

High School **1** YEARS

Working together for lifelong success

Short Clips



Highly recommended

If your high school junior wants to apply to college, now's the time for him to start gathering letters of recommendation. He will need to check requirements for the schools on his list (how many letters are needed, whether they should be from teachers of specific subjects). Then, he can request his teachers' help and provide addressed, stamped envelopes.

Traits worth imitating

Who does your child look up to? Perhaps she admires people she knows or she idolizes celebrities. Ask her what she respects about them (patience, courage) and how she can develop these traits in herself. *Example:* trying to be more patient with her younger siblings.

New words

Your teen might be surprised to learn that dictionaries are always growing. Get him interested in language by suggesting that he browse lists of new words at www.merriam-webster.com or <http://oxforddictionaries.com>. He'll find definitions for recent additions like *woot*, *staycation*, *flash mob*, and *cyberbullying*. How many does he recognize?

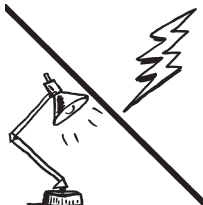
Worth quoting

"Those who wish to sing always find a song." *Swedish proverb*

Just for fun

Teacher: What is the difference between lightning and electricity?

Student: We have to pay for electricity!



A successful summer

When the last school bell rings, your teen will suddenly have a lot more time on her hands. Encourage her to use it to try new activities and explore interests with ideas like these.

Learn a skill

Ask your high schooler to think about a hobby she has always wanted to try. Or she might browse magazine racks at bookstores for ideas (cake decorating, salsa dancing). Then, she can check out how-to books from the library or find a friend or family member who can help her. Mastering something new will give her brain a workout, and gathering information about it will improve her research skills.



pointing out interesting shops or helping them navigate the subway. *Idea:* She can browse towns' Web sites and newspapers' entertainment sections to learn about the best local diners, sights like caverns or waterfronts, and activities such as flea markets or mini-golf courses.

Start a business

Your child can build planning and organizational skills—and earn money—by running a company, either alone or with a friend. First, she should consider what she's good at or enjoys doing (gardening, babysitting, dog walking, house painting). Then, she can come up with a clever name for her business ("From the Ground Up") and decide how to advertise (hang flyers, talk to neighbors). 👍

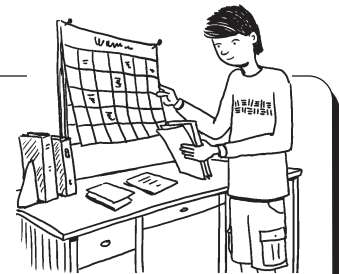
Play "travel agent"

If your family is going on vacation or relatives are visiting your town, encourage your teen to become the expert on where to go and what to do. Suggest that she make a travel guide to take on vacation by printing information and collecting it in a folder. Or if you're hosting guests, she could e-mail them links and even offer to be a tour guide for a day by

The big "to do"

The demands of school can pick up as the year winds down. Share these guidelines to help your child handle final assignments and tests:

- Make a master list with information about exams, papers, and projects. Write down what material the tests will cover and their format (essay, fill-in-the-blank), as well as the requirements for papers and projects (length, style).
- Put important dates on a calendar. Schedule time to study for tests and complete projects by working backward from exam dates and project deadlines.
- Find ways to cope with extra demands. *Examples:* Request fewer hours at work; set aside time for exercise to relieve stress. 👍



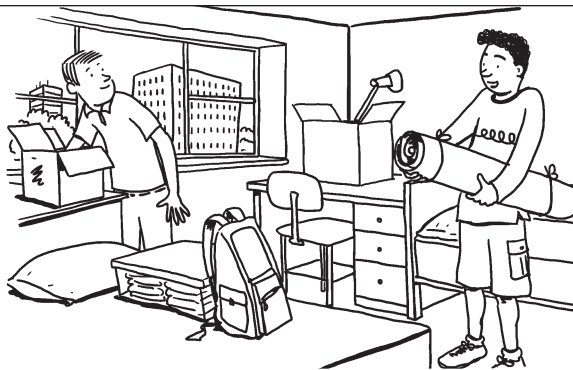
Moving out, moving on

Whether your high schooler is heading for a college dorm or his first apartment, you can help him make a smooth transition. Here's how.

College dorm

Have your teen contact his roommate to discuss who will bring shared items like a rug or TV. He should also read the school's Web site to see what's provided (refrigerator, desk chair) and what's allowed or not allowed (microwave, hot plate).

Look over meal plans and talk about living expenses such as school supplies, toiletries, and snacks off campus. Will



you provide spending money, or do you expect your high schooler to use his savings or get a job on campus?

Apartment

Together, figure out what your child can afford and discuss whether you'll cosign a lease. Suggest that he pick up a guide to rental properties from

a convenience store, look online, or talk to people who might be renting rooms. Your teen will need to save enough money to cover the first month's rent and a security deposit. And he'll need a budget for utilities, food, and transportation.

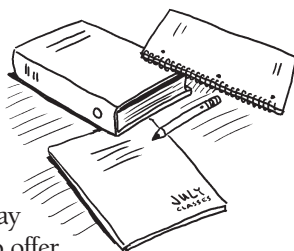
Then, help your child collect supplies (furniture, small appliances, dishes). He can check thrift stores and garage sales and ask friends and relatives for unwanted items. 👍

Ready for next year

Your child just finished the school year, and she had a few areas where she could use improvement. What can she do over the summer? Plenty!

■ Have your teen look into summer school or remedial courses. Summer classes are usually smaller and more relaxed, which could make it easier for her to do well and raise her GPA. Encourage her to look for friends who are going to summer school. You could carpool, and she'll probably be happier about attending if she can go with a friend.

■ Suggest that she ask the school or district office for a list of recommended tutors. There may be teachers who offer extra help over the summer. For a free alternative, have your teen trade tutoring with a classmate. Maybe her friend is a chemistry whiz but struggled in English, while your child did great in English but needs help with chemistry. They could get together each week to tutor one another and then do something fun afterward (Rollerblading, swimming). 👍



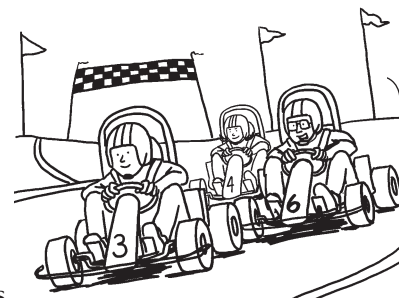
Parent to Parent

Family time

Jack, our 15-year-old, groaned every time we asked him to go somewhere with us, such as his sister's dance recital or the county fair. I still wanted him to participate in our family outings, but I didn't want him to be miserable or spoil our time together.

I talked to a friend who has raised a couple of teenagers, and she suggested that we pick and choose what Jack had to do. We decided that supporting siblings at their events is a must, but he could sometimes skip "fun" activities like the park or museum. My friend also said family time might be more appealing if we let Jack suggest places to go or take along a friend.

My son still complains sometimes about family outings. But all of us—Jack included—have enjoyed the ideas he has come up with, such as driving go-carts at a local track or watching a tae kwon do exhibition at our community center. 👍



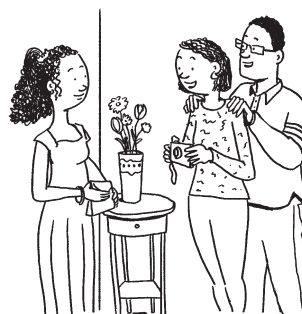
Q & A Prom safety

Q My daughter is going to her first prom this year. How can I make sure she stays safe?

A Tell your daughter that you want her to enjoy herself and have a prom night that goes off without a hitch. To do that, the two of you will need to plan ahead. For example, discuss how she'll get around (limo, friend), and write down contact information for a couple of teens from her group.

Make it clear that your child should not get into a car with a driver who's been drinking and that you will pick her up if she runs into any problems.

Also, set a curfew and agree on her itinerary (restaurant, prom, after-prom party, friend's house). Let her know that she needs to get in touch with you if her plans change. If your daughter's group is sleeping at a friend's house, contact the parents and ask about supervision and sleeping arrangements. 👍



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
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