

High School **1** YEARS

Working together for lifelong success

Short Clips



New year, new goals

Encourage your child to start thinking about New Year's resolutions now. Instead of setting long-term goals that seem overwhelming, she might break down her resolutions into manageable pieces. For example, if she wants to begin exercising, she could start by walking 15 minutes a day and gradually work up to an hour of daily exercise.

Science programs

Watching interesting science shows can help your high schooler learn more about topics he's studying. If he takes astronomy, for example, he may enjoy a program about space travel. If he's studying biology, he might like to watch footage of animals in rain forests. Together, check TV listings to see what you can find.

More than words

Your teen may think bad language sounds cool and mature. Tell her that *not* swearing actually makes her seem more grown up, since it shows self-control. Every time you hear her say a curse word, ask her to find a way to express herself that won't offend others.

Worth quoting

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."
Anatole France

Just for fun

Q: Why did the king go to the dentist?

A: To get his tooth crowned.



Time management

Your child finds herself cramming for a test. Or she forgets to order the T-shirts in time for the French club car wash. Sound familiar? Help her avoid these situations by teaching her how to manage her time wisely. Here's how.

Setting priorities

Suggest that your teen keep a to-do list and rank items in order of urgency. Tasks that she labels with an "A" must be done immediately (homework due tomorrow). She should take care of "B" items as soon as possible (wash uniform for this weekend's game). And she can do those marked "C" when it's convenient (organize her photographs). This method will teach her to focus on what matters most.

Staying ahead

By doing a little at a time, your child can stay on top of her list. For example, she could review class notes while waiting for a ride after cheerleading practice. Or



she might set a timer for 10 minutes and clean one section of her room before dinner.

Sticking with it

With so much going on in your teen's life, she may be tempted by activities that aren't on her list. Encourage her to take care of obligations first so she's not crunched for time later. You might help her practice what to say to friends who ask her to hang out when she has work to do. *Example:* "No. I'm heading to the library. How about doing something Saturday instead?" 👍

Rules that work

Many things change when children become teenagers—from their interests to their parents' rules. Try these suggestions for setting limits that will work for you and your teen:

- Make the rules clear. When you set new rules, discuss them with your child. Encourage him to ask questions, and explain your reasoning. He'll be more apt to follow rules when he understands the reasons for them.
- Spell out consequences for breaking a rule. For example, let your teen know that if he goes over his cell phone texting minutes, he will have to pay the extra cost. There will be less arguing if he knows what to expect.
- Be consistent and firm. Allowing your child to have friends over one day while you're not home and then grounding him the next time he does it will encourage him to test the rules. Also, try not to let him wear you down with nagging and begging—eventually, he may not take your rules seriously. 👍



After graduation

Does your teen want to begin working as soon as he graduates? Here are ways he can continue learning while he's working.

Community college

A local two-year college may be a good choice if your teenager would like to work full-time or part-time. Class schedules usually include evening and weekend hours to accommodate working students. *Tip:* Have your child ask if the school has a transfer agreement with a four-year college. If so, he may be able to transfer credits if he decides to pursue a bachelor's degree.



Apprenticeships

With an on-the-job training program, your teen can get paid while gaining a new skill. For example, he might learn to repair computers or be a plumber. At the same time, his employer may pay for him to take classes at a local college. Once he completes his training, the employer might offer

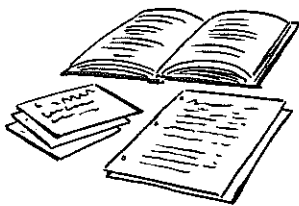
him a regular job. Suggest that he call local companies to ask if they hire apprentices. Or he can find information at www.doleta.gov/OA. 👍

Citing sources



Writing papers is an important part of being in high school. And an important part of writing is citing research sources properly. Share these suggestions with your child:

- Review the teacher's sample bibliography. If you don't understand something, ask for help.
- Be sure to credit all types of sources, including books, personal interviews, blogs, and video clips.



- Track sources as you go. If you copy something word for word, put it in quotation marks and note the page number.
- Photocopy the title and copyright pages of each print source you use so you will have the information you need for your source list. 👍

OUR PURPOSE

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Parent to Parent Magazine swap

My daughter loves magazines. She can't wait for her copy of *Softball* to arrive each month. I'm thrilled that she's reading, but subscriptions are expensive.

One day, I saw my friend Lisa reading *Crochet Today* magazine, and she mentioned that she and a friend trade magazines when they finish with them. That gave me an idea. What if I started a neighborhood magazine swap so everyone could read more for free?

I asked other families on the block and found a few who were interested.

Now we each keep a plastic storage box on our porches for magazines. When we're finished reading our latest issues, we drop them off at the house closest to us. My daughter loves opening our box to find new magazines. Best of all, she's reading more than ever! 👍



Q & A Standing up to bullying

Q My son Jeff is concerned because some kids at school are making fun of one of his friends. What should my son do?

A Your child has the power to help his friend. Explain that words can be as hurtful as hitting and shoving. And when onlookers do nothing, they're encouraging the bully to continue.

However, it's hard to stand up to bullies. When Jeff hears his friend being picked on, he might try a casual comment like, "Come on, guys." If the put-downs

continue, he can be more assertive ("That's not cool. We'll see you later") and walk away with his friend.

You might also suggest that the boys spend time with another group. For instance, Jeff could invite his friend to a movie with his basketball buddies.

Note: If the bullying continues, Jeff should encourage his friend to tell a parent or teacher or someone else he trusts. If his friend isn't comfortable doing this, your son could offer to do it for him. 👍

