

High School 1 YEARS

Working together for lifelong success

Short Clips



In touch with counselors

Encourage your teenager to drop in and say hello to her school counselor from time to time. If the counselor knows your child well, he'll be able to offer more targeted support for course selection, job prospects, or college choices. Plus, he can be a trusted adult for her to talk over problems with.

Listen up!

High school students spend several hours a day listening. Encourage your student to be an attentive listener by using the acronym "SOLER." He should squarely face the teacher, open his posture by uncrossing arms and legs, lean in a bit to show interest, make eye contact, and relax.

Being accountable

Accepting responsibility when you make an error shows character. To help your child learn to be accountable, encourage her to admit—and correct—her mistakes. For example, if she returns the car without gas, she should apologize ("Sorry I forgot to fill the tank") and then make it right (put gas in the car).

Worth quoting

"One kind word can warm three winter months." *Japanese proverb*

Just for fun

Q: What did the mathematician say to her child when he misbehaved?

A: "If I've told you n times, I've told you $n + 1$ times..."



Challenges with teens

The teenage years can be an exciting time in life, but they also bring challenges for parents. Here are three common concerns and ways to handle them.

"My teen's never home."

It's normal for teens to spend more and more time out with friends. But you need to stay connected so you know what's going on in your child's life. You might set up times he needs to be home, such as mealtime or an hour or two before bedtime. Or consider limiting him to one or two nights out on weekdays. *Idea:* When he has somewhere to go, offer to drive him so you can chat in the car.

"My teen is so rude sometimes."

While rudeness can be typical in teens, you shouldn't allow it to go unchecked. Say your high schooler walks away while you're talking and screams, "What-ever!" Tell him firmly, "I know you're angry, but it's not okay for you to act this way." Then, set consequences for his behavior



(loss of privileges). *Tip:* Encourage family members to speak nicely by modeling kind words and a soft tone of voice.

"I don't like my teen's friends."

Try to find out why your child chooses his friends by getting to know them better yourself. Have them stay for dinner, or go to games or other events where you can see how they act. If you feel your child is hanging out with a dangerous crowd, let him know you're concerned and why. Then, steer him toward activities where he can meet different kinds of kids, or talk to a teacher or coach for advice. 👍

Exploring online

Your high schooler probably uses the Internet for staying in touch with friends, tracking her favorite sports or movie stars, or listening to music. Here are ways she can use it to enhance learning, too:

- Encourage her to watch videos that teach her how to do things. For instance, she could find out how to make a curry (www.cookingvideo.org) or paint her room (www.diynetwork.com).
- Gazing into the sky is fascinating, but viewing photos can help your teen see the universe up close. She can look at an astronomy "picture of the day" at <http://antwrp.gsfc.nasa.gov/apod/astropix.html> or see all kinds of photos at sites like www.telescopes.cc.
- Searching the latest headlines can make your child more informed. Suggest that she bookmark news sites (www.pbs.org/newshour/extra and www.cnn.com/studentnews) and check them regularly. 👍



Be a reader!

You can encourage your high schooler to read for pleasure—and be a lifelong reader. Here's how.

Keep it interesting. Your teen may like to read about things that are happening in her life. She'll learn how characters in books or authors in real life handle the challenges of growing up (dating, friendship, career choices). Also, ask librarians to recommend titles teens enjoy or that pertain to your child's hobbies (quilting, horses).



Make it accessible. Place reading material where your teen can find it when she has a few minutes. Think about times in her day when reading may fit naturally (breakfast, bedtime). Then, leave books and magazines nearby. Every few weeks, stop at the library.

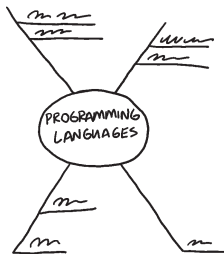
Share it. Whenever possible, let your child see you read. You might pass her the Sunday comics or the sports section when you're finished reading the newspaper. Read a funny e-mail out loud, or share items you come across in a magazine. If you're enjoying a book, tell her about it. *Tip:* If it's appropriate for her, pass it along when you've finished. 🍷

Great graphic organizers

No matter what subject your child studies, graphic organizers can help him identify key information, clarify ideas, and arrange his thoughts. Share these ideas:

■ A "series of events chain" will help your high schooler identify steps or stages. He can draw rectangles down a page and label each one ("Event 1," "Event 2," ... "Final Event"). *Example:* For stages of hurricane formation, he would list "tropical disturbance," "tropical depression," "tropical storm," and "hurricane."

■ A "spider map" is used to develop supporting facts for a main idea. In the center of a page, have your teen draw a circle (the spider's body) and write the topic in it ("Programming languages"). Next, he can draw four diagonal "legs" for main ideas ("There are many good languages for beginners"). Then, have him add horizontal lines next to the "legs" with supporting details ("Java," "Visual Basic," "Python"). 🍷



Parent to Parent

Putting off chores

My high schooler kept putting off doing anything around the house. I had to remind Chloe over and over again that it was her turn to vacuum or that she needed to put away her clothes.

When I brought up her procrastinating, she said that between her schoolwork, activities, and friends, she just had too much to do. I explained that in a family, everyone needs to pitch in. Then, we talked about ways she could make time to do her share. We decided she could pick a day of the week to do each chore. For example, she might vacuum on Saturday morning or do laundry on Wednesday nights.

Each week Chloe posts a schedule in her room, and she's supposed to check off each item as she completes it. So far, she's doing pretty well—and I'm glad I'm not hearing "I'll do it later" anymore. 🍷



Q & A Financing college

Q My son plans on going to college. How can we start planning now to pay for it?

A Paying for college can seem overwhelming, but planning early will help. First, begin researching possibilities for student aid, and be sure to apply by the priority deadlines. No matter what your financial circumstances, apply for aid—you don't know what you'll get unless you ask. If your financial picture changes, you can ask schools to reconsider their aid package.

Also, think about ways to lower the cost of your child's education. He might go to a community college for two years and then transfer to a four-year school. If he's a good student, he could take AP classes. If he does well on the AP exams, he could enter college with credits and pay for fewer courses.

Finally, consider having your son get a part-time job after school and during summers. He can save money for college expenses like books, food, transportation, and entertainment. 🍷



OUR PURPOSE

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

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