

High School **YEARS**

Working Together for Lifelong Success



Short Clips

Motivate yourself

Knock, knock. Who's there? Second semester!

To stay energized for the second half of the year, suggest that your teen jump right back into her routine. Plus, she could focus on what she's excited about, such as a new book she'll read in English class or joining the morning announcement crew.

Classy competitor

Being competitive can give your child an advantage on the playing field or in the workplace. But explain that he should be aware of others' feelings, too. For instance, if he gets frustrated when basketball teammates miss shots, he might remind himself that no one is perfect and encourage them to shake it off.

Icy roads

If your teenager drives to school, consider whether she's ready for icy conditions. On those days, you could drop her off or have her take the bus instead. Then, let her practice driving on ice or snow in empty parking lots and on roads when she's not in a hurry—and you can be in the car to guide her.

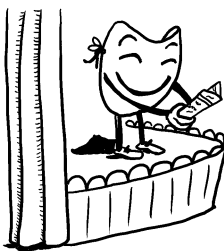
Worth quoting

"It is not how much we have but how much we enjoy that makes happiness."
Charles Spurgeon

Just for fun

Q: Why did the student get a bad grade in drama class?

A: He acted up!



Change up study time

Your high schooler may enjoy studying alone, studying with classmates, or both. But however he studies, trying new techniques can keep things fresh. Share these strategies.

Go it alone

Working alone lets your teen go at his own pace. And for some students, or for certain subjects, studying alone is better for concentration.



One fun way to study solo: Have him make up raps, chants, or movements to go with concepts. Or to remember words and phrases (chemistry terms, foreign language vocabulary), he might trace the letters with his finger and say the words aloud. If he likes to draw, he could create comic strips to illustrate what he's learning.

Try a group

By teaming up with study pals, your student can talk about material and ask or answer questions. Suggest that he keep groups small, about two to five people. They should meet somewhere

without distractions, perhaps the library or an empty classroom.

Then, they might take turns being the "professor" and explain a lesson like how to calculate the slope of a line. Or they may hold a debate. ("Was the New Deal good for America?") As they give opinions and provide evidence, everyone will learn.

Note: Creating practice tests is a great idea for reviewing material, no matter how your teen studies. He could write and take his own quizzes, or group members can make them for each other. 👍

Honesty: The best policy

Whether with friends, at school or home, or in the workplace, it's important to be honest. Use these tips to encourage honesty in your teen:

- **Explain** why you believe honesty is important. ("It's a good thing the guy in that TV show told the truth. Otherwise, his friends might not have believed him the next time around.")
- **Comment** on situations you notice. ("My coworker lied about a project and got caught. My boss wouldn't have been so upset if she'd just told the truth.")
- **Praise** your teen for showing integrity. ("I appreciate your honesty about where you went Friday night. I would much rather hear the truth from you than find out another way later.") 👍



Setting expectations

How do you get your teenager to live up to your expectations? Communicate them clearly and often. Try these ideas.

Bring them up casually. Mention your expectations in regular conversations rather than having a one-time talk. For example, if she's planning to sleep at a friend's house, you might say, "You'll feel great when your paper is done, and then you can go to Jenna's." Or if she receives a lower-than-normal test score, try, "How do you plan to bring your grade up?"



Express confidence. Knowing you think she can succeed will make your child more likely to believe it herself. When she's working on something difficult, boost her confidence with comments like "I know you've got it in you!" Remind her of how she has risen to the occasion

in the past, such as how she got through Algebra I last year if she's struggling with Algebra II now. 👍



Family card games

Deal some family fun with these card games.

Who am I?

Let each person write the name of a person, place, or thing on an index card. Swap cards, and (without looking) hold a card to your forehead, facing out. Take turns asking yes-or-no questions to figure out who or what is on your forehead. ("Am I a place?" "Do I have wings?")

Random acts of silliness

Shuffle a deck of playing cards (face cards removed), and place in a stack. Draw a card, and the person to your right gives you a direction using the number. *Example:* "Sing 5 lines of a song." After three rounds, vote on the best, silliest, or most original directions.



Old favorites

Maybe you grew up playing canasta, but your teenager has never heard of it. Give him a chance to beat you at your own game by showing him how to play. If he wins, you can always challenge him to a rematch. 👍

Parent to Parent

Teen-friendly hangout

My house is the "hangout house" for my kids and all their friends—and I'm thrilled! Why? Because when they're here, I know where they are, what they're doing, and who they're with. What's the secret to making kids want to hang out at your house? Here's what worked for me.

I try to smile when I see my kids come in—and their friends, too. Teens are hungry for acceptance and approval, so I always want to make them feel welcome here. Then, I give my kids and their friends a place to lounge. Having their own space helps them feel comfortable and like they belong. Teens have different moods on different days. I make an effort to be sensitive to these changes and give them some privacy when they need it or attention when they seem to want it. That way, they know I understand and respect them. 👍



Q & A

On track with course selection

Q My daughter will soon be signing up for next year's classes. How do we know she's taking the right ones?

A While your daughter needs certain courses to graduate, the rest depend on her interests and what she's thinking about for the future.

Have her look into requirements for options she's considering, such as trade school, four-year college, or the military. Then, when she meets with her

school counselor, they can discuss class offerings that fit into her plans. Of course, she may not know what she wants to do next—it's totally normal to be unsure in high school and even beyond. In that case, she should aim for a well-rounded schedule that includes a mix of challenging courses and ones that are easier for her.

Also, even if her school doesn't require it, taking PE is a great way to release stress and to ensure she gets some physical activity in her day. 👍



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5605