

High School YEARS

Working Together for Lifelong Success



Short Clips

Great question!

Being able to ask questions is a thinking skill that high schoolers need to succeed in school and on the job. Have your teen list questions as she does homework. Then, she can pose the queries—or others she comes up with—during class discussions. She will work on forming ideas and also show the teacher she's interested.

Veterans Day lessons

As Veterans Day approaches on November 11, use the holiday to help your teenager learn about members of the armed forces. Suggest he visit veterans' senior centers or assisted living facilities to read to vets and listen to their stories. Or he might attend events commemorating those who served in the military.

Practice in public

Good public speaking takes practice. If your high schooler has to give a speech, let her rehearse the presentation in front of you, other relatives, or friends. When she finishes, she should ask for audience feedback. These run-throughs will help her be well prepared and more poised for the real thing.

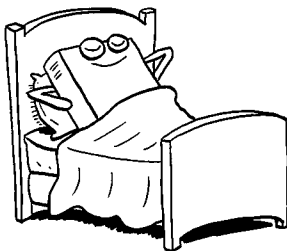
Worth quoting

"Fall seven times, stand up eight."
Japanese proverb

Just for fun

Q: Where do books sleep?

A: Under their covers.



Rules that work

When it comes to setting boundaries for your high schooler, the best rules are ones that teach him how to live responsibly and remain safe. Consider these guidelines.

Curfew

Set a curfew, and make it a rule that your teenager also tells you where he's going, who he's with, how he's traveling, and what he expects to be doing. Then, if he wants to stay out later because, for instance, a game went into overtime, he should call you for permission.

Communication

Always keep lines of communication open. Whether you're talking about spending, dating, work, or free time, create a "rule" for your child and yourself that he can come to you with questions or concerns. Let him know that he's allowed to be honest with his thoughts



and feelings and that you'll try to guide, not criticize.

Consequences

Good or bad, consequences provide teachable moments. Tell your teen that the more he's able to follow the house rules, the more freedom he'll have (getting the car more often, for example). If a punishment is necessary, tell him what it is (say, he is grounded for the weekend), and then stop talking. Listening to what he has to say without justifying yourself further will let him express himself but show there's no negotiating. 👍

Tips for tests

Share these strategies to help your teen do her best on tests and quizzes.

Change the order. Encourage your teenager to look through the entire test and do the easiest parts first. That will give her confidence to tackle the harder areas.

Read the questions. Remind your student to read every question all the way to the end. She should never assume what a question is asking until she's read the whole thing.

Redirect nervousness. Point out that any nervousness she feels shows she cares. Then, suggest that she redirect that energy away from worry and toward her work with thoughts like "I know this" or "Just answer one question at a time." 👍



Writing for a real audience

Whether your teenager is writing a paper for an assignment or an item for the school yearbook, she should target her work to her reader. Suggest that she ask herself these questions as she sits down to write.

Who is my audience? Considering who she's writing for will help your teenager find her "voice." If she's writing an article for the art club newsletter, she can think about what her fellow artists would be interested in knowing. For a letter to



reviewing wireless speakers on a shopping site, she might use words like "amplifier," "upper register," or "design." 🍷

her younger cousin, she would use simpler language that an elementary school child will recognize.

What's the lingo?

Encourage your teen to think about the words and phrases she chooses. Her vocabulary should match the field she's writing about. For instance, if she's

Ways to get fit

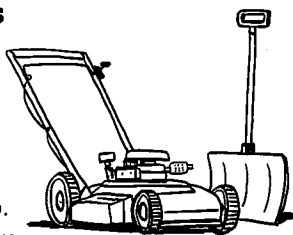
Get your teen pumped about staying fit with these approaches.

Incredible achievements

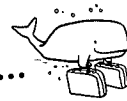
Could your child do 1,000 sit-ups or lift 10,000 pounds? Not all at once. But if he does five push-ups and five sit-ups a day, in a few months, he will have done hundreds. Encourage him to keep track and add everything up—that will give him the chance to set and meet goals, too. Then, he might celebrate milestones, like that 500th push-up!

Active jobs

Part-time work can give your high schooler a chance to stay on the go. Encourage him



to get paid to move by shoveling snow, mowing lawns, or working at an after-school sports program for kids. Have him hand out flyers to neighbors or contact the local parks and recreation department and YMCA to scout out active jobs. 🍷



Q&A

Attend parent-teacher conferences

Q My son does well in school, and I see his grades on report cards. Should I still attend parent-teacher conferences when I already know how he's doing?

A In a word, yes! Parent-teacher conferences are a great way for you to be involved in your son's high school education and to help him continue to succeed. Plus, just knowing that you are attending the meeting sends an important message to your child.

At the conference, you'll be able to have a two-way conversation about how your teen can get the most out of his education. Come prepared to share your thoughts on what gets him excited about learning and also to ask questions. Finally, be sure to find out how you can support his education at home. 🍷



Parent to Parent

Choose your battles

"You are not going to Grandma's house with all that makeup on!" I told my daughter. "Go upstairs and wash your face! Or don't come down at all!"

Tina chose not to come back down, and we went to Grandma's house without her. I was so upset that I barely ate dinner. I realized I wanted my daughter to be there more than I cared about how she looked.

When we got home, I apologized to Tina. I said

she was old enough to make her own decisions about her appearance and that I'd make her a deal. If she continued to do well in important areas, such as grades and behavior, I'd cut her slack about less important things, like what makeup she wears.

It's been a month, and Tina still wears makeup that sometimes makes me cringe—but she is doing fine in school, and she's a happy and good kid. I'm trying to focus on that, because that's the important stuff. 🍷



OUR PURPOSE

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

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