

High School YEARS

Working Together for Lifelong Success



Short Clips

Still involved

Parent involvement may look different in high school, but it still helps students do their best. The most important way to stay involved is to show interest in your child's schoolwork. Also, attend school events like curriculum nights or parent meetings, and volunteer if you can. You could work in the snack bar during football games or join an after-prom committee, for example.

A+ style

Your teen might need to use a style guide for school writing assignments. These standards show how to format papers and document sources—and make work consistent and professional. Encourage him to review the style assigned (perhaps MLA, APA, or Chicago Manual of Style) and refer to it as he writes. This is good practice for the workplace, too.

Together time

Squeeze in one-on-one time with your high schooler by doing simple things together at home. Try making a breakfast date, and meet for waffles in the kitchen. Team up to change the oil in the car. Or browse through old family pictures, and share memories of when she was little.

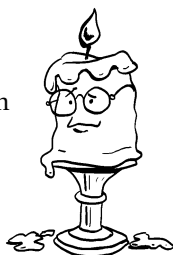
Worth quoting

"Our business in life is not to get ahead of others, but to get ahead of ourselves." *E. Joseph Cossman*

Just for fun

Q: I'm tall when I'm young and short when I'm old. What am I?

A: A candle.



Rules for teenagers

You want your high schooler to become responsible and independent. That means your rules need to change as he grows. But how do you go about adjusting them so he is both successful and safe? Consider these ideas.

Take a trial run

Gradually give your teen more freedom so you can see what he's ready for. Explain that if he succeeds with a new freedom, such as a later curfew, you will stick with it unless he gives you a reason not to. But if he doesn't abide by it, you'll go back to the old rule.

Handle new situations

New developments may crop up that require new responses. Say your teen wants to get a ride with his friend to school instead of taking the bus. Share your concerns (safety, getting to school on time), and discuss ways to overcome them. If you decide to say yes, set rules that address the concerns (wearing a seat belt at all times, no tardies at school).



Avoid the comparison game

Rules reflect your family's personal values. So if your child complains that his best friend can do something he can't, remind him that every family is different. Be willing to consider his viewpoint, and try a new rule if you think it's warranted. But help him understand your reasoning and realize that you have the final say.

Note: It's important to get your teenager's input, but make sure he knows that rules protecting his well-being are not negotiable. Those might include rules on alcohol, drugs, driving, Internet use, or dating, for example. 👍

About my day

"What did you do at school today, Carly?"

"Nothing, Mom."

Sound familiar? Try these creative questions to get the conversation going—and find out more about your teenager's life:

- If you wrote a story about your day, what would the title be?
- Which part of your day did you enjoy the most? The least?
- What was the funniest thing that happened?

- Which of your classes would you teach if you could? Why?

- What inspired you to pick that topic for your project?

- What do you think you'll be doing in October 2025?

- What super-power would have been great to have today? 👍



Noteworthy matters

Being a good note-taker will help your high schooler stay on task in class and get more from her textbook when she studies. Share these tips.

Make a system. Organize your notes by putting a date at the top and keeping notes for each subject separate. Use symbols and abbreviations to make note taking faster (*vs* for *versus* or \therefore for *therefore*). Also, write only the first few letters of long words (*eval* for *evaluate*).



add details that help you understand the information better. *Idea:* Write questions in the margins, and then when you study, you can cover up your notes and use the questions for review. 👍

Pick out what's important.

Focus on main points, such as information the teacher repeats, writes on the board, or sets apart with phrases like "Here are three reasons." Note taking will go more quickly if you list keywords and dates instead of writing complete sentences.

Add to notes.

Review new notes daily at home, and



Parent to Parent

Speak up for yourself

My son Tyler has a friend who always borrowed money but never paid it back. The boy often asked Tyler for a few dollars when they shopped together. Or he would promise to pay for half of something if Tyler would cover it up front.

My son was upset about this, but he refused to talk to his friend.



He said he thought Kyle would get annoyed and it would be "awkward." I explained that returning what you borrow is part of respecting your friends—and simply the right thing to do. Tyler reluctantly agreed to text Kyle about the amount he owed, and after a few days, Kyle finally gave him part of it.

Next time Kyle asks for a loan, Tyler plans to say, "I can't lend you anything because you don't pay me back." I hope my son is learning to speak up for himself, even when it's hard. 👍

Be a frequent reader

Nearly half of 17-year-olds report reading for fun only once or twice a year. Here are ways to change that trend with your teen.



■ **Be a reader yourself.** Parents who read regularly influence their children to read, too. Let your teenager see you browsing magazines or relaxing with a novel.

■ **Keep reading material on hand.** Put books, magazines, and comics in the car and in various rooms around the house. Change up the mix with finds from yard sales and used-book stores. And make regular trips to the library together—seeing all the choices can inspire your teen to pick out books he'll enjoy.

■ **Subscribe to a newspaper.** Leave the paper on the kitchen table. As your child gets used to reading at breakfast or after school, he'll develop his own go-to sections. Whether it's the front page, the sports section, or the arts column, reading a daily paper is a great way to develop a reading habit. 👍

"I wonder..."

Q *I've heard that the best learners are kids who are curious. Is there a way to foster curiosity in my daughter?*

A Having a strong desire to know something does motivate people to learn. So a good place to start is by encouraging your child to dig into topics she's already interested in.

If she enjoys country music, for example, she might look into how it got started and how it has changed.

That can lead to discovering older songs and singers she didn't know about. Or maybe she'll want to find out how country music stars write their songs—and try her hand at writing her own music.

Also, show your daughter that it's okay not to know everything. Admit when you don't have an answer, and look up the information together. She'll see that it's interesting to be curious about something and find out more. 👍



OUR PURPOSE

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

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