

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Check the school website

A great way to keep up-to-date with your teen's school is by checking the website regularly. You'll find information on upcoming events, testing schedules, links to school counselors, teachers' email addresses, and more. Make sure to bookmark the site and sign up for email announcements.

### Concussion facts

Did you know that reported concussions among high school athletes have more than doubled in the last decade? Whether from sports or other accidents, concussions are serious and can affect your child's health and his academic performance. If your teen has a blow to his head, see a doctor right away, and closely follow advice for rest and recovery.

### Learning with games

Board games are fun at any age. Suggest that your teenager play games with you in the evenings, with children if she babysits, or with friends at the library or coffee shops. She can build skills like strategic thinking (Othello, Mastermind), teamwork (Catch Phrase, Cranium), and vocabulary (Bananagrams, Boggle).

### Worth quoting

"Reading is to the mind what exercise is to the body." *Joseph Addison*

### Just for fun

**Q:** Six kids and two dogs were walking under one umbrella. Why didn't they get wet?

**A:** It wasn't raining.



## Set goals for the year

When your teen looks back on this school year, what will she have accomplished? A lot—if she sets goals now. Planning ahead can boost her self-esteem and motivation and help her do her best in school. Here's how.

### Think spring

Ask your high schooler to picture herself on the last day of school. Is she satisfied with how she did on her final exams? Can she hold up her end of a French conversation? Does she have a summer job or a college spot lined up? By imagining where she'd like to be in the spring, she'll know what goals to shoot for now. Suggest that she write down her goals and put the list where she will see it regularly (on her bulletin board, in her binder).

### Find role models

Talk with your teen about people she knows or admires who have met goals. For example, maybe a cousin got a short story published in a local magazine. Or perhaps an athlete raised a target amount



of money for a charity. Discuss how they might have worked to meet their goals. Then, have your child list steps for achieving each of her goals.

### Celebrate progress

Be sure to recognize your teen's success with a heartfelt "Good job" or "I knew you could do it!" Tell her to celebrate her accomplishments, too. She could have a French movie night with a classmate after finishing a French unit. Or when she mails her last college application, she can visit a nearby college for a concert or play. 🍷

## Well rested and well fed

School has begun again. For some teens, it might be hard to adjust after a long break. Consider these tips for getting your high schooler back into the routine and ready to do his best.

**Sleep for success.** Teenagers need a lot of sleep—an average of 8–10 hours each night. Encourage your child to keep a regular bedtime, which will help him wake up to an energetic start the next day.

**Fill up the tank.** Kids who eat breakfast pay attention and absorb new information better than those who skip a morning meal. Have your teen fuel up each morning with nutritious, brain-boosting breakfast choices like fruit and yogurt or oatmeal with fat-free milk and berries. 🍷



## Being kind

Kindness never goes out of style. Encourage your high schooler to be kind every day with these ideas.

### Look for ways to make a difference.

Your high schooler might babysit a sibling (for free) or mow the next-door neighbor's lawn while he's mowing yours. Or he could put coins in a parking meter or give up his place in line to someone with small children.

**Send thank-you notes.** When a teacher, a coach, or another parent goes out of her way for him, encourage your child to put his thanks in writing (on paper or in an email).



### Ask about others.

Explain to your teen that questions such as "How was work today?" or "What's new in your family?" let people know that he cares about them. Set an example by asking your spouse and your high schooler about their days.

**Find ways to help friends.** He could listen to a friend's problem and suggest solutions. Or he might share class notes with a student who was out sick. 🍷

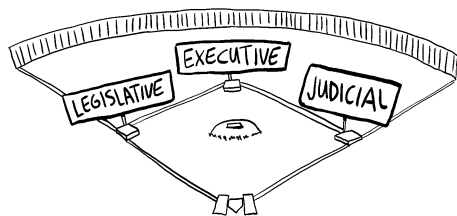


## Memory magic

Students need to be able to recall what they've learned. Share these strategies to help your teenager boost her memory:

■ When you learn something new, connect it to something you already know. For instance, if you're learning about atoms in science, think about how they're similar to or different from a concept you've learned before like molecules.

■ Create a word that will help you recall a set of facts. *Example:* HOMES stands for the first letters of the Great Lakes (Huron, Ontario, Michigan, Erie, and Superior).



■ Think of a familiar place, such as a baseball field, and picture several locations within it (first, second, and third base). Mentally assign facts to each spot (judicial, executive, and legislative branches of government). During a test, you can "run the bases" to jog your memory. 🍷

### OUR PURPOSE

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

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## Parent to Parent

### Too cool for extracurriculars?

My daughter likes school and is a talented girl. But she'd rather do anything than join an organized activity like a club or a team. She told me that extracurricular activities weren't "cool" and she didn't have any interest in them.

I thought about how I had the same mindset when I was a sophomore in high school. But once I found the right extracurricular—for me, it was the newspaper—everything changed. I went from taking part in no school activities to going to many of them to cover them for the newspaper. And to my surprise, I ended up having more fun than ever.

I wanted to help my daughter get over her "too cool" mentality and find an activity she likes, so I shared my experience. She agreed to attend her school's activity fair. I'm hoping she'll open her mind to a new activity and find something that makes high school special for her, too. 🍷



## Q&A Disconnect to connect

**Q** My son is always chatting with friends using Facebook, Twitter, and WhatsApp. Should I worry that he does so little talking in person?

**A** It's reported that 92 percent of teens go online daily, and more than 70 percent use more than one social media site. So it's no wonder your son seems to be constantly connected.

And while kids love instant communication, there are drawbacks. For one thing, typed words might be misinterpreted. In person, you can often tell someone is kidding by his

tone of voice or body language. Also, teens may type hurtful things without thinking—it's easier to be harsh when the person isn't standing in front of you.

Encourage your child to have more conversations in person, especially to discuss anything serious. He'll strengthen

his current relationships, and he'll build social skills that he'll need for personal relationships and the workplace in the future. 🍷

