

High School 1 YEARS

Working Together for Lifelong Success



Short Clips

Ask first

Your teen may want to make plans without having to clear them with you first. But to keep her safe, you still need to know where she's going and who she'll be with. Insist on details, and give her a curfew. She may scoff, but deep down she'll know you care.

Teen inventors

Maybe your teenager enjoys tinkering, shows creative flair, or loves science or technology. Encourage him to try to build something that could be used in the real world. He'll increase his knowledge and learn to work through problems. *Tip:* Suggest that he join an inventors' club at his school or attend community events like a Maker Faire (makerfaire.com).

DID YOU KNOW?

E-cigarette usage among teens has doubled since 2011. With these products, users inhale vapor from nicotine-based liquids. They come in appealing flavors like chocolate, cherry, and cola, and experts fear they could lead young people to smoke regular cigarettes. Let your child know that "e-cigs" are dangerous—and that you don't want her trying them.

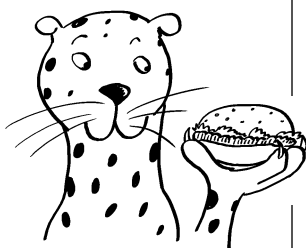
Worth quoting

"Nothing is impossible; the word itself says, 'I'm possible!'" *Audrey Hepburn*

Just for fun

Q: What do you get when you cross a cheetah and a burger?

A: Fast food.



My first job

Getting an after-school job will help your high schooler gain work experience and earn extra cash. Here's how he can land his first one.

1. Build a resume

Your teen should list previous experience, even if it wasn't at a formal job. He could include volunteer work, extracurricular activities, and things like babysitting, lawn mowing, or being a DJ at kids' parties. He might add his GPA (if it's good), interesting coursework, and computer or other skills. Remind him to include complete contact information (name, address, phone number, email) and to proofread his resume carefully.

2. Find places to apply

For job leads, your high schooler can talk to neighbors, friends' parents, and his school counselor. He could also check online listings and "pound the pavement" by going door-to-door at shopping centers or malls. Have him think about the kinds of jobs he would like based on his interests, schedule, and transportation options. For example, if he loves animals,



he might enjoy working in a pet shop or at a dog grooming salon. If he doesn't have access to a car, he should look for businesses close to home or on a bus line.

3. Impress in interviews

Great, he landed a job interview! Before he goes, suggest that he research the store, company, or program so he can ask good questions. You could do a practice interview to help him get comfortable (look for sample questions online or in books). Encourage your child to dress nicely and arrive early. Afterward, he should follow up by email or phone to restate his interest in the job and to thank the interviewer for her time. 👍

"It's a pleasure to read you!"

Enthusiastic readers seek out books in their free time and satisfy their curiosity by looking for published information. As a result, they encounter new words and ideas that expand what they know. Here's how to help your teenager enjoy reading.

Follow her lead. Encourage her to explore—in books—anything that engages her. If she loves science fiction movies, go to the library together to find science fiction books. If she's a runner, look for runners' guides or stories from sprinters.

Think outside the book. Your high schooler may prefer to download e-books, read magazines on a tablet, or look up information on websites. Or she might like graphic novels (stories told in comic book form). It doesn't matter what format your teen reads in. It only matters that she's reading! 👍



Q & A Say no to texting and driving

Q I'm worried about my daughter texting while driving. How can I help her understand what a serious problem this is?

A Start by explaining that texting while driving is as dangerous as drinking and driving, and it greatly increases her chances of having an accident. In just the few seconds it takes to look at or send a text, she could cover the length of a football field and have no idea what's happening around her.

Set a firm rule against texting while driving, even while at red lights or stopped in traffic. Lay out consequences for



breaking the rule, such as losing her car privileges and her phone. If it's illegal in your state, make sure she knows that as well.

You can also discuss options to help your daughter stick to the rule. She could turn off the ringer so she

won't hear texts coming in, and she should safely pull off the road—say, into a parking lot—if she wants to send a text. Or she might remove the temptation altogether by placing her phone in her backpack and her backpack in the trunk. Finally, since she is likely to follow your example, put your cell phone away when you're behind the wheel, too. 👍

Directions: Please follow



If your high schooler rushes through instructions on assignments or tests, he may lose points and receive a lower grade. Share these strategies to help him pay close attention to directions:

- Re-read instructions to make sure you understand them. Repeat them back to yourself. If



you're confused, ask your teacher or a classmate to clarify them.

- Underline key phrases, such as "Define the terms" or "Illustrate your answer." When you finish the work, check to be sure you've followed each underlined direction.

- For projects, break instructions into steps. List each task, and place them in order. Then, mark each one off as you go.

- When teachers give verbal instructions, look directly at them to stay focused, and watch closely if they demonstrate. Write or draw the directions so you can refer back to them. 👍

Parent to Parent

Show respect to teachers

My son's art teacher recently informed me that Dylan had talked back to him in class. When I brought it up, Dylan said, "So? Mr. Kelly is stupid!" I knew I had to help him understand the importance of respecting teachers.

I explained that even if he disagrees with a teacher, Dylan has to show respect to someone in authority. At my job, I told him, it wouldn't be acceptable to behave rudely toward my boss—and it could get me fired.

To help change Dylan's behavior, we talked about how he could act in the future. He might approach the teacher after class to discuss his feelings rather than doing so in front of others. Also, he should calmly explain his point of view and avoid sarcastic remarks. I'm hoping Dylan learns from this—and that I don't get any more calls from his teacher. 👍



Higher-level courses

Advanced courses can keep students challenged, give them a leg up on college applications, and even save money by leading to college credit. As your teen selects next year's courses, she might consider these questions.

What's available? Have her check her school's Advanced Placement (AP) options or for dual-enrollment courses offered jointly with a local college. She could highlight the ones that look interesting or are in areas she's strong in.

What fits? Encourage her to think about her commitments to decide if she can handle advanced

courses—and if so, how many. She can go over her choices and the workload with her teachers and counselor. For instance, her science teacher will explain what AP biology involves.

What makes sense? Your teenager may want to focus on classes related to a specific college major or career. Suggest that she look into whether the colleges she's interested in will accept the credits. But even if they don't, the background she gets will help her do better in her college courses. 👍



OUR PURPOSE

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

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