

High School YEARS

Working Together for Lifelong Success



Short Clips

Think before you speak

Speaking kindly to others shows compassion and good character. If your teen is tempted to say something hurtful, suggest he first ask himself, "Is this true? Kind? Necessary?" If not, he should rephrase his comments or keep them to himself. Make sure he knows this advice holds for texts and online posts, too.

Fix-it girls

Have a broken toaster? Is your computer running slowly? Be sure to turn to your daughter as often as to your son for help with fixing things around the house. You'll show that you believe she's capable—and let her prove it to herself as well. Plus, you'll hopefully get your toaster fixed or your computer back up to speed!

Parent-teen journals

Keep in touch with your teenager by starting a shared journal. Write a line, a note, or a quote in a notebook. Then, your child reads it and responds or brings up a new topic. This approach will help you connect, learn more about each other, and even work out problems.

Worth quoting

"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." *Henry James*

Just for fun

Q: Why did the porcupine get sent home from the party?

A: He was popping all the balloons!



Learn on the job

Being a teen employee today can make your child a better adult employee later. How? By giving her a chance to develop skills and consider careers. Encourage your teenager to get a summer or school-year job and focus on areas like these.

General job skills

Good workers manage time well and work effectively with people. Suggest she check her work schedule in advance and set reminders for time-sensitive duties like restocking supplies when her shift starts. To get along with others, she should be respectful to bosses and coworkers and find ways to be a team player. She might help a coworker who's running behind set up a store display, for instance.

Hands-on skills

Any job will give your teen an opportunity to learn and practice new skills. For example, she may have to learn new software to do data entry. She could read the help screens, ask her supervisor for advice, and perhaps attend a training



course. If she's working as a customer service representative, she can listen in on calls by experienced reps and practice reading scripts aloud.

Future skills

Another advantage of working now is getting a chance to "taste" jobs she may like—or not like—for a career. Maybe your teenager enjoys the social nature of being a restaurant server. Then, careers that allow her to talk to people could suit her, such as a public relations specialist or sales representative. If she likes leading activities at a summer camp, she might want to be a teacher or a park ranger. 🍊

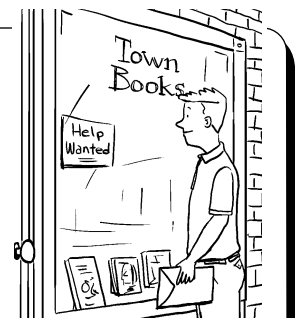
Starting the job hunt

Share these tips as your teenager begins a job search.

■ **Think about what fits.** He might consider how many hours he's available and which locations he can get to by walking, using public transportation, or driving. Also, what jobs relate to his interests? An avid reader might apply at bookstores, for instance.

■ **Create a resume.** Having one will set him apart, making him look professional and interested. Plus, a resume is a handy reference when filling out job applications. For templates, suggest he check at the school counseling office or in books and websites.

■ **Reach out.** Encourage your teen to talk to teachers, relatives, friends' parents, and neighbors. Perhaps someone knows a business owner who needs summer help. He can also look at job listings online and go door-to-door at shopping centers. 🍊



Safe summers for teens

Summer break gives your high schooler a chance to unwind. But it also means more unsupervised time, whether he's out with friends or at home alone. Put a plan in place now to help keep him safe.

Discuss rules for different situations. Decide who, if anyone, is allowed over when you're not home. Let him know in what circumstances you want him to contact you, such as when he goes out or if his plans change. Also, leave emergency contacts like phone numbers for doctors' offices



and a relative or neighbor in case you can't be reached.

Fill time with healthy activities.

To create a routine, suggest that your teenager schedule activities on a calendar. He can include work, exercise, chores, sports practices, or community service. With leftover time, he could explore a hobby or tackle a project.

Review online safety. Be sure your teen knows to keep social media pages private and not to give out personal information like his phone number, address, or current location. *Very important:* He should never agree to meet in person with anyone he's met online. 👍

Parent to Parent

Homemade memories

I wanted to take my teenager, Lilly, on vacation last summer to create special memories. When the time came, though, I didn't have the money. I was disappointed, but I discovered that everyday fun at home could bring us together—and create memories, too.



I frequently grill out, so I had Lilly work alongside me to learn. She was soon experimenting with foods I'd never even thought of grilling. We found out we love grilled pizza, and now she's proud that it's a family favorite!

We also spread a blanket outside and took turns spotting shapes in the clouds. Relaxing together on lazy afternoons turned out to be a lovely way to enjoy "vacation days." Now even if we can't take a trip this summer, I'm looking forward to making more everyday memories with Lilly at home. 👍



Steps to smart decisions

Your teen will make important decisions throughout high school, from whether to take a summer school class to which clubs to join. Share these steps to help her make the best ones.



- 1. Seek information.** Say she's considering whether to take health education in summer school or during the school year. She could check when and where the class is offered, talk to her school counselor, and ask older students about their experiences.
- 2. Consider outcomes.** For each alternative, what might the results be? Taking the class over the summer would fulfill a graduation requirement and open her schedule for an interesting elective another year. But not taking it would give her more time to work or play this summer.
- 3. Choose an option.** Let her weigh both sides. Then, have her make the decision that seems best for her.
- 4. Evaluate.** Afterward, she should consider whether she would make the same choice again. Learning from past decisions can help her make better ones next time. 👍

Q&A

Real-life scientists

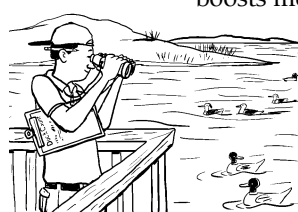
Q I came across an article that said people from the public can help with scientific research projects. This sounds like a good learning experience. Is it something my high school son could do?

A Yes. You're referring to citizen science, where regular citizens help professional scientists do research. People of all ages, including children and teens, participate. For example, your teen might observe and record details about plants or animals in your region. Or he may play a

puzzle-solving game to help researchers explore how proteins function.

Participating will help your teenager practice skills like information gathering, observation, pattern recognition, critical thinking, and data reporting. Perhaps the biggest benefit, though, is that it connects learning to the real world, which boosts motivation to learn!

Have your son ask his science teacher for suggestions or look into opportunities at sites like scistarter.com or scientificamerican.com/citizen-science. 👍



OUR PURPOSE

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

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