

# High School **YEARS**

Working together for lifelong success

## Short Clips

### Summer plans

Now is a good time to begin thinking about what your teen will do this summer. He might use spring break to check with area businesses about their summer hiring plans. Or he can look into volunteer options, sports clinics, and community recreation programs. Have him ask the school guidance office for suggestions.

### Testing, testing

Watch for information from your teen's school about upcoming standardized tests. Knowing when tests will be given, how long they will last, and what material will be covered will help you make sure she's prepared. *Note:* Have your child get a good night's sleep and eat a healthy breakfast for test day.

### Dropout prevention

Earning a high school diploma takes family support. Together, investigate careers and discuss the education required for each. Let your teenager know that high school graduates earn twice as much as dropouts. Finally, if he mentions quitting, schedule a meeting with his guidance counselor right away.

### Worth quoting

"Nobody cares how much you know, until they know how much you care." *Theodore Roosevelt*

### Just for fun

**Mom:** Did you know it takes three sheep to make just one sweater?

**Phillip:** I didn't even know that sheep could knit!



## Workplace skills

Maybe your high schooler dreams of opening a restaurant. Or perhaps he wants to become an aeronautical engineer. Whatever his plans, he'll be more likely to achieve them if he has the skills to back them up. Consider these ideas.

**People skills.** Jobs require talking with supervisors, coworkers, and customers. Encourage your teen to use the right tone and body language. To display a friendly, open attitude, he should speak in a clear voice, smile, look people in the eye, offer a firm handshake, keep arms and legs uncrossed, and have good posture.

**Computer skills.** Employers want computer-savvy workers who are comfortable with changing technology and capable of using it for daily tasks. Suggest that your teenager use the computer regularly for schoolwork, take software electives, and even observe



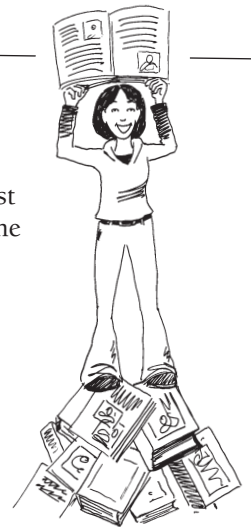
your own computer use. If you're making a spreadsheet for work, for example, invite him to take a look.

**Writing skills.** Effective communication is critical to every job. When your child has a writing assignment, remind him to focus on his purpose and audience. *Example:* Creating a consumer nutrition brochure for a food science class means putting complex information into everyday language. At home, have him tie writing to his goals. If he wants to host a party, for instance, ask him to persuade you in writing. 👍

## Conquering tough reads

In high school, the advanced textbooks and nonfiction reading can present a challenge. Suggest this approach to your teen:

1. Scan headings, look at graphics, and read the first and last paragraphs before diving in. This will clue you in on what the text is about.
2. After you've read a portion, see if you can write or draw what you've learned. *Examples:* List the pros and cons of nuclear energy in a two-column chart. Draw the parts of a cell.
3. If you have trouble with a certain paragraph, move on. The rest of the selection might shed light on the part that was difficult. Then, you can go back and reread the section with a clearer understanding. 👍

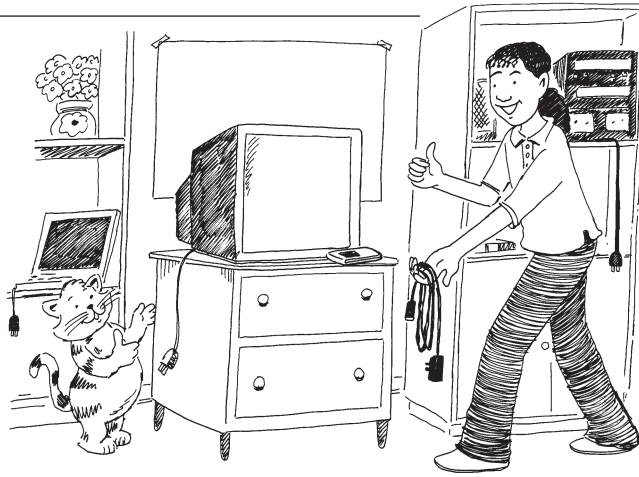


## "Green" teens

How do self-esteem and "going green" go hand in hand? Simple! Adopting earth-friendly habits lets your child contribute to a cause, which is something she can feel good about. Here are some ways to start.

**Target:** Global warming  
**Idea:** Turn off electronics

Encourage your teen to unplug computers, stereos, handheld video games, and battery and phone chargers when she's not using them. She may not know that home electronics use power even when they're turned off or in "standby" or "hibernate" mode.



**Target:** Landfill overflow  
**Idea:** Recycle cartridges, paper

When printing research materials or draft documents, your child can choose a lower-quality print setting and use both sides of the paper. Have her recycle ink cartridges by returning empties to the manufacturer or refilling them at an office supply store.

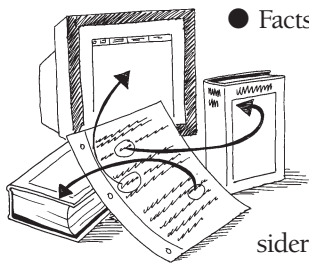
**Target:** Water supply  
**Idea:** Conserve

Ask your teenager to cut back on wasted water by taking a bath instead of a shower or limiting time in the shower. Also, she can turn off the faucet while brushing her teeth and run only full loads of dishes or laundry. 👍

## Giving credit

When your child writes a paper, should he cite the source for a well-known fact? Or give the reference for a chart? Teens can commit plagiarism without realizing it, so share these guidelines:

- Cite the source when using someone else's words, ideas, or art. Ask your teacher which citation style to use.



- Facts and statistics that aren't common knowledge need to be cited, too. To decide if information is common, consider whether it's a well-known fact or can be found in several places.

For example, "Drinking and driving leads to accidents" is an accepted fact, but statistics about accident rates should be credited.

- When paraphrasing, do more than rearrange words or sentences. Cover the paragraph and explain the ideas in your own words. Compare your version to the original. Use phrases like, "According to the Department of Agriculture," to reference the source. 👍

### OUR PURPOSE

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

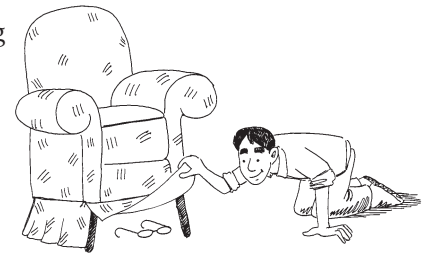
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## Q & A Where is it?

**Q** My son constantly misplaces books, sports equipment, and his glasses. How can I help him become more responsible?

**A** When something is lost, make sure your child is the one searching for it. He'll be more motivated to keep track of belongings if he's responsible for finding them. Instead of doing the looking, guide him along with questions, such as "When do you remember having your book last?" and "What did you do next?"

Ask your teen to brainstorm ways he can avoid losing stuff in the first place. For example, he might decide balls and mitts go in a plastic tote in his closet. Glasses could be kept in a desk drawer. Consider using labels as reminders. *Examples:* "Sports Uniforms," "Art Supplies." Finally, suggest that he put items away as soon as he finishes with them. 👍



## Parent to Parent Handling a breakup

My daughter's boyfriend broke up with her, and Emily took it really hard. I asked for advice from a neighbor whose son had recently been through a breakup.

My neighbor suggested that I encourage Emily to share her feelings. She also suggested that I remind Emily of her good qualities in case she was blaming herself for the breakup.

I told my daughter I'd be there if she needed to

cry or talk. I explained that relationships end because people want different things, but that doesn't mean there's something wrong with either person. I also tried to boost her confidence by pointing out her great sense of humor and athletic talent.

Finally, I kept her busy with fun activities—renting her favorite comedies and having her friends over. It's been a rough couple of weeks, but I'm happy to say Emily is beginning to move on. 👍

