

High School 1 YEARS

Working together for lifelong success

Short Clips

No more failure

We all make mistakes. The important thing is to look at each situation as positively as possible. How? Try erasing the word "failure" from your family vocabulary. Replace it with "setback" or "detour." Everyone will begin to see themselves as problem-solvers.

DID YOU KNOW?

Internet plagiarism is on the rise. More than half of all high school students surveyed admitted to copying information or whole research papers from the Internet. Encourage your kids to do their own work and to cite any sources they use for research.

Too old for bedtime stories?

Read aloud to your high schooler? What a great idea! Pick a book or novel that you'll both enjoy. Set aside one or two evenings a week to read a chapter together. Take turns reading aloud. It's a great way to connect and relax together.

Worth quoting

"Arriving at one goal is the starting point to another." John Dewey

Just for fun

Teenager to parent:

Of course I know the value of a dollar. That's why I'm asking to borrow five.



Building better study skills

Alonzo wants to improve his grades from C's to B's. He pays attention in class, but studying is tough for him. When test time comes, he doesn't feel prepared. What can he do?

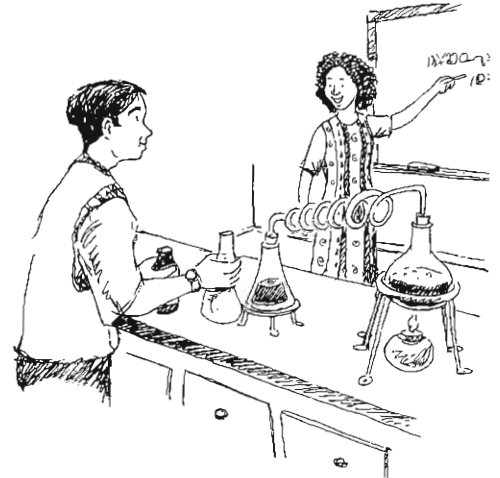
High schoolers need good study skills to organize, review, and remember information. Improving these skills can help students get better grades. Here are some study tips to share with your teen.

Focusing on important ideas

Encourage your teen to focus on what the teacher discusses and writes on the board. When she's reading at home, she should pay attention to the titles that divide each chapter. These titles help point out main ideas in the text. Also, have her look over past homework assignments.

Making study time count

Setting aside study time every day is important. Most students remember more by reviewing in shorter, daily sessions. Your high schooler should divide big projects into small goals. *Example:*



He could study one chapter a night for a week instead of all five chapters the night before a test.

Dealing with distractions

It's natural for a teen's mind to wander while studying. Encourage your high schooler to control stray thoughts by writing them down and setting them aside until later. This helps clear her mind and puts the focus back on her work. She can review the thoughts after she finishes studying.

When it comes to study techniques, it's important for your teen to find methods that work—and turn them into habits. 👍



Why parent-teacher conferences still matter

Parent-teacher conferences can be as helpful in high school as they were in grade school. They put you in touch with your teen's world away from home and help you establish a relationship with your child's teachers. Here are some ways to make these meetings more effective:

- Find out what your high schooler will be expected to do in each class (homework policy, tests, group projects).
- Ask how to get in touch with her teachers if you have questions.
- Mention any problems at home that may affect your teen's learning—divorce, illness, etc.
- Discuss questions you may have about such topics as your high schooler's attitude in class or the friends he hangs out with. 👍

College bound?

Should your teen go to college? It's a big question, and the answer is different for each child. How do you decide what's right for your high schooler? Consider setting up an appointment to talk with your child's school counselor.

Assessment

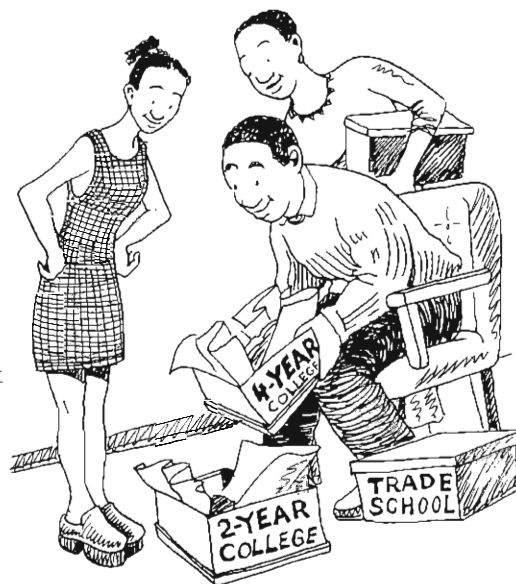
The counselor can help assess your teen's talents, interests, and academic strengths. She can encourage your child to think about the kind of life goals he wants to pursue and whether college should be a part of them. A four-year college is not the answer for everyone, but your teen probably *should* consider going to one if he:

- Has academic interests he wants to explore (writing, mathematics)
- Has career goals that require a college degree (psychologist, field biologist)
- Wants to expand his horizons and life opportunities with a college degree

Alternatives

If a four-year college is not the right fit for your child, the counselor can help her explore other options, including:

- Vocational and technical schools
- Business or community colleges
- Internships
- Apprenticeships 👍



Budgeting 101

Do your teens blow their allowance and then ask for more? It's time for a crash course in budgeting—and gift giving—is a good place to start! Here's how.



First, help your kids set an amount of money to buy gifts for the year. This is their budget.

Next, have them list the gifts they want to buy and estimate the cost. Does their estimate exceed their budget? If so, have them brainstorm ways to reduce the expenses. Buy fewer gifts? Make homemade gifts? Let them work out the details.

When they need to buy a gift, have them look at their plan. Then, take them shopping. If they run out of money, be firm—your wallet is closed. They'll have to budget better next time. 👍

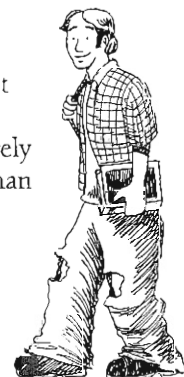
Parent to Parent Picking your battles

"You are *not* going to Nana's house dressed like *that!*" I said to my son. "Go upstairs and change into some decent pants! Or don't come down at all!" Nick chose not to come back down.

We went to Nana's house without him. I felt so upset that I barely tasted dinner. I realized I wanted my son's company much more than I cared about how he looked.

When we got home, I apologized to Nick. I said he was old enough to make his own decisions about his appearance, and that I'd make him a deal. If he continued to do well in important areas, like grades and behavior, I'd cut him slack in less important things, like what he wears.

It's been a month. Nick's still wearing pants that make me cringe—but he's getting nearly straight A's, and he's a good, responsible kid. I'm trying to focus on that, because that's the important stuff. 👍



Q & A Academic emergency

Q My daughter has fallen behind in school and needs to catch up. What can she do?

A Falling behind is an academic emergency. Your daughter should drop everything to work on catching up. Have her try these steps:

Make a list of all overdue assignments and the order in which they need to be completed. *Tip:* Focus first on preparing for upcoming tests.

Ask for extensions on overdue work.

Make a study plan. Set aside a specific time for homework every day. Do daily work first, then overdue assignments.

Get rid of diversions. No TV, no sports, and no extracurricular activities until all overdue assignments are turned in. 👍

