

High School **YEARS**

Working together for lifelong success

Short Clips

Stay connected

Get in touch with your teen's school counselor early in the school year. Ask about ways to stay informed about how your child is doing and who to contact if any problems arise. You'll have a relationship in place when you need it.

Shared reading

Here's a quick tip to get your high schooler interested in reading. Share something you've read: a Dear Abby column you found interesting, a comic that made you chuckle. Your teen will see that reading is enjoyable—and the two of you will have something to talk about.

Chore secret

Does your teenager have amnesia when it comes to remembering chores? Try putting her allowance in an envelope and removing a dollar for each forgotten task. You may see her memory improve quickly!

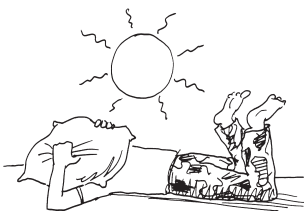
Worth quoting

"About the only thing that comes to us without effort is old age."
Gloria Pitzer

Just for fun

Teacher: How fast does light travel?

Student: I don't know, but it sure gets here early in the morning.



Ready, set, homework!

Does the start of a new school year make you think of homework headaches? Now's the time to help your teen begin habits that can head off hassles. Try these ideas.

Say "when"

Allow your teen to decide when she wants to study, but consider enforcing a nightly quiet time (45 minutes or so) even if no homework is assigned. This will help your child stick to her routine and give her an opportunity to review class notes and work on long-range projects.



Set the mood

Help your high schooler create an inviting place to work—one with a comfortable chair and a large desk or table for spreading out books and notebooks. Stock the area with plenty of supplies (paper, pencils, calculator, dictionary, thesaurus, atlas).

Study smart

Suggest that your teen start with his hardest subjects first, when he has more energy. If he needs to call a friend about an assignment, give him a timer to set so he doesn't spend his study time chatting.

Play a part

You shouldn't do your child's homework, but you should gauge how things are going. Help her create a calendar with test dates, report due dates, etc. *Tip:* Keep an eye on these dates. If you think she's having trouble, talk to her about it. And ask teachers in those classes to send you weekly updates. 👍

Teens and alcohol

Teenagers use alcohol more than all other illegal drugs combined. You can influence your teen's choices. How? Simply by talking.



- Ask your child what he knows about teen drinking and how he feels about it.
- Discuss the consequences. If your teen drinks, she may do things that are embarrassing and dangerous. And if she gets caught, she could lose friends when their parents find out.
- Brainstorm ways for your high schooler to say no. *Example:* "No way! My parents won't let me borrow the car again."

For more information, visit www.niaaa.nih.gov/publications/makediff.htm. 👍

Taking the grief out of writing

Whether creating a one-page essay or a ten-page report, students can make writing less painful by doing a good job of prewriting (planning and researching). Share these strategies.

Time it right. Often, high schoolers don't realize how much time the writing process takes: finding a topic, outlining, writing a first draft, revising, and proofreading. Suggest that your teen set dates for each step, leaving time for more than one revision.

Focus the topic. Let your child know that too broad a topic may offer more information than she can review. Too narrow a topic may not have enough. She should consider the length of the assignment and how much material exists—and always confirm her topic with the teacher before doing in-depth research.

Soak up the subject. The more your teen knows about his topic, the better he'll be able to write. He can interview experts; consult books, magazines, newspapers, almanacs, government or historical documents, and Internet sites; and watch TV programs or videos.



For more help, check reference books like *Writers Inc.* and *Schaum's Quick Guide to Writing Great Research Papers.* 👍

Choosing extra-curriculars



Extracurricular activities can make school more enjoyable and strengthen skills like teamwork. How can you help your teen find and schedule after-school activities?

■ Your child should start by checking with the school guidance counselor. For detailed information, talk with teachers who serve as activity advisors. Find out what's expected (attending regular meetings) and if there are any fees or requirements (age or grades). He could also call local community centers, chambers of commerce, and nonprofit groups or churches.

■ Help your teen choose activities based on what he likes and how much time he has. Consider school and work schedules, and suggest that he factor in downtime. He'll learn more by taking an active role in one or two groups (such as helping to plan events) than having a less active role in several. 👍

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

Parent to Parent Personal responsibility

My teenage daughter used to have a tough time getting out of bed. I would nag her to get up in the morning. The rushing and tension started everyone's day on a bad note.

This school year, I had my daughter sign a contract. It says that waking up and getting to school is her responsibility. If she hits the "snooze" button on her alarm clock and misses the bus, she has to find a friend to take her. If she misses class, I won't call the school attendance office for her or write an excused absence.

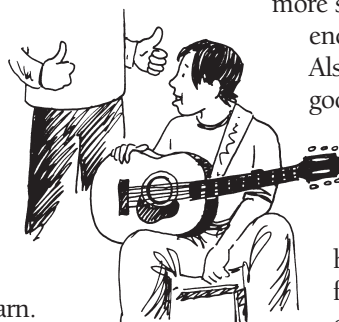
So far, she has missed the bus only once. And our mornings are a lot more peaceful now that my teenager knows the ball's in her court. 👍



Q & A Words of encouragement

Q My teen gets discouraged when things don't work out the way he planned. How can I encourage him?

A Let him know that being a teenager is about learning how to live, not already having it down pat. Without disappointments, no one would ever get the chance to learn.



When your high schooler tries and fails, explain that good things can come from bad situations—learning to be more sensitive to others when he experiences being left out, for example. Also, suggest that he think about his good qualities by listing his positive traits (name a few if he has trouble getting started).

Finally, your teen will know you believe in him when you let him make decisions and do things for himself. Give him plenty of chances to practice. 👍