

# High School 1 YEARS

Working Together for Lifelong Success



## Short Clips

### End-of-year letter

Suggest that your teen reflect on this school year by writing himself a letter or an email about what he has accomplished. He could also include goals for next school year. Then, he can open his letter a year from now to see how far he's come—and if he met his goals.

### Teach me slang

Having your high schooler teach you “hip” terms can lead to laughter and keep you in touch with her. She might explain that “tight” and “sick” both mean “cool.” Meanwhile, you could teach her trendy phrases from your teenage days, including *your* terms for cool (“totally tubular,” “bad,” or “gnarly”).

### Have integrity

If your child gets into a sticky situation, you want him to handle himself with integrity. One way to encourage that is to discuss possible scenarios ahead of time. For example, if he accidentally breaks a lamp at a friend's house, what should he do? (Tell the friend's parents what happened, and pay to repair or replace it.)

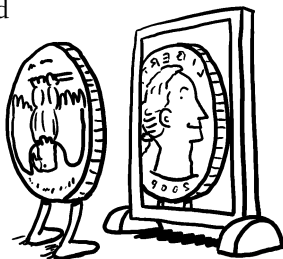
### Worth quoting

“We cannot do everything at once, but we can do something at once.”  
*Calvin Coolidge*

### Just for fun

**Q:** How could you double your money?

**A:** Look at it in a mirror.



## A STEM summer

First-hand experience with science, technology, engineering, and math (or STEM) can give your teen problem-solving practice and pique her interest in today's hot career fields. Here are fun projects she might try this summer.

### Cook with the sun

What could your high schooler do with an empty pizza box and aluminum foil? Why, make a solar oven, of course! Encourage her to design, test, redesign, and retest until she has an oven that will make s'mores outside in the sun.



### Create a web page

Suggest that your teenager design a web page for your family or for her pet-walking or jewelry-making business. She can ask a computer-savvy friend for help, or she might teach herself with a free site like [codeacademy.com](http://codeacademy.com).

### Make an air bag

Have her explore chemical reactions by making a model air bag using baking soda, vinegar, and a zipper bag. Her

challenge is to maximize the amount of gas produced without causing the bag to split open—the same concept behind air bags that protect passengers in accidents.

### Calculate with sports

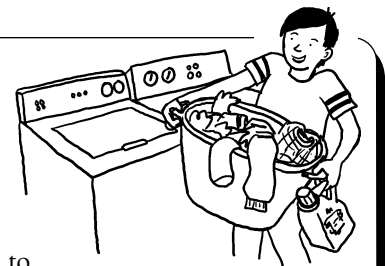
When you go to a sporting event together, ask your teen to consider the role that math plays. What effect does the triangle created by home plate, first base, and second base have on a baseball game? How does the angle of a soccer kick affect whether a player successfully passes the ball or scores a goal? Why are the fields the lengths that they are? 👍

## Ready for college living

If your high schooler is heading to a college campus this fall, use these pointers to help smooth the transition.

**Life skills.** Living away from home will mean doing a lot more for himself. Get your teen used to handling his own laundry, and make sure he knows how to sew on buttons and use basic tools to fix things. Also, have him get in the habit of making his own appointments and travel arrangements (bus, train, plane).

**Roommates.** When your child finds out who his roommate will be, contacting him can help them get off to a good start. They could compare sleep or class schedules. And they might decide who will bring what for their room, such as a rug, microwave, TV, or dorm refrigerator. 👍



# Prescription drug abuse

Some of the most popular drugs among high schoolers are also the easiest to get: prescription and over-the-counter medications. In fact, almost one in five teens has tried getting high with prescription drugs. Help your child avoid this danger with these suggestions.



misusing prescription drugs can bring on serious side effects like slowed breathing, irregular heartbeat, seizures, paranoia, and even death. They are especially dangerous when combined with other drugs or alcohol.

### Consider legal consequences.

Does your high schooler realize that it is illegal to use someone else's prescription drugs? If a friend "shares" his ADHD medicine, for instance, both of them could get into legal trouble.

**Discuss the dangers.** Young people may think these medicines are safer than illegal drugs—but if they haven't been prescribed for them or if the label directions aren't followed, then they're not. Make sure your teenager knows that

**Take precautions.** Keep your medicine cabinet locked and an eye on the amounts left in bottles. Let friends' parents know about this issue so they can do the same. *Note:* Nonprescription medicines can be abused, too. Warn your child about cough and cold medicines containing dextromethorphan (DXM), and keep those locked away as well. 👍

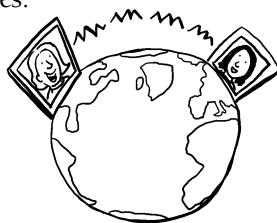
## Parent to Parent

### Cultural connections



The world my daughter is growing up in seems to be getting smaller. To help Aubrey succeed in our global economy, I wanted to expose her to other cultures.

I invited a friend over who just returned from a year at his firm's Beijing office. Aubrey was interested to hear about the cultural differences he encountered—and about how real Chinese cuisine differs from American-style Chinese food! Then, my husband set up a Skype call with a colleague in Germany. We talked about the schools there, and Aubrey asked what teenagers do for fun.



All of this got Aubrey thinking about traveling or even working overseas one day. In the meantime, we're keeping an eye out for cultural events in our area. She just pointed out an ad for an international street festival and said she wants to go to sample the food. 👍

### Kindness in motion

Being kind to others lets your teenager feel good about herself, and it can help her make and keep friends. Share these teen-friendly ways for showing kindness:

- Use social media to promote a good cause. "Donate" a tweet at [justcoz.org](http://justcoz.org), or post videos or status updates that explain how to pitch in.
- Ask a teacher if you can do any heavy lifting as the school year winds down. She might need help rearranging, organizing, or packing up a classroom.
- Adopt a grandparent! If there's an elderly person living alone in your neighborhood, check on her regularly and bring cookies or meals every now and then.
- Have a leftover coupon after buying something at a store? Give it to the person behind you in line.
- Call people just to say hello. Aunts, uncles, cousins, or friends who have moved will appreciate knowing you are thinking of them. 👍



### Q & A Finals prep

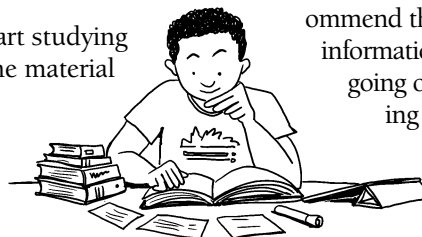
**Q** My son gets so stressed about final exams. How can he keep from feeling overwhelmed?

**A** Preparing a little at a time before finals will reduce pressure and help him feel more in control.

Suggest that he start studying early. By spreading the material across more days, he could divide it into smaller portions and make it easier to review.

Also, encourage him to dedicate a larger portion of his study time to his most challenging classes. And if he does not understand any of the material, he should get help from a teacher or a friend.

When he sits down to work, recommend that he brush up on older information first and then begin going over newer material. Building on what he knows will help him understand the concepts and remember the information. 👍



### OUR PURPOSE

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

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