

High School **1** YEARS

Working together for lifelong success



Short Stops

Be a role model

When your child talks about people she likes, such as a friend, teacher, or coach, ask her what traits she admires in each one. Maybe they are loyal or honest. Then, encourage her to focus on being the same kind of person herself so she can be a role model to others.

Outdoor winter fun

Cold weather doesn't have to keep your teen from getting outside for fresh air and exercise. He might gather friends for a game of Frisbee, baseball, or football. Or he could put on layers of clothing and go running or biking. If it snows, suggest that he help younger siblings build a snowman or a snow fort.

The big picture

If your high schooler pressures herself to get high grades, she may be discouraged by a less-than-perfect score on a paper, project, or quiz. Help her keep it in perspective by pointing out that it's only one grade and reminding her of other accomplishments. Then, listen if she wants to discuss how she can do better next time.

Worth quoting

"What you do makes a difference, and you have to decide what kind of difference you want to make."

Jane Goodall

Just for fun

Q: Why did the alien leave the party?

A: Because the atmosphere wasn't right.



Study on

As a new year begins, suggest that your high schooler take stock of his study routine. Is he spending enough time studying? Is the time he's putting in paying off? Share these ideas for effective studying that can save him time and frustration—and lead to better results.



Plan, don't cram

Rushing to study just before a test won't serve your teen well. To handle tests and quizzes in multiple subjects, he needs to divvy up studying so he does some every day. Reviewing the same information (notes, math formulas) more than once will help store concepts and facts in his long-term memory. Also, he'll be calmer and more confident knowing he's on top of things.

Do more in less time

Many students think they spend hours studying, when in reality they aren't getting much done. Encourage your student to set a specific time to

do his work. He can use a timer to get into the habit of starting and ending at a certain time. Also, he should work away from noise and distractions (turn off the TV and his cell phone).

Get motivated

Students don't always feel like doing schoolwork. That's why learning to motivate themselves is so important. Your child might write his own "Top Five Reasons to Study" and post them on the wall by his desk ("I feel good when I'm finished," "It makes test taking easier"). If he's having an especially hard time getting started, he might tackle an easy assignment first to gain momentum. 👍

I wouldn't miss it!

Teens who attend school regularly have stronger bonds to their school and are more likely to graduate. Good attendance also creates a habit that can carry over into work later. Consider these tips:

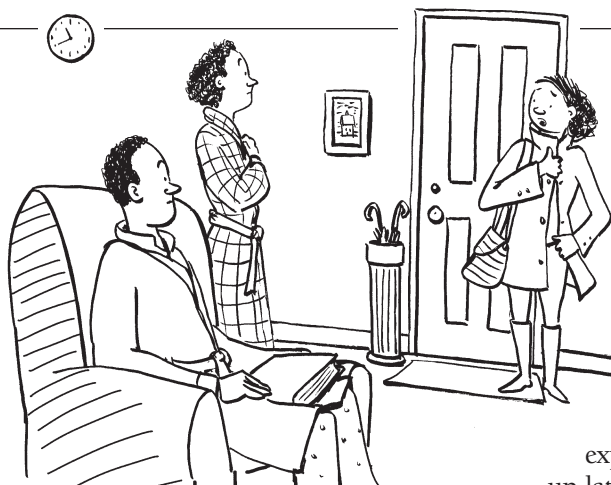
- Set expectations. Being out for even a day or two a month can hurt your child's performance. Tell her that the only acceptable excuses are illness, family emergencies, or pre-approved college visits.
- Discuss consequences. Point out that missing school means she'll have to make up coursework in several classes. If she falls far behind, she may have to retake courses in summer school or next year.
- Keep in contact. Write notes or call attendance lines for excused absences so the school knows your child's not skipping. If she does skip class, contact the school so you can create a plan to get her back on track. 👍



(Re)building trust

You set a curfew for your teen, and she comes home an hour late. How should you respond? Teens often push boundaries and test limits as part of growing up—and that can be upsetting. When it happens, try these three steps.

1. Get the facts. Ask your child for her side of the story. Maybe she had a flat tire, or maybe



she was embarrassed to tell her friends her curfew was earlier than theirs. Knowing the reason can help you decide what to do.

2. Explain that trust has been damaged. Let her know why you're upset. ("You didn't hold up your end of the bargain. That makes us think we can't trust you.") You might also explain how it affected you. ("We stayed up late worrying and didn't get enough sleep to get up for work in the morning.")

3. Let her gradually earn it back. Give her the chance to rebuild trust a little at a time. You might try an earlier curfew, and if she abides by it, go back to the original one. Knowing she can regain freedom gives her something to work toward. 👍

Word detectives

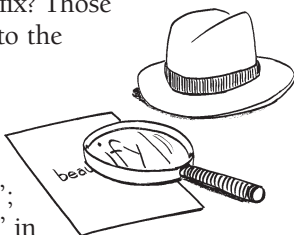


Your teen encounters an unfamiliar word in a book or on an exam. How can he tell what it means? Having strategies to decipher words will help him in high school and on college entrance exams.

Suggest these ways to figure out the meanings of new words.

Connect to known words. Does the term relate to another word he knows? That word's meaning may give valuable clues (knowing the definition of "punish" could help him define "punitive").

Pull the word apart. Does it contain a prefix or suffix? Those add meaning to the root word (the prefix "micro" in "microchip" means "small"; the suffix "ify" in "beautify" means "to make"). *Tip:* Your child can Google "root words" to find lists.



Use visuals. Check illustrations, pictures, charts, tables, and graphs in the text. That context may clear up the meaning of specific words. 👍

Q & A Break-up etiquette

Q *I was disappointed when I heard that my son broke up with his girlfriend on Facebook. How can I encourage Brandon to be more thoughtful in the future?*

A Facebook and texting have become such a big part of teens' lives that they don't always see a reason to speak in person or even by phone. Tell your son that while communicating this way may be fine for day-to-day matters, serious issues should be handled with more care. You might ask him how he'd feel if the roles were reversed—would he want to find out on Facebook that he no longer had a girlfriend?

Even if it's awkward, breaking up in person shows more respect for his girlfriend and the relationship they had. Tell him he could simply say he doesn't want a commitment and suggest that they still be friends. Even though she'll probably still be hurt, she'll feel more valued hearing it from him face-to-face. 👍



Parent to Parent Affording college

My 11th-grade daughter wants to attend college. Although she's a good student, she isn't likely to get a scholarship, and I can't afford four years of tuition, room, and board. At the same time, I don't want Kyla borrowing so much money that she'll have trouble repaying it.

I suggested that Kyla talk with the school counselor. He told her that she could

get her associate's degree at the local community college and then transfer the credits and finish her last two years at a state university. Not only is the tuition much lower, she can live at home. Even with the cost of a car, gas, and insurance, we could save a lot of money.

My daughter and I are both happy to know she can earn a degree—without taking on a lot of debt. 👍



OUR PURPOSE

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

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