

High School YEARS

Working Together for Lifelong Success



Short Clips

Good morning, music!

With mornings growing darker, your teenager may find it harder to wake up for school. Suggest that he make a playlist of energizing tunes to help him get going. He could wake up to the first song, brush his teeth to the next selection, and get dressed during another one.

Grateful for you

The holidays are a perfect time to think about what you're grateful for. Why not tell your child what things you appreciate about her? You might say, "I really enjoy your company" or "I admire how dedicated you are." She may not show it, but she'll enjoy hearing the ways she's appreciated.

Dating etiquette

When your teen goes on dates, encourage him to display good manners. He should go to his date's door, greet her parents, and let them know the plans for the evening. This shows respect—to the date and to her parents—and helps him make a good impression.

Worth quoting

"It takes courage to grow up and become who you really are."

E.E. Cummings

Just for fun

Q: Why can't you tell a joke while standing on ice?

A: Because it might crack up!



Winning homework habits

Good grades are built on a foundation that includes solid homework habits. Encourage your teen to establish routines like these so she stays on top of her homework all year long.

Schedule time daily

Your high schooler should plan to spend 1–3 hours a day on homework and carve out specific times for it. She might make a dent in it during study hall or free time (while waiting for a ride after volleyball practice, for instance). Then, she could settle in for more homework time before or after dinner. *Hint:* She'll concentrate best if she avoids social media and works away from distractions like the TV or siblings playing video games.

Set priorities

Knowing what to focus on will make your teenager feel more organized and help her get more done. Before she starts, she should look over assignments and make a to-do list, in order of importance. Suggest that she start with things that have to be done immediately. When



those assignments are finished, she can move onto the items due later in the week or the month.

Focus on quality

Let your child know you expect her to do her best work. Have her review directions to make sure she understands the assignment. If she's unsure of something, she might check with classmates or try other resources like links listed on class websites. Finally, she should be sure her work is readable and neat—and safely tucked away to turn in on time. 👍

Trimming college tuition

You're happy your child wants to go to college—but concerned about how to finance it. These tips can help:

- Earning college credits now can shave off a little college tuition. See if colleges on your teen's list accept AP or dual-enrollment credits. For example, a child who wants to go out of state may be better off taking AP courses if dual-enrollment credits only apply in-state.
- Ask college financial aid offices about special circumstances. If other siblings will be in college at the same time or a parent is unemployed, your teen may qualify for additional aid. He could also look for targeted scholarships for students who have done community service or who have certain illnesses, for instance.
- Compare tuition, fees, and living expenses *after* he receives financial aid packages. That way, he'll know the bottom line for each school. More expensive schools may offer more aid. 👍



Show empathy

Can your teen walk a mile in another person's shoes? Having the ability to empathize with others will make your high schooler less likely to take part in bullying and more likely to respond if a classmate is bullied. Here are ways to develop empathy.

Use news to talk about feelings. Current events can help him practice putting himself in someone else's place. If tornadoes destroy homes elsewhere in the country, discuss how it would feel to lose your home in the blink of an eye. If he were in that situation, what would he want others to do?



Use feelings to solve problems. When conflicts occur, have your teen focus on the feelings behind them. If he and his sister argue, they could take turns using "I statements" to explain how they feel. ("I get frustrated when you close the tabs I had open on the computer.") He'll learn to see things from someone else's point of view.

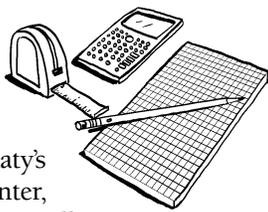
Use names for feelings. Talk about emotions so it's easier for him to recognize them. ("I bet you were *disappointed*." "Do you think you may be *jealous*?") Being aware of his feelings—and naming them—will help him be more sensitive to others' emotions. 👍



Parent to Parent Numbers: Part of the job

The other day, my daughter Katy got frustrated with an algebra problem and said, "I'm never going to use this anyway!" I didn't want her to stop applying herself because she didn't see the point of what she was learning.

I thought it might help her to see that adults use math in all kinds of jobs. Katy's uncle is a carpenter, and I asked him to talk to her about his experience. He explained that he needs a good grasp of math to measure materials, calculate dimensions, and estimate costs.



I also looked online for how people in other careers use math. Katy and I were both surprised that cartoon animators rely on trigonometry to help them make characters move and that computer programmers use fractions and equations for coding. Now Katy knows that no matter what career she pursues, she may end up using math more than she thought. 👍

Conference know-how

Parent-teacher conferences are an important way to find out more about your teen's performance, and daily life, at school. Get the most from your conference with these steps.

1. Consider the format

Will the conference include your child? Will you meet with all of her teachers or just one? Knowing what to expect will help you prepare.

2. Discuss strengths and weaknesses

Listen as teachers describe what your high schooler is doing well and areas where she needs to improve. Share any concerns, and talk about how to handle them.

3. Get insight into behavior

Ask teachers how your child acts in class, including how much she participates and how she gets along with others.

4. Plan next steps

Your teen's teachers can give you ideas for supporting her learning. Seek advice about how you could help—they will be happy to have you as their partner. 👍



"I deserve it!"

Q Lately, my son seems to think he should get what he wants. I don't want to raise an entitled teen. Help!

A When someone feels entitled, he believes he has a right to something even if he hasn't earned it. To combat this attitude, help your son understand that life is about give and take. You can point out that an employer

wouldn't give a worker a raise for doing nothing. That person has to work for a promotion by doing a good job.

Try to get the point across by how you respond to your son's requests. Say he asks for more privileges, a bump in allowance, or an expensive pair of sneakers. Avoid giving in just to make him happy. Instead, talk it over, and say yes or no depending on what you think is best. He may not like your answer, but he'll learn that he won't always get his way. 👍



OUR PURPOSE

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

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