do you think is causing it?
- What have you tried, and what can I do at home?
- Can we meet again to check on my teenager's progress?



### If the teacher reports no problems:

- Is there a special goal you'd like my child to achieve?
- Does my child do anything that surprises you?
- What is my teen reluctant to do? 👍

# Resolving angry feelings

When your teen is upset with you, does she explode? If she ends up yelling and screaming, it may be hard to help her resolve her feelings. Her anger will have a better chance of subsiding with these tips:

- Listen despite the delivery. When your child starts an angry tirade, focus on the message by writing down what she says. Then, tell her what you think she's saying, and ask if you're correct. Try not to defend yourself as you listen—you need to find out why she's mad, and she needs to get the feelings out.
- Validate your teenager's feelings by putting yourself in her shoes and empathizing with her. *Example:* "I understand you'll be embarrassed when you have to leave the party early. I would probably feel the same way."
- Explain your stance. "We agreed you'd have an earlier curfew tonight if you missed curfew last weekend. My job is to



teach you responsibility, so I have to stand by my decision." Even if your child's not happy with your answer, she'll feel respected for being heard. 👍

## Attendance "red flags"

The earlier you catch a school attendance problem, the better. Some schools have limits on how many days students can miss before being suspended or given failing grades. Keep in mind that your child may be skipping school if he:



- Never brings books home and insists he has no homework.
- Spends all his time at home with friends and on entertainment.
- Hangs around with kids who have dropped out or get poor grades.
- Puts more energy into a part-time job than into school-related activities.

If you think your teen is missing classes, talk with him calmly and find out his reasons. Then, contact the guidance counselor. Together, you can come up with a plan. For example, you might ask the school for a daily attendance report. Also, check with the parents of your child's friends to make sure he isn't at their houses during school hours. 👍

## Q & A Future hot jobs

**Q** I worry about the job market my teen will face when she graduates. How can we find out which occupations are apt to be in demand?

**A** One of the best sources is the U.S. Department of Labor's *Occupational Outlook Handbook*, available in libraries or online at <http://stats.bls.gov/oco>. Updated every two years, this resource discusses which lines of work will grow the most over the next decade. It also lists details about dozens of careers, including the training needed and the job outlook for each.

According to the latest edition, job growth through 2012 will mainly occur in service industries, such as health care, technology, and education. *Examples:* medical assistants, social and human service assistants, network systems and data communications analysts, and postsecondary teachers.

*Editor's Note:* Ask the school's guidance department about additional occupation resources. 👍



## Parent to Parent Nutrition for teens

My son has always been in good shape, so I was never concerned about his diet. But when his friends started watching their carbohydrate intake, he asked me to buy low-carb food for home.

I talked to my teen's pediatrician. He said my still-growing son should focus on eating servings from all the food groups. He also told me teenage boys need 2,800 calories a day

(and teenage girls 2,200). He suggested I read an online brochure ([www.pueblo.gsa.gov/cic\\_text/food/food-pyramid/main.htm](http://www.pueblo.gsa.gov/cic_text/food/food-pyramid/main.htm)) that explains each food group and suggested servings.

I shared the information with my teenager. Now he's not so concerned about having low-carb food at home—and I feel good knowing I'm providing well-balanced nutrition. 👍



### OUR PURPOSE

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

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