

High School **YEARS**

Working Together for Lifelong Success



Short Clips

Prepping for college tests

Before your teen takes the SAT or ACT, encourage a few dry runs. Practice tests will help him get comfortable with the format and timing when it comes to the real thing. He could check in his school guidance office and with colleges and universities. Also, free SAT and ACT practice tests and tips are online.

How's school going?

Your teenager may open up and talk about school if you get past yes-or-no questions. Try asking her *who, what, where, when, how, or why* questions, such as "Why do you think your school only requires one year of PE?" or "How would you solve the drop-out problem?"

Watch heavy backpacks

Carrying a heavy backpack can cause neck pain, back pain, or tingling hands. Your high schooler could avoid these symptoms by using a backpack with padded shoulder straps and a cushioned lower-back area. Suggest that he evenly distribute the weight inside—and leave any textbooks he doesn't need at home or in his locker.

Worth quoting

"I'm not afraid of storms, for I'm learning to sail my ship." *Louisa May Alcott*

Just for fun

Q: What do you do if your dog chews a dictionary?

A: Take the words out of his mouth!



Protect against underage drinking

Peer pressure can push teens toward drinking even when they know it's illegal. Your high schooler may feel relieved if you help her come up with a plan. Try these tips.

Just say no

Encourage your child to avoid events where she knows others will be drinking alcohol. If she finds herself at such a party, remind her it's best to be direct and simply say, "No." She can also leave a party early if she feels uncomfortable. Her ride wants to stay? Let her know you'll pick her up anytime from anywhere.

Offer alternatives

Role-play other options for situations she may face. For example, she might grab a soda or water first thing when she's out with friends. Then, if offered alcohol, she could say, "I already have something. I'm good." Another response



is to bring up a parent: "My mom can smell liquor from a mile away," or "My dad would ground me for eternity."

Host a home party

Following school or community events like a big game or a dance, consider hosting a party at your home. Have your teen make the guest list, pick a theme, come up with games, and manage setup and cleanup. She should also plan snacks and nonalcoholic drinks. You'll provide her and her friends with a supervised spot to have fun without alcohol. 👍

A historic escape

Use your high schooler's history studies as a way to take a family "trip" to a destination from the past.

First, talk about the time period he's studying in class, say the American Revolution. Now, plan together for your family to travel back in time.

Perhaps you'll pretend you're all camped at Valley Forge. Turn down the thermostat, bundle up, and light candles to recreate conditions soldiers braved through that brutal 1777-78 winter. Ask your high schooler to tell a few facts about what the military endured there and why it became an important site. Then, decide where you'll "visit" next. 👍



Motivated to reach the finish line

How can your high schooler motivate himself to tackle a challenging class or an involved project? These suggestions may help.

Look ahead. Talk about how a tough subject connects with his future goals or current hobbies. If your teen is interested in a journalism career, he might remember that getting a high school diploma is the first step to the college degree that he will need—and that means he will have to do well in his foreign language class. Plus, learning a second language may help him land a job with a foreign press service one day.



prefer getting simpler parts out of the way so he feels good about completing something. Then, that may spur him on to finish the harder parts. 👍

Adapt your focus. When it comes to delving into school projects, different methods work for different students. Your child can try several to see which provides the most motivation. For instance, he could dive right into more challenging parts first, leaving him energized to finish up with sections he can sail through. Or he might

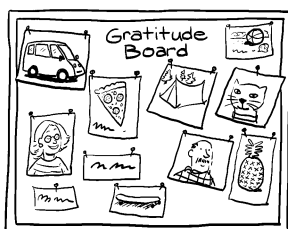


Q & A Create an attitude of gratitude

Q Lately, it seems like my daughter takes more and more of what she has for granted. How do we shift that attitude?

A You're not alone. There's a remedy for that sense of entitlement: gratitude. You can guide your child toward a grateful lifestyle by helping her understand the value of what she has and by taking time as a family to be thankful and generous. Here are ideas:

■ Keep a gratitude board where your family jots down notes and hangs pictures of people or things they're grateful for.



■ Don't shy away from pointing out when she is being ungrateful. Consider holding off on purchases of "wants" like new clothes or makeup. 👍

Get the best price

Comparison shopping is a way for your teen to put her math skills to work in the real world. She'll also learn how to spend wisely. To help her make the best in-store or online purchases, encourage your child to:

- ✓ Look for sales. Shop clearance racks, advertised overstocked items, or end-of-aisle displays for bargains.
- ✓ Check prices at multiple locations, including outlets and big-box stores, and review advertising circulars. Compare with websites, too.
- ✓ Consider generic brands.
- ✓ Make secondhand an option. She might browse thrift stores, consignment shops, or yard sales. 👍



Parent to Parent Plan for screen-free time

I've noticed that our family is often together, yet not, because we always have screens in front of our faces. Our son, Clay, gets on his phone no matter where he is or what he's doing. We're not any better, finding ourselves on our laptop or reading texts even while we're watching TV. We're all addicted to screens!

So we decided to make some changes. First, we're going to set aside our

screens during meals. And we've told Clay that his phone needs to be off and put away while he's doing homework.

Then, for phase two of our plan, we will pick one evening a week to be completely screen-free. I'm hoping this means that we will spend more time talking and laughing together—like my family did when I was growing up. 👍



OUR PURPOSE

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

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