

High School 1 YEARS

Working Together for Lifelong Success



Short Clips

Traits to live by

Here's a way to help your teen focus on what matters most to her. Suggest that she look up mission statements of companies she likes (or even of her own employer). Then, have her create her own personal mission statement. For instance, she might write, "I finish what I start," or "I am a loyal friend."

Time with friends

When your teenager has friends over, a younger sibling may want to be included. But giving your older child space will let him have the privacy he needs—and keep him from feeling resentful toward his brother or sister. Consider stepping in if needed ("Your brother has a friend over. Why don't you play basketball outside?").

Re-energize

Midway through the school year, students can begin to lose their motivation. Your child can stay energized by tweaking her routine. She might make small changes like moving study time from evenings to after school. Also, building in time for hobbies and relaxation will help her be more productive.

Worth quoting

"The more you lose yourself in something bigger than yourself, the more energy you will have."

Norman Vincent Peale

Just for fun

Q: If you have me, you want to share me. If you share me, you haven't got me. What am I?



A: A secret!

Ready, set, collaborate!

To succeed in today's workplace, your high schooler needs to be able to work effectively with others. Encourage him to be a strong team player with tips like these.

Build consensus

Working together usually requires reaching a decision. When you need to make a group decision at home, such as where to go for dinner or which movie to watch, have your teen be the "consensus builder." He can get everyone's input and look for compromises. He might suggest a restaurant that has menu items for everyone, even though it's not anyone's first choice.

Play ball

Conversations are a key part of collaborating. Suggest that your adolescent picture a discussion as players tossing a ball. One person "throws" the ball by speaking. The other "tosses" it back by responding. He can only "catch" the ball when he really listens to what the other



person says. During family conversations, encourage your child to purposely let others "toss" the ball and to concentrate on "catching" it.

Work together online

Collaboration today is as likely to be done online as in a classroom or office conference room. Encourage your teen to build teamwork skills online when doing group projects. He and his partners could use a wiki (a website where participants create content together) to draft a research paper. Or they might use Google Drive, a free way to share and edit documents. 👍

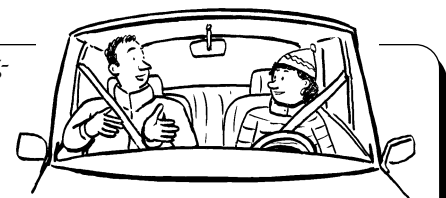
Winter driving

Snow, ice, fog...winter can bring challenging conditions to drive in. Help keep your teen safe by preparing her to handle driving in bad weather.

Share your experience. When you're behind the wheel, point out ways you adjust your driving to handle weather changes. For example, you might turn headlights on, drive more slowly, and leave more distance between you and other cars.

Give her practice. Have her try techniques in a place where she can learn safely, such as in an empty parking lot or on a quiet side street. Suggest that she slow down by easing onto the brakes—and then have her see what happens if she hits the brakes quickly. Also, teach her what to do if she skids (let up on the brakes and steer in the direction of the skid).

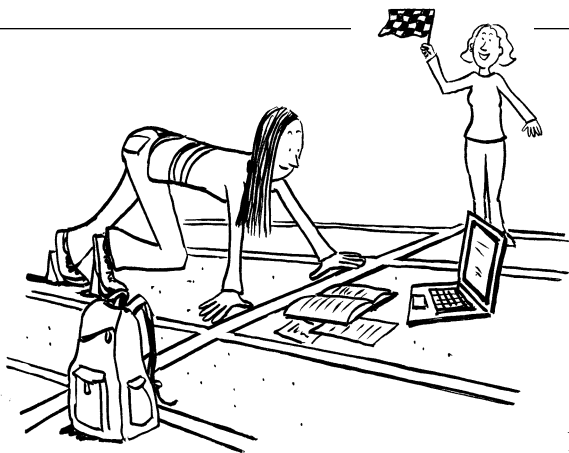
Note: Ride along when she drives in poor conditions until you both feel comfortable for her to go out on her own. 👍



Getting started

When high schoolers put off homework or start late on projects, they put extra pressure on themselves and may get lower grades. Your teen can avoid procrastinating with these strategies.

Start anywhere. Getting going is more difficult if you don't know where to begin. By telling herself she can start on *any* part, beginning will be less intimidating. For instance, she might do easier questions in the middle of a worksheet first, rather than going in order.



Gain momentum. Doing something that doesn't require much thought can help. The first time she studies for a test, she might highlight key facts in her notes. The next time, she could compile highlighted material into a study guide. After that, reviewing information won't seem as hard.

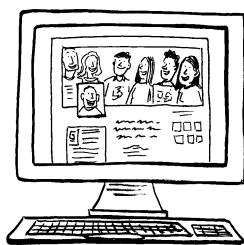
Take away alternatives. Ask your teen to write down what she does instead of working, such as texting friends, going on Twitter, or making playlists. Once she sees a pattern, she can decide what to do. She might make those things off limits until homework is finished. Or she could leave her cell phone or iPod in another room while she studies. 👍



Q & A A Facebook-perfect life?

Q My son says his Facebook friends have "perfect" lives compared to his. How can I show him this isn't true?

A Teens try to maintain a certain image on Facebook. So your son may see classmates who look like they're always happy and having a great time.



Let him know that his Facebook friends are editing their lives by showing only the good stuff and leaving out things they'd rather forget. If you're on Facebook, you can share your own examples. Maybe your friends post comments about trips you can't afford or parties you weren't invited to, but they don't discuss their money or marriage troubles.

Also, suggest that your child lighten up on his Facebook time. Instead, he can do things he enjoys, whether it's playing sports, reading, or hanging with friends in *real* time. 👍

Inspired to write

Do creative writing assignments stump your teen? Inspire him to put pen to paper (or fingers to keyboard) with these ideas.

Turn to the pros

Exploring how authors write can give him examples to follow and create enthusiasm for writing. Suggest that he read writers' blogs or attend author readings at a local bookstore or library. He might pick up useful tips (create character profiles before you write; type anything that comes into your head for your first draft).

Use his own life

Your teen's own experiences can get his creative juices flowing. He might carry a small notebook and jot down funny incidents or unusual signs he sees. Or he could text himself interesting things he notices. Then, he can draw on those thoughts when he writes. 👍



Parent to Parent

Planet-friendly careers

My daughter Natalie has been interested in the environment since she was in middle school. When I heard recently on a news program that environmental science is a growing career field, I mentioned it to her.

She was curious enough to talk to her school counselor. He gave her a long list of possible careers, everything from air quality technician to city planner, mining engineer, and environmental consultant.

The counselor recommended that she take

earth science, environmental science, and geology classes. And since there are so many career options to think about, he suggested that she try to shadow people in various jobs.

Natalie has already been able to shadow a water quality specialist, and she is calling a few other businesses to find other opportunities. No matter what

she decides eventually, I'm glad to see her pursuing her passion and getting started on the road to a career. 👍



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5605