

High School YEARS

Working Together for Lifelong Success



Short Clips

Here's a reminder

As your teen goes through his day, he might suddenly think of things he needs to do but can't at that moment (like turning in a school form). Suggest he quickly jot them in his planner or set a cell phone reminder. Then, he can get back to what he was doing.

Math meanings

Encourage your high schooler to learn the definitions of common math words. She could review terms like *polynomial*, *exponential function*, and *cosine*. Knowing the definition of words like these will help her understand what she's supposed to do as she solves math problems.

Ahh...relax

Between work and home responsibilities, you may not have much time to yourself. But finding simple ways to unwind will recharge your batteries—and send a message to your teen about the importance of taking care of yourself. You might watch an old movie, read a magazine, or relax with a cup of tea.

Worth quoting

"One kind word can warm three winter months." *Japanese proverb*

Just for fun

Aunt Mary:

Have you grown another foot since the last time I saw you?

Rachel: No. I still have just two.



Raising respectful teens

The teenage years can be challenging ones when it comes to respect. But don't despair—it's never too late to work on this with your teen. This step-by-step approach can help.

- 1. Define it.** Teens naturally want to challenge authority. Explain that respect doesn't mean she has to agree with someone. Instead, it means being considerate toward others and treating their opinions with dignity—in short, the way she would like to be treated.
- 2. Insist on it.** Make it clear that you won't tolerate disrespect. If your teenager acts disrespectfully, call her on it, and have her try again ("I don't like how you asked. Please start over"). Doing this consistently can help her recognize her behavior or tone and catch it before it starts.
- 3. Be a model.** Think about how you want your child to act, and demonstrate it by how you treat others, including her.



For example, check before making plans that involve her, or keep your voice at a normal level when you're upset.

- 4. Give praise.** Let her know you're pleased when she acts respectfully. You might mention that you appreciated how she was respectful to other drivers in traffic or that you liked how she handled a disagreement with her sister. Whether she shows it or not, your approval is important to her, and giving it will encourage her to keep up the good work. 👍

Now hiring

Great news: A two-year degree, occupational license, or professional certificate can lead to a job that is well paid and in demand. Encourage your high schooler to check out these options for what are being called "middle skill" jobs.

What's hot?

Job growth is expected in health care, information technology, and other fields. Your teen could become a medical lab technician with an associate's degree in applied science, for example. Other possibilities: electrician, radiation therapist, elevator installer and repairer, pipefitter, or computer programmer.

What to do?

Have your teen talk to his school counselor or look online for growing career fields by education level. He could get a leg up by taking vocational and technical education courses while still in high school. 👍



Explore nonfiction

It can grow your teenager's knowledge in hundreds of subjects and take his vocabulary to another level. What is it? Nonfiction reading! Suggest that your teen enjoy real-life reading with these ideas.

Know-how

No matter what your teen wants to accomplish, books, articles, and websites can help. He could read up on how to repair his car or play a keyboard, for instance. He'll practice reading for information—something he has to do for school assignments—and pick up skills he cares about.

Detail oriented

Trivia is perfect for reading a few minutes at a time, and the tidbits make great conversation starters. He might try



Guinness World Records 2015, selections from the Ripley's Believe It or Not series, or other books filled with fun facts and trivia. Then, encourage him to share interesting items with you.

Personal tales

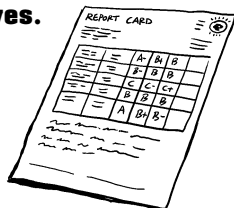
People's life stories can be full of intrigue and important lessons. Your teen might look for biographies of icons (say, Muhammad Ali if he's into boxing) or people he could relate to (like someone who overcame the same learning disability that he has). Have him talk to librarians or search online to find a fit. 👍

Going over report cards

Progress reports are a window into how school is going for your teen, and they give parents an opening to discuss it. When your child's next report card comes home, try these strategies.

Start with positives.

If she brought up a grade, got kind remarks from a teacher, or had strong attendance, talk about those things first. Try to mention specific ways she made a difference ("All that studying you did for calculus paid off").



Get her input. Ask how she feels about her performance. Talking about what she is pleased or disappointed with can help her pinpoint what's going well and what needs attention.

Address problem zones. If you aren't happy with certain areas, stay calm. Simply state the facts, and invite her to respond: "Your science grade went down. Why do you think that is?" Then, focus on a solution together. 👍



Parent to Parent

My daughter, the businesswoman

My daughter, Ava, loves making jewelry and is always coming up with new designs. Other students noticed her creations and asked her to make some for them. Before she knew it, she had the idea of starting her own business.

I wasn't sure if she should, but a friend who runs a business said being an entrepreneur would give Ava great experience. She explained that it could teach her to manage her schedule, work hard, and solve problems—and it might even lead to a career.

Ava decided to start small by selling to classmates. That went well, so she made her own business cards, and now she's setting up social media pages to market her products to more people. I don't know if Ava's business will take off, but I'm happy she's showing initiative and learning along the way. 👍



Q&A

Help teens get through a divorce

Q My husband and I are divorcing, and it's been hard on our 17-year-old son. How can we help him?

A First, try to keep the lines of communication open at home. Let him know you're both available to talk, and be sure he knows he's not the cause of your breakup.

Then, suggest that your son talk to his school counselor. Tell him it's also okay to discuss things with another trusted adult,

perhaps a favorite uncle, a neighbor, or a coach. You could even offer to reach out to the person first if he wants you to.

Another idea is for him to join a teen support group. Being around other kids going through this will show him he's not alone and that his feelings are normal. Look for support groups by contacting his doctor, a social service agency, or a place of worship. 👍



OUR PURPOSE

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

Resources for Educators,
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www.rfeonline.com
ISSN 1540-5605