

# High School 1 YEARS

Working Together for Lifelong Success



## Short Clips

### A different view

When your teen struggles with school subjects, help him explore the material “outside” his textbook. Is he stumped by Shakespeare? Rent a modern DVD of the play. Bored by Revolutionary War history? He can read biographies of key figures online or at the library.

### Priorities planner

Teach your adolescent how to set priorities by showing her how you decide yours. You might talk to her about your to-do list, explaining that urgent tasks are at the top because of deadlines or importance. Let her also know how you decide what you leave off your list.

### Traveling with teens

If you’re traveling with your teenager over winter break, suggest that he take along reading materials and a portable music player with headphones. That way, he’ll be able to entertain himself during downtime. *Hint:* Make sure he packs a variety of reading materials and a charger or spare batteries.

### Worth quoting

“Arriving at one goal is the starting point to another.” *John Dewey*

### Just for fun

#### Teacher:

Why are you reading the last page of your history book first?

#### Jessica:

I want to know how it ends.



## Family problem solving

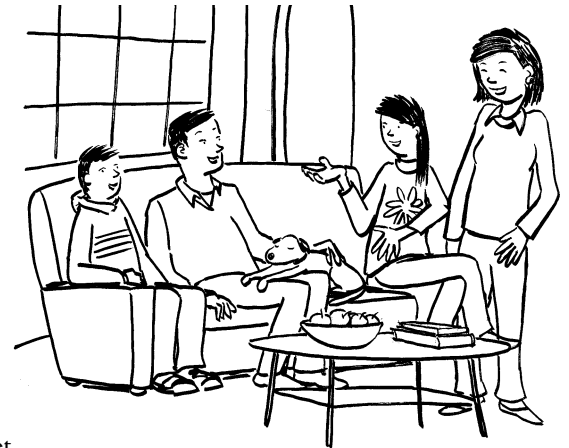
All families disagree from time to time. Parents and teens often have different views on things like computer time and curfews. Talking over problems regularly may help. Here are some ideas for your family to try.

### Setting the stage

Begin by suggesting that everyone meet once a week to talk about things on your mind. Post a topic list on the refrigerator to see what your family wants to discuss. Then, decide which topics to tackle, and set a time for getting together.

### Searching for solutions

Perhaps family members frequently argue about who gets to use the computer. Encourage everyone to come up with possible solutions to start the ball rolling. *Examples:* “Let’s make a schedule so we each get the same amount of time,” or “Why don’t we limit each person’s computer time, and create some family time?” Take turns jotting down suggestions.



### Meeting of the minds

The goal isn’t to start with an agreement, but to end with one. During the discussion, think about the pros and cons of each idea. The best solution might not be any single idea, but a combination of several.

*Note:* If you find yourself in a heated argument with your teen, call a time-out. Then, discuss the issue when you’re both calmer—either at your next family meeting or privately. 👍

## College-bound reminders

As the year winds down, here are a few dates to be aware of if your high schooler is thinking about college:

- Try to file income taxes as soon after January 1 as possible. Completed tax forms make filling out financial-aid applications easier. And colleges may want them for verifying income.
- Turn in the Free Application for Federal Student Aid (FAFSA) as early as you can (after January 1). Get help from the Federal Student Aid Information Center (800-433-3243 or [studentaid.ed.gov](http://studentaid.ed.gov)). Ask colleges about filing deadlines and whether they require other forms.
- Have your child check registration dates for winter and spring college-entrance exams. He can find SAT deadlines online at [collegeboard.org](http://collegeboard.org) and ACT dates at [actstudent.org](http://actstudent.org). 👍



# Simply noted

Taking good class notes is one way your high schooler can boost his learning and do better on tests. Share these tips with him for notes that can improve his grades.

## User friendly

- Write the subject and date on every page. This helps to keep notes organized.
- Leave lots of space between ideas. Add more notes later if needed.
- Use abbreviations and symbols to write faster. *Examples:* “w/” for “with” or “=” for “equals.”
- Don’t worry about perfect spelling and punctuation, unless it’s necessary to the subject (foreign language class, SAT prep).



## On target

- Write down the topic, main ideas, and important details—not every single word that’s said.
- Pay special attention to information on the chalkboard or whiteboard.
- Star, circle, or underline anything the teacher repeats. It might show up on a test.

## Effective

- Read assignments before class. This gives a framework for listening and taking helpful notes.
- Review notes within 24 hours of taking them. Make sure they’re understandable.
- Save notes in a folder or notebook to review before tests and quizzes. 👍



# Just-right gifts

Do you or your teen need gift ideas? Consider these easy, affordable presents that are fun to give and to get.

**Magazine subscriptions.** Magazines promote reading, and your family will get to enjoy new issues all year long.

**Framed photos.** Take snapshots from special outings or fun family moments, put them in an attractive frame, and presto! You’ve created a meaningful keepsake that friends and family will treasure.



**A gift of time.** Make a coupon for time together—for an hour or a whole day. The recipient gets to decide how and when to spend the time with you. Or consider coupons for a special service, like washing the car or grocery shopping. 👍

## Q & A

### A busy schedule

**Q** My daughter’s schedule is packed. With her many after-school activities and busy social life, I feel like I can barely keep track of her. Is this normal?

**A** High school students often stay very busy. They have so much they want to do. Sports, friends, schoolwork, jobs—it’s no wonder they’re always on the go when they have all those different interests and responsibilities to juggle!

So, yes, your daughter’s life is probably normal. You might ask her to write down her schedule and check in with you regularly. That way, you’ll know where she is even on super-busy days. If she seems stressed, or if her grades are dropping, she might need to cut back. But if she is happy and doing well in school, it’s most likely okay for her to keep up her current pace. 👍



## Parent to Parent

### Raise a bounce-back teen

No matter how hard I try to protect my kids, sometimes life hands out difficult times. Recently, my son didn’t make the basketball team, and then his best friend moved away.

Through reading a few books and talking to other parents, I discovered some simple things I could do to help my child become resilient. When problems come my way, I try to respond with optimism and humor so my high schooler

learns to do the same. Also, I’m encouraging him to use creative outlets to combat frustration, like drawing or writing about his feelings. And he’s developing a network of adults that he can call on if he needs help, such as school advisers, relatives, and neighbors.

I can’t keep the tough times from coming, but it’s comforting to know I’m preparing my teen so he can bounce back. 👍



## OUR PURPOSE

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

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