

High School 1 YEARS

Working Together for Lifelong Success



Short Clips

Parlez-vous français?

Encourage your teen to practice his foreign language outside of school. He'll gain more fluency—and do better in class. Suggest that he meet a classmate for regular conversations in Chinese, for example. Or he might invite friends over for a French-only dinner where no English is allowed!

Time management

If your child constantly seems pressed for time, ask her to look over her planner. Where did her hours go the previous week or month? She could total how long she thinks she spent on schoolwork, a part-time job, and extracurriculars. Then, help her make adjustments, such as cutting back on activities.

Tech-free day

Can your family go 24 hours without using electronic devices? Try doing so for the National Day of Unplugging from sunset to sunset March 7–8. Have everyone stay off computers, cell phones, and tablets, unless needed for work or school assignments. You could use your “found time” for playing board games, taking walks, or otherwise enjoying being together.

Worth quoting

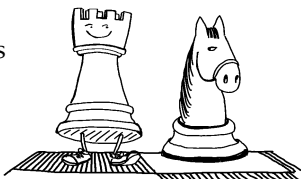
“The things that make me different are the things that make me *me*.”

A.A. Milne

Just for fun

Q: Who is strong enough to move a castle?

A: A chess player.



Vocabulary boosters

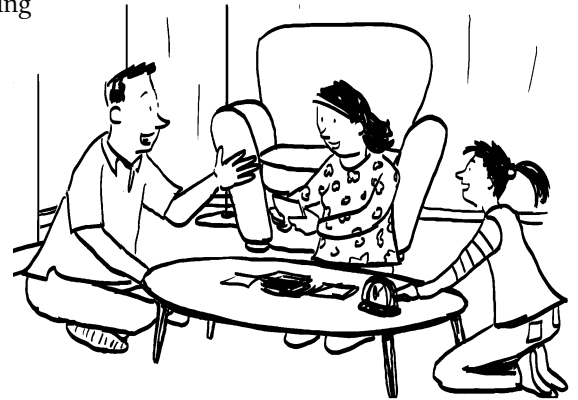
Words really are power! Having a good vocabulary puts your teenager in a better position to understand material and to communicate with others at school or on the job. Build her vocabulary with these fun activities.

Make word continuums

Write two opposite words on a piece of paper (*freezing, boiling*), and hang the sheet on the refrigerator. Next, challenge your high schooler—and other family members—to add terms on the “continuum” in between (*cold, chilly, toasty, sizzling*). Finding words and deciding where they belong can help her be more precise when speaking and writing. *Idea:* Next week, have her choose the words to post.

Keep a journal

Encourage your teen to notice interesting words on TV shows or in books, such as *awry* or *discombobulate*. Then, she could jot them in a family word journal and sketch drawings to illustrate them. She might include the sentence



it was used in or make up one of her own. Keep the journal on the coffee table for family members to add to, and try to use the words in conversations.

Play Password

For this game, ask each person to write five random words on index cards (one word per card). Shuffle the cards, and turn them facedown. Set a timer for one minute, and have one person draw a card and give clues to that word. Hints could include synonyms or descriptions. The first one to name the word goes next. (If no one gets it before the timer rings, the player picks a new card.)

Taking standardized tests

Standardized tests are one way for your high schooler to show what he has learned. These three tips can help him do his best.

Attend. Being in class for review and practice is crucial. Your teen will find out about the scope and format of the questions, and taking practice exams may reduce anxiety.

Pace. Before beginning the test, he should scan it and divvy up his time. Suggest that he leave an extra cushion for essays and move on from tough questions if he's struggling with them.

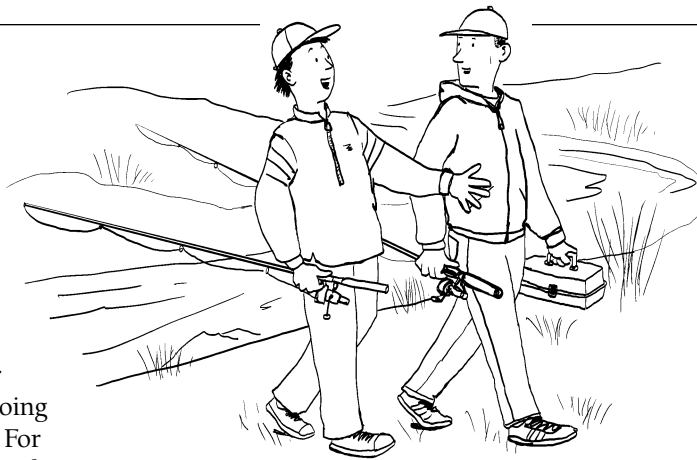
Summarize. Rephrasing questions in his own words can help your student identify what's being asked. When reading passages, summarizing the main idea may help him find the supporting evidence he needs.



Note to teen: "I love you"

Even if he doesn't let on, your high schooler still wants to know you love him. Try these teenager-friendly ways to show him.

■ **Relax together.** What does your teen do when he's hanging out? Doing it with him can provide closeness. For example, watch YouTube videos together, or tag along when he goes fishing.



■ **Show your feelings.** After a debate match or a lacrosse game, tell him, "I love to hear you debate" or "I love to watch you play lacrosse." When he's enjoying a joke, you might simply say, "I love to hear you laugh." By giving him examples of how he brings you joy, you will make him feel loved—and valued.

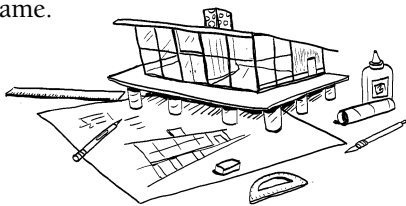
■ **Swap hugs for high fives.** Cuddling may not be welcome anymore, but other physical gestures can keep you connected. Try touching his shoulder when you talk, patting him on the back, or giving a thumbs up. 👍

Real-world math

Showing your teen how math relates to her own life—or to things she cares about—is one of the best ways to motivate her for math class. Here are ideas:

■ Maybe your teenager wants to buy a used car. Have her compare financing plans. Then, she could create a spreadsheet showing the final cost based on different interest rates and the term (number of months) for repaying a loan.

■ Kids are often fascinated by how much actors or athletes are paid. Suggest that your high schooler figure out her favorite stars' rate per minute for a movie or a game.



■ Perhaps she's dreaming of being an architect or a fashion designer. There's a lot of math in both fields. Encourage her to sketch her dream house and use art materials and math tools to build a model to scale. Or she might design a skirt and then figure out how much it would cost to buy the materials to make it. How much would it cost to produce 10? 👍

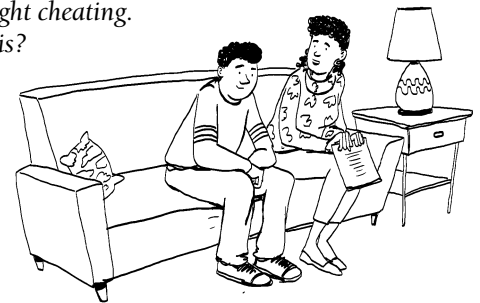


Q & A Prevent cheating

Q My son's friend was recently caught cheating. How can I tell if my son ever does this?

A It's not easy for a parent to know when a child cheats, but there are things to look for. Pay attention to his study habits. If he doesn't study for a test but brings home an A, ask about it. Also, watch patterns. If an assignment or test grade is out of line with other scores, it may be a red flag.

If you're concerned, find out why he might feel a need to cheat. He may be worried about grades or feel pressured about getting into college. Make sure he knows that honesty is more important than getting high grades. And you can reassure him that a few low grades won't hurt his chances of going to college. *Note:* If he admits to getting away with cheating, let him know he needs to tell his teacher. 👍



Parent to Parent Two homes

When my wife and I got divorced, our daughter, Olivia, started dividing her time between our two apartments. We knew that having her live in two homes would create challenges. But we each wanted to spend as much time with her as possible.

A counselor said that while my ex-wife and I may not agree on everything, we should hammer out compromises on big issues to help Olivia move back and forth

more easily. Her mom and I decided on the same rules for driving and also agreed homework had to be done before she could go out. On some things we vary, such as how clean we expect her to keep her room. Still, by sticking to our own routines in each house, the counselor said, Olivia will adjust.

It's taking time for all of us to get used to this arrangement, but I'm told that eventually it will feel more normal. 👍



OUR PURPOSE

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

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