

High School 1 YEARS

Working Together for Lifelong Success



Short Clips

Textbook know-how

Using textbooks wisely can help your teen learn more and do better in her classes. Suggest that she reread difficult chapters to let concepts sink in. Also, encourage her to pay special attention to illustrations, charts, and fact boxes—they provide key information in easy-to-understand ways.

Valuing differences

Does your child feel self-conscious about being different? Point out that unique qualities like a quirky sense of humor or a love of wildlife make him more interesting to be around. Learning to accept differences in himself may help him be more tolerant of others.

Backpack safety

Carrying heavy backpacks can cause neck, shoulder, or back pain. Your teenager could avoid these problems by using a backpack with padded shoulder straps and a cushioned lower-back area. Also, she should wear both straps (rather than slinging her backpack over one shoulder) so the weight is evenly distributed.

Worth quoting

“Autumn is a second spring when every leaf is a flower.” *Albert Camus*

Just for fun

Q: Why did the computer cross the road?

A: Because it was programmed by the chicken!



Motivated from the inside

Sean tries hard at whatever he does—he likes the satisfaction he gets from doing his best. His friend Sam has a rewards system at home—he pushes himself only when there’s something in it for him.

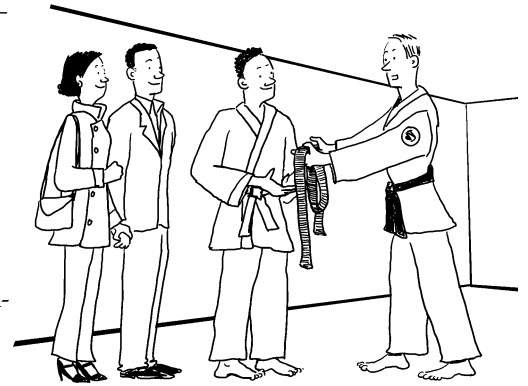
Which type of motivation works better in the long run? Sean’s *intrinsic motivation*, or motivation that comes from within. Help your teenager to be intrinsically motivated with these ideas.

Find a niche

Succeeding in one area can increase confidence and make your teen more likely to strive for further success on his own. Encourage him to reach for the next step in something he’s passionate about. For example, he might work toward a brown belt in karate if he has already achieved a green belt.

Take a chance

Being willing to fail can boost your child’s motivation because he won’t be afraid of the outcome. Share times that you’ve taken risks and gained, such as getting a job you considered a long shot or learning to salsa dance when you thought



you had two left feet. Then, inspire your high schooler to step outside his comfort zone. If he auditions for a musical, he can be pleased that he put himself out there whether he gets a part or not.

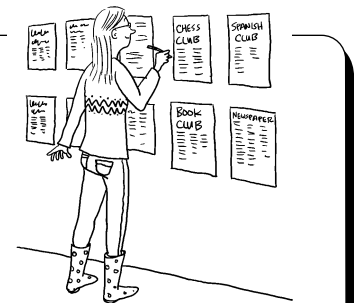
Focus on feelings

Explain that the greatest reward for accomplishments can be feeling good about yourself or knowing you helped others. You might talk about the pride you feel from raising funds for a charity or making a customer happy. Ask him to describe how he feels when he does his best on a school project or helps his little brother with math homework. 👍

Decision-making process

The ability to make decisions will help your teen in school and on the job. Suppose, for example, your high schooler is trying to select an extracurricular activity. Here are four steps she can follow to make smart choices.

- 1. Identify the options.** Look through school and community listings for teams or clubs that match her interests.
- 2. Gather information.** Ask members or advisers to talk about their groups.
- 3. List the pros and cons.** Write down the positives and negatives of joining each one.
- 4. Make a decision.** Select an activity, and sign up! 👍



Is college for me?

No matter what grade your teenager is in, she may be thinking about what to do after graduation. Encourage her to consider whether college should be in her plans with questions like these.

What do I want to be?

Exploring career paths will help her see if she needs more education. Have your teen list five jobs she may want. Then, she could discuss options with her school counselor and talk to professionals in those fields about their training. *Note:* She can find job-training requirements in the *Occupational Outlook Handbook* (try the library or bls.gov/ooh).



What would campus life be like?

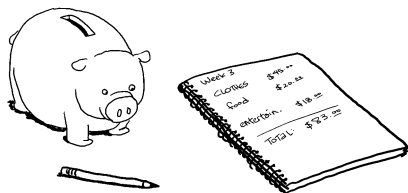
Visit nearby colleges, and take a tour or have her sit in on a class. Walk around campus, and ask if she could picture herself there. She might talk to students about what they like and don't like at the school. *Tip:* Juniors and seniors can often arrange to spend an overnight in a dorm.

How would I pay for it?

This is a very real and important question. Be up front with your child about how much, if anything, you can contribute toward college. Talk to the school counselor together about options for financial aid, scholarships, and loans. 👍

Living in the black

You don't have to be a financial expert to teach your teen about handling his finances. The most important lessons include basic ones like these:



■ Save some of what you earn. Putting money aside regularly will help create financial security. When your child receives money from a paycheck or as a gift, he should put a percentage in a savings account.

■ Watch small purchases. Little expenses like lattes and burritos can add up, leaving him without enough money for things he needs. Suggest that your teen write down everything he buys for a week so he can see where his money goes. He could put it into categories (food, clothes, entertainment). Where can he make changes to improve his bottom line? 👍



Q & A

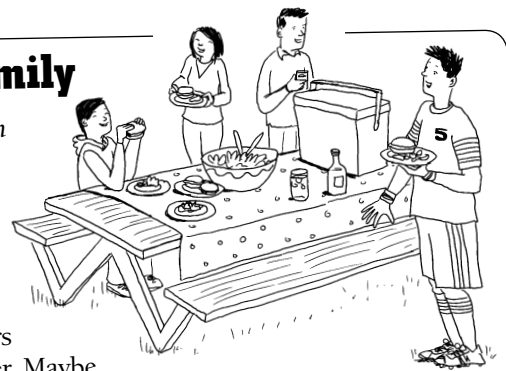
Make time for family

Q Our fast-paced schedules seem to get busier each year. How can we fit in family time?

A Try to be flexible about what you do and when you do it, and it might be easier to find the time.

Have everyone bring their calendars to dinner, and look over them together. Maybe the whole crew can't be there for an all-day Saturday outing, but a Sunday night card game might work. Family members can give suggestions, like having pancake breakfasts once a week or recording TV shows to watch after homework.

Also, look for events on your calendars that everyone could join in. For instance, if your son has a soccer game, the whole family could attend. After the game, you might have a picnic or go out for ice cream. 👍



Parent to Parent

In attendance

Last year my daughter Elena wanted to stay home from school when she "needed a break." I made the mistake of letting her and soon found that missing just a couple of days had put her behind. This year, I wanted to get off on the right foot by setting rules about attendance.

I told Elena that school is her job and she has to show up for

it, just like I have to go to work each day. She can miss school only if she's sick or we have a family emergency. Also, I explained that being in school would benefit *her*, since she will learn more, and she won't have to struggle to catch up.

Elena has already tested me by asking to stay home one day last week because she was tired. She wasn't happy when I stuck to my word—but now she knows I mean business. 👍



OUR PURPOSE

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

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