

High School 1 YEARS

Working Together for Lifelong Success



Short Clips

Off to work

Now is a good time for your teen to look for a summer job—before the rest of the crowd does! She will increase her chances of finding a job by applying at many places and checking back a week or two later. *Note:* Some states require work permits for minors. Her school counselor can provide information.

IEP meetings

If your high schooler has an IEP, he can participate in his annual meeting more effectively by planning ahead. Together, talk about which accommodations he would like to continue, stop, or add. Suggest that he consider which ones he used—or didn't use—and what would help him succeed (oral instructions, extended time for tests).

Building trust

Your teenager will be more likely to open up to you if she trusts you not to share details with others. Earn that trust by keeping her stories to yourself unless she says otherwise. *Tip:* If she tells you something about a friend that concerns you (drug use, for example), make sure she knows it's important to tell someone who can help.

Worth quoting

"There is no exercise better for the heart than reaching down and lifting people up." *John Holmes*

Just for fun

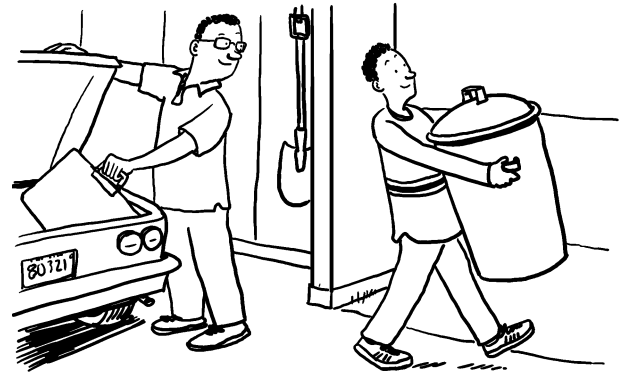
Q: Two people are born at the same moment, but they have different birthdays. How could this be?

A: They were born in different time zones!



"I'm on it!"

When something needs to be done, does your high schooler pitch in without being asked? If he does, he's showing initiative, and that can help him succeed in school, in extracurricular activities, and on the job. Foster initiative with these tips.



Spark a habit

Help your teen get used to taking that initiative through simple household duties. For example, let him know you expect him to take out the trash or to feed the goldfish without being reminded. Likewise, he should show initiative with schoolwork by plunging right in when work is assigned.

Act first

Encourage him to be "proactive," not "reactive." In other words, help him see the importance of making the first move. He might ask a boss if he can tackle extra duties or tell the club adviser that he will make phone calls for the fund-raiser.

Look back, then ahead

If your teen fails to show initiative, discuss how things turned out. Say he had a

rough start to track season this year because he put off preseason training. Talk about what he could do differently next year (put workouts on a calendar now for next winter, arrange to train with a friend).

Spotlight the behavior

Point out times when you jump right in and what happens as a result. For instance, mention how your manager praised you for offering to head a task force at work. If you're changing the porch lightbulb at home, say, "I'm doing this right away so no one trips in the dark." Be sure to recognize when your teen shows initiative, too. ("Your coach really appreciated it when you volunteered to set up for practice.")

Outsmart spring fever

Warm weather can distract students from homework. Share these tips to help your teen stay focused.

Change the atmosphere. New surroundings might give her a jolt of energy. Suggest that she trade her usual study spot for someplace fresh like a public library, a local community center or YMCA, a coffee shop, a picnic table at the park, or a blanket spread out in your backyard.

Use group energy. Being around others who are also working may help your high schooler stay on task. She could attend an after-school homework club, form study groups for specific classes, or invite a classmate over to do homework together.



(Pre-)write for success

Your high schooler can write stronger papers by beginning before she puts a paragraph together. How? Pre-writing—or planning, researching, and brainstorming—will help her identify the most interesting or useful material. Here are three strategies.

1. Play journalist. Have her narrow her focus by asking what reporters ask: who, what, when, where, why, and how. If she's researching alternative energy sources, she might ask, "Who is developing them?" "What can they be used for?" and "Why are they important?" Or she could pretend

someone is interviewing her about the topic. What would that person want to know?

2. Make a mind map. To create a visual outline, your teen should put her topic in the center of a blank page. Then, she could brainstorm and write related topics and

subtopics around it, drawing arrows to connect each one to the topic it came from.

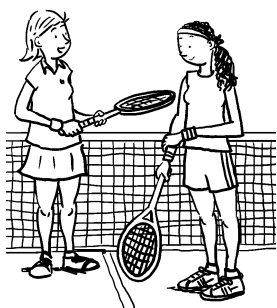
3. Do a "free write." After she finishes her research, your child might write for 10 minutes about whatever comes to mind on her topic. If stray thoughts crop up, she can include them and continue. When time is up, have her read what she wrote and pull out usable ideas. 👍



Q & A Break-up blues

Q My daughter's boyfriend has broken up with her. How should I help her get through this?

A This can be a hard time for any teenager. Since your daughter might be down on herself, encourage her to spend time with people who make her feel valued and loved. She could invite a cousin for ice cream or hang out with a close friend.



Also, suggest that she do physical activities she enjoys, such as playing tennis or taking walks. Exercising actually releases hormones that will lift her mood.

You could show support and help cheer her up by doing something together that she likes or by making her favorite meal. If possible, stick around more in case she needs you. Let her know you sympathize with how she's feeling, but be sure to give her time and space to heal. 👍

A clearer picture of the past

Help your high schooler see that history is more than a subject in school. He'll understand the personal impact of history with ideas like these.



Where were you when...?

Adults will often remember where they were when major news events occurred. Your teen could ask neighbors or relatives what they recall from the day in 1969 when Neil Armstrong walked on the moon or in 1963 when John F. Kennedy was assassinated. Hearing their accounts can make a strong impression and add to what he's learning in school.

Match the dates

Have your child make a time line with years that people in your family tree were born or married. Then, he could look up and add events that coincided with those dates. For instance, a grandparent may have been born during World War II. Your teen could ask how that event influenced his grandfather's life. Maybe his father was away at war or his mom worked in a factory. 👍

Parent to Parent

Boost your online reputation

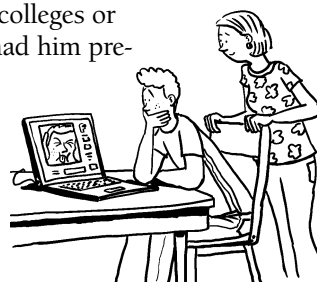
I was concerned about my son David's "online reputation," and I wanted him to be concerned, too!

So I suggested that he Google himself. He saw his Facebook profile pictures come right up—and they weren't necessarily ones he would want colleges or employers to see. Then, I had him pretend he was on a college admissions committee and open his Facebook page. He realized some pictures he had posted didn't make him look too good. The

answer, he realized, is to ask friends to remove the photos and not to "tag" him in the future without asking.

Then, we talked about ways he could put himself in a positive light online. He might put up how-to videos, for instance, or send tweets commenting on current events or showing his knowledge of sports or other hobbies.

I think David is beginning to understand that his online reputation can help or hurt him—and it's up to him to manage it. 👍



OUR PURPOSE

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

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