

High School YEARS

Working together for lifelong success



Short Stops

Pre-game fun

With high school football in full swing, have your teen invite friends over for a party before a game. They could gather in your yard or driveway for pizza or snacks. This will give your child a reason to hang out with his friends at home, and you can make sure they socialize safely.

Hats off to veterans

Veterans Day is November 11, a perfect chance for your child to learn about history. Encourage her to look online or read library books to find out how the holiday started. She could also compare how veterans were treated after military conflicts (World War I, Vietnam, Persian Gulf) or talk to relatives who have served.

Special introductions

Single parents may wonder how to introduce a significant other to their teens. When a relationship becomes serious, tell your child—but also assure him that it won't change your feelings for him. Then, arrange a short, informal meeting like going out for lunch, and let your teen warm up at his own pace.

Worth quoting

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."

Etty Hillesum

Just for fun

Q. Who can shave six times a day and still have a full beard?

A. A barber!



Reading to learn

When your high schooler opens a textbook, does he know what to look for so he can get the most out of the material? He can learn to approach non-fiction text in ways that will boost comprehension and help him quickly find the key points. Share these strategies.

Preview with purpose. Before diving into lengthy chapters or passages, scan for the highlights. Check main headings, subheads, boldfaced or italicized words, and fact boxes. Then, go back and read the chapter or passage with those points in mind. Also, seeing how the material is organized can help you understand how concepts relate to each other (for example, three subheads in an economics chapter might present different facets of one principle).

Take action. Good readers quiz themselves or summarize information to make sure they understand the material. Turn headings and vocabulary words into questions ("What's the definition of annex?"), and answer end-of-chapter



review questions. Another idea is to follow up your reading by restating the ideas you've learned—either out loud or in writing.

Pay attention to "tip-offs." Certain words and phrases can help you understand the type of information about to be presented. For example, when you see "On the contrary," that means an opposing fact or viewpoint will be shared. "Accordingly" indicates that a cause-and-effect will be explained. *Idea:* Make a list of words like this to watch for, or see the list at www.dartmouth.edu/~acskills/docs/pivotal_words.doc. 👍

Is it cheating?

Studies show that many high school students think cheating is wrong, but they don't always agree on what cheating is. Being aware of what crosses the line can help your high schooler make good choices. Talk about these examples:

- When working in groups, sharing information and exchanging ideas comes naturally. But it's dishonest to copy each other's answers on assignments.
- Asking a friend how a test went is typical hallway chatter. But it's cheating to get (or give) the questions on a test before taking it.
- Websites are an important part of research. But it's plagiarism to copy sentences, paragraphs, or articles. 👍



We can help!

Young people who volunteer tend to have higher self-esteem, do better in school, and show more empathy for others. Volunteer as a family, and you multiply that benefit across your entire household. Here are ideas for helping your community.

Shelters. Call homeless shelters for information on how you can pitch in. Your family may be able to shop for ingredients or serve meals. Or shelters may need donations of socks, knitted items like hats or blankets, or individual toiletry kits that you could put together.

Sick children. Organizations that help families with sick children need volunteers. You might host a movie night,



straighten up playrooms, or bake cookies for families staying at a Ronald McDonald House while their children are in the hospital. Or you could hold a fund-raising dog or car wash for a group like the Make-a-Wish Foundation, which grants wishes to terminally ill children.

Outdoors. Ask your parks and recreation department about opportunities. They may want help with one-time projects like setting up for events or with ongoing projects such as weeding gardens, repairing fences, or cleaning up trails. 👍

Meet the teachers



Attending parent-teacher conferences gives you a chance to gain insight from the teachers who are with your teen all day. Consider these ideas:

■ Ask your child for input before you go. Is there anything he is concerned about? Write down his questions, and be sure to share the answers when you get back.



■ Jot down notes from each teacher so you can follow up. For instance, if the teacher wants your teen to come in for extra help, you can check with your child in a week or two to see if he has.

■ Parent-teacher conferences are a good time to find out how your child behaves in the classroom and gets along with others. You might ask if he talks too much or takes part in class discussions. You can also find out how he treats classmates or how he is treated. 👍

OUR PURPOSE

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

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Parent to Parent

Scientifically speaking

My daughter Avery loved science in elementary school, but the older she got, the less she seemed to like it. I decided to talk to her science teacher about ways to rekindle her interest.

He thought that Avery might like science more if she got involved in science activities. He said he would talk to her about joining the science club or participating in the science fair. He also said he'd ask her to help set up experiments in class from time to time—if she got involved from the start, she would probably be interested in the outcome.

The teacher suggested that we have Avery talk to people who use science in their jobs. I took her with me to my chiropractor, who explained that a high school anatomy course got her started on the road to her profession. And when we picked up Avery's allergy medicine, I had her talk to the pharmacist about what he does.

I'm not sure if my daughter will wind up loving science as much as she did when she was younger, but she does seem to be showing a little more interest in it now. 👍



Q & A Managing money

Q I want to teach my son to handle credit so he'll be ready to manage his money when he's on his own. How can I start?

A Teaching your teen to deal with credit now is smart. He can learn to handle finances with smaller amounts of money and less serious consequences.

Start by suggesting that he open a checking account and request a debit card. Or you might cosign a low-limit credit card in your child's name and tell him you'll try it for a month. Define what he's allowed to use it for

(emergencies, clothing up to a certain limit). Explain that he shouldn't charge anything he can't afford to pay back each month and that he'll be charged interest on balances not paid that month. And review the late fee for payments that aren't made on time.

Regardless of which option you choose, your high schooler should keep his receipts to track spending. Help him monitor his account online, and when the statement arrives, go over it together. Then, encourage him to pay the balance as soon as possible. 👍

