

High School YEARS

Working together for lifelong success

Short Clips

Listen up

Students who work at listening learn the most during class. Encourage your teen to sit up front, focus on the teacher, and write down key words and facts. Also, she'll listen better if she reviews notes and texts before class so she knows what to expect.

Sleep-friendly space

Creating a sleep-friendly environment can help your child stay rested and alert. Rooms that are cool, quiet, and dark set the stage for good sleep. Suggest that your teenager turn down the lights—and the music—as he gets ready for bed. Remember, teens need 8½ to 9½ hours of sleep a night.

College site

No matter what year of high school your child is in, try to get her thinking about college. A good place to start is with the College Opportunities Online Locator (<http://nces.ed.gov/ipeds/cool>). Your teen can select a state, plug in a major, and instantly find out about options.

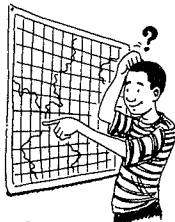
Worth quoting

"One way to get the most out of life is to look upon it as an adventure."
William Feather

Just for fun

Teacher: Class, suppose I ask you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude?

Nick: I suppose you'd be eating alone!



Organized for success

New classes + New teachers + New opportunities = An exciting start to the school year.

Add new organizational strategies to the equation, and your teenager will have a solid formula for success. Try these ideas for:

... calm mornings

Help your child establish nighttime routines that make mornings go smoothly. He can choose his clothes and set out his backpack, coat, and other items (gym uniform, science project). *Tip:* Hang wall pegs or put a basket by the door to hold his things. Your teen can even get his breakfast ready the night before by putting a bowl, cereal box, and spoon on the kitchen table. Remind him that the more he does the night before, the easier his morning will be.

... less mess

If your child keeps his backpack, binders, and folders neat, he won't have to waste time searching through piles for lost papers. Propose that he spend five minutes "de-cluttering" when he gets home each day. You can show him



how to sort papers and put them where they belong (subject folders, portfolio). *Idea:* Set up an in/out box where your teen can leave school notices and forms for signing.

... weekly planning

Schedule Sunday meetings to review the week ahead. Arrange rides for activities, check on games and school events, and get commitments for family dinners. Go over after-school appointments (dentist, haircut). Also, let your child know if you'll be out any evenings. Discussing the week keeps teens on track and parents informed. 👍

In touch with teachers

Students thrive when parents and teachers work together. Get the communication flowing from day one with these tips:

- Attend your school's open house, or call or e-mail teachers to introduce yourself.
- Meet every teacher, including those in art, music, and PE. They all affect your child's education, and some may also head up activities your teen will join.
- Ask for the best time and way to get in touch. Do teachers prefer notes, phone calls before or after school, or e-mail?
- Stay in contact whether your child is doing well or having trouble. Teachers like to hear about lessons that students enjoyed, as well as problems. 👍



Raising a reader

What's the trick to getting your teenager to read? Finding books written with her in mind. Help your child discover tempting titles, and you'll be rewarded with a more successful student—and a lifelong reader. Try these suggestions.

1. Follow a dream. Does your child want to be the next Olympic track star or a world-famous fashion designer? She can feed her ambitions by reading about them. Suggest that she ask her teachers or the library media specialist for ideas.

2. Just like me. High schoolers like to read about people similar to themselves. Steer your child toward books featuring



characters who share her life experiences (dating, moving, divorced parents). At www.amazon.com (click on Teens, Social Issues), she can find titles about a variety of tough issues.

3. More of the same. Remind your teen to look for books like ones she's enjoyed before. She can browse the shelves at the library or check favorite authors' Web sites by "Googling" the author's name or visiting <http://authoryellowpages.com>.

Tip: Check out *500 Great Books for Teens* by Anita Silvey. The author lists books in 21 categories, including mystery, humor, and poetry. 👍

Finding the "right" crowd

Having the right friends can help your teen make good choices and enjoy high school life.

Encourage your child to make connections with people he really likes. Kids who make him laugh or share similar values (loyalty, spiritual faith) can be good pals. Suggest that your teen join clubs or participate in activities he enjoys, and the friends will fall into place. For example, if he goes

to karate class or tries out for the school play, he's sure to find others with similar interests.

Finally, to make the right friends, teens need to know they're likable. Show your child that you enjoy his company by making an effort to spend time together. Point out qualities you admire in him, such as his honesty, kindness, or dedication to school. 👍



Q & A After-school jobs

Q My teenager wants to get a job, but I'm worried it will interfere with her schoolwork. What types of jobs would be best?

A Part-time work can give your child extra cash, as well as a chance to learn responsibility. Before she applies, though, have her take an honest look at her schedule. Once she accounts for school, study time, and activities, what days and times are left?

She can scout out jobs that will work with her schedule, such as youth sports referee, receptionist, or store clerk. Also, suggest that she consider her career interests. For instance, if she hopes to be a veterinarian, perhaps she can work as a kennel assistant.

No matter where she applies, tell your teen to be up front about the days and hours she is available. Remind her that school comes first! 👍



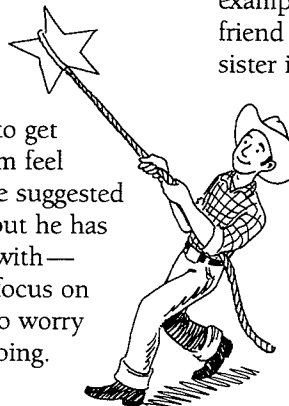
Parent to Parent Happy with your best

My son Mitchell used to get so discouraged when he didn't get the highest grade on a test or score the most points in a game.

I decided to talk to his guidance counselor to get ideas on how to help him feel better about himself. She suggested that I start by pointing out he has one person to compete with—himself. I urged him to focus on doing his best and not to worry about what others are doing.

I also tried to show him that each person has his own strengths. For example, he's a natural leader. His best friend is a terrific cook. And his little sister is good at sharing.

Finally, I used my own experiences. "I was not the top student in my high school. But I have a successful career in public relations because of my good people skills." Now Mitchell is aiming to do his personal best, which is something he and I both can be happy with. 👍



OUR PURPOSE

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

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