

High School 1 YEARS

Working together for lifelong success

Short Clips



Driver's ed

You can start fostering good driving habits in your high schooler even before he gets a learner's permit. When he's in the car with you, point out safe driving. *Examples:* watching for pedestrians and other vehicles, making complete stops at stop signs, checking your blind spot before changing lanes.

DID YOU KNOW?

Mastering a foreign language can help your child thrive in today's global society. Suggest that your teenager practice the language she's learning by weaving it into her day. For instance, she might count steps in German or write her to-do list in French. *Note:* Encourage her to continue taking a language throughout high school.

First impressions

When meeting new people like coaches or friends' parents, your teen gets only one chance to make a good first impression. He should stand up straight, smile, and give a firm handshake. He should also introduce himself by name and use the person's name, too. ("I'm Steven. It's nice to meet you, Mrs. Everly.")

Worth quoting

"What's right isn't always popular, and what's popular isn't always right." *Mahatma Gandhi*

Just for fun

Q: Why did the chicken cross the road?

A: Because the light turned green.



Landing a summer job

Summer jobs can mean more than a paycheck for your teen. Searching for work teaches valuable job-hunting skills that he will use for years to come. Also, colleges—and future employers—like to see work experience on applications.

Suggest that your child start looking for summer employment before the competition heats up. Share these steps.

Plan ahead

Your teen can look in his planner and mark blocks of time to hunt for jobs and send in applications. Accounting for the hours in advance will give him practice managing his time and make his search less stressful.

Prepare a resume

A good resume should include details about education, work experience (mowing lawns, walking dogs), extracurriculars (math club), and honors (National Honor Society). Having a resume will



show employers that your high schooler is serious about a job. And creating one teaches him how to condense information and highlight qualifications.

Look for job opportunities

Encourage him to ask friends and family about jobs and to call or stop into places he would like to work. Your child can ask to speak to a manager—he'll sharpen communication skills as he explains his desire to work, offers his resume, and asks about job openings. He might also check newspaper ads and teen job sites (try <http://jobsearch.about.com/od/teenstudentgrad/a/teenjobsites.htm>). 👍

Lyrics to learn by

Music can not only entertain your teen, it can also stretch her mind. Suggest these ways your high schooler can "tune in" to learning:

- To work on reading comprehension, have her read lyrics and think about the story they tell. Then, she can use her imagination to write a sequel.
- Your child can practice creative writing by making up her own songs. She can use humor in silly rap songs about funny topics. Or she might write serious lyrics to express her feelings.
- Encourage her to explore poetic devices by looking at lyrics. For example, she might find similes (using "like" or "as" to compare two things), personification (assigning human traits to an object), hyperbole (exaggeration), or alliteration (repetition of sounds at the beginning of words). 👍



Note-savvy

Having good notes to review will help your child remember what she learns so she can do better on quizzes and tests. To get the most out of note taking, suggest that she:

- Keep notes for each class in separate binders or notebooks so they don't get mixed up.
- Date each day's notes and number the pages. Your teen will be able to find a specific day or week easily and keep her notes in order.



- Leave a couple of inches on the left side of the page and at the bottom. Later, she can add questions, main ideas, and observations.
- Pick out important points to write rather than trying to get down every word her teacher says. Definitions, formulas, and facts are key. So is anything the teacher repeats or writes on the board.
- Fill in missing information as soon as possible. Your high schooler might check her textbook or ask a friend for items she missed.
- Go over notes each night to reinforce what she learned. 👍



Q & A

Video-game limits

Q We recently got a new video game system. How can I limit my son's playing time and make sure he plays appropriate games?

A Experts recommend no more than two hours a day of screen time, including TV, computer, and video-game time.

To keep gaming in check, designate the amount of play that you'll allow (say, 30 to 45 minutes a day). Together, choose certain days of the week as non-video-game days to be sure he has time for other things. You might also require your teen to do homework and chores before playing video games.



To keep an eye on his game time, place the system in the living room or den. Also, check ratings on games brought into your house, including ones his friends bring over, and have him stay away from those that are rated "M" ("Mature") or "AO" ("Adults Only"). 👍

Decisions, decisions

From what to wear to school to how to handle friendships, your child's day is filled with decisions. Here are three tips to help him make good choices:

1. Teens don't always realize they have choices about how to handle a situation. For example, if a friend is upset with him, your child might think there's no way to make amends. Encourage him to think about his options (send an e-mail explaining what happened, apologize in person, invite the friend to go somewhere).
2. Suggest that he consider the outcome of a choice. He may look cool at a party if he takes a drink, but if he's caught, he could be suspended from cross-country. If he doesn't drink, he may lose face with other kids but keep his spot on the team.
3. Evaluating past decisions can help your teen make better ones in the future. Once he has gone through with a choice (how to handle a poor grade, which summer program to attend), ask him how he feels about it. If he could go back, would he make the same decision? Why or why not? 👍



Parent to Parent Good sportsmanship

At my daughter's first basketball game this season, I was surprised to hear a player complaining loudly about a referee's call. When we got home, I asked Elise what she thought about her teammate's behavior. She shrugged it off.

So I decided to talk to her about being a good sport. I explained that good sportsmanship shows respect for the game and the other players. I mentioned some examples of poor sportsmanship, such

as players "over-celebrating" a win or blaming losses on bad calls.

Then, I suggested that we think of ways high school players could show good sportsmanship. I said that players on the bench could cheer on their teammates. Elise said that losing teams could congratulate the winners. I told my daughter I thought our ideas were good—and I look forward to seeing them on the basketball court. 👍



O U R P U R P O S E

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

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