

# High School 1 YEARS

Working together for lifelong success

## Short Clips

### Ready, set, finals!

Final exams are almost here. Suggest that your high schooler review by answering the questions at the end of each chapter in his textbook. Have him divide his studying into small parts—for example, two chapters each evening—so he doesn't get overwhelmed.

### E-manners

Is your teen as kind and polite online as she is in person? Explain that she shouldn't write anything in instant messages or on social networking sites (Facebook, MySpace) that she wouldn't say face to face. Choosing typed words carefully will help others get a sense of her tone.

### Parting thanks

High school teachers appreciate thanks from parents just as elementary teachers do. Send a card or an e-mail, and mention something specific the teacher did to help your child (motivated him to enjoy history, wrote a letter of recommendation for an internship).

### Worth quoting

"As we grow as unique persons, we learn to respect the uniqueness of others."

*Robert Schuller*

### Just for fun

**Teacher:** What is the quickest way to double your money?

**Student:** Fold it in half!



## Summer solutions

The long days of summer don't have to be lazy ones. Help your teen make the most of his time with these suggestions.

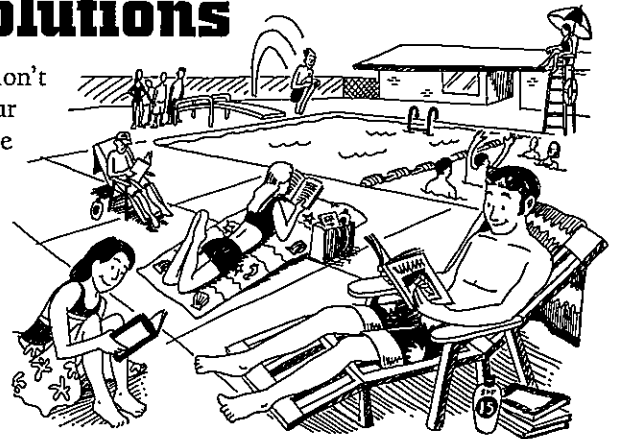
### Stay sharp

Encourage your child to sign up for your library's summer book program. He can read at the pool or beach or listen to audiobooks while exercising.

Also, suggest that he take a more difficult subject (physics, trigonometry) in summer school when he can concentrate on just one class. Or he could enroll in a study skills or time-management class at a community college.

### Enjoy free time

Does your high schooler enjoy cycling, nature, or drama? Parks, zoos, and museums may offer daytime or overnight programs. Depending on his age, he can attend as a camper or apply for a counselor job.



Or have your teen look into other summer employment. He might like working as a lifeguard, veterinarian assistant, or house painter.

### Be safe

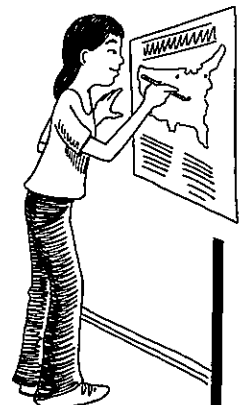
Set rules for when you're not home (keep doors locked, only one friend over). Choose a neighbor or family friend as an emergency contact.

You might see if your child could spend some days with grandparents or other relatives. They'll enjoy the company, and he can help by running errands or doing yard work. The change will keep him from being bored and help him stay out of trouble. 👍

## Where in the world?

It's a big world out there. Here are three ways to encourage your teen's interest in geography:

- Post a map on your kitchen wall. Suggest that your baseball-loving child circle each city that has a major-league team. A movie buff can find the settings of her favorite films.
- Play geography games while waiting for a restaurant table or driving to lacrosse practice. *Examples:* Take turns naming countries for each letter of the alphabet. Challenge each other to identify state capitals.
- Let your high schooler plan routes and sightseeing for day trips or vacations. She can find the quickest or most scenic route at Web sites like [www.mapquest.com](http://www.mapquest.com). To learn about historic places and local events, have her type locations into a search engine such as Google. 👍



# Great college essays

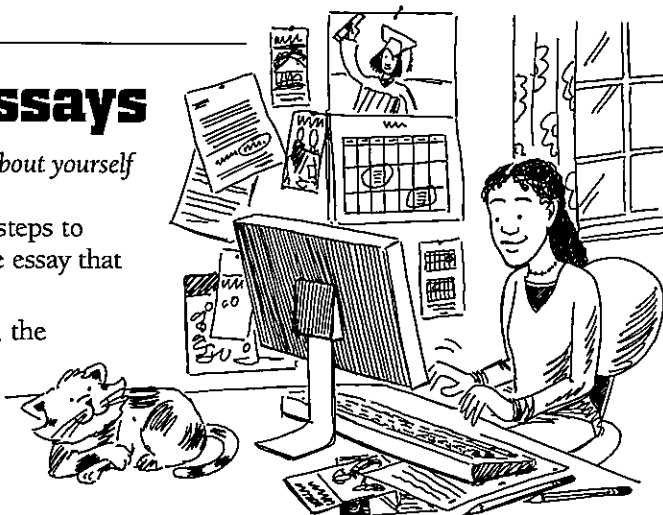
*"In 500 words or less, tell something about yourself that will make people remember you."*

Sound like a tall order? Share these steps to help your child write a college-entrance essay that will make her application stand out.

**1. Consider the question.** For example, the admissions committee may want to know your greatest moment or why you think this college is right for you.

**2. Brainstorm answers.** Make a list of your strengths or life-changing events. *Hint:* Your essay should reveal something that's not obvious from your application.

**3. Pick one or two items and add examples.** Maybe volunteering at a homeless shelter taught you that every person has



value, or visiting a civil rights landmark inspired you to think about a career in public service.

**4. Write and edit.** Use words that show rather than tell. Instead of, "I learned a lot as class president," try, "As class president, I was able to involve more students in school activities."

**5. Proofread carefully.** Even the smallest errors will show a lack of concern for your work.

*Tip:* Urge your teen to write essays over the summer before she gets busy with schoolwork in the fall. 👍

## Q & A Final report card

**Q** *When my son's final report card arrives, school will be over, and his mind will be on summer. What's the best way to handle a discussion?*

**A** While it will be too late to change anything for this year, your comments can help your son get off on the right foot in the fall. Start by praising him for high grades and ones that improved.

Also, note other positive points, such as good behavior and regular attendance.

If grades are low, ask questions. Were assignments turned in on time? How could he have studied harder? Did he understand the material? Then, talk about ways to adjust his workload or homework routine next year.

Finally, even though school is out, your son can e-mail teachers with questions. If he expected a B, but got a C, she can explain what happened. 👍



## Parent to Parent Rebuilding trust

My daughter has always been honest, so you can imagine my surprise when I ran into her at the mall recently—she was supposed to be studying at a friend's house!

Allison was embarrassed and apologized on the spot. But I explained that it takes only one lie to make me doubt her word. I told her there would be consequences, and she would have to earn my trust back.

I decided that Allison would have to come right home after school for a week. After that, she would have to call hourly whenever she was out. She knows that if she lies again, she'll be grounded for even longer.

Allison has been checking in regularly, and I know she's eager for me to trust her again. I think she has learned her lesson, and I'm starting to feel more confident that she'll be honest. 👍



## Leaving home

If your teenager is moving out soon, he's probably excited—and a little nervous about the day-to-day details. You can help by going over how to:

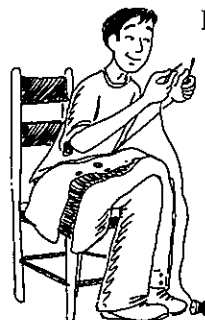
- Plan meals and shop for groceries. Show him where to find coupons and how to compare prices. Suggest healthy foods to keep on hand (whole-grain cereal, fresh fruit and vegetables, fat-free milk).

- Make important calls. Give him numbers he'll need (doctors, pharmacy, insurance company).

- Do basic mending. Let him practice sewing on buttons and fixing seams. Help him put together a small sewing kit (needles, thread, extra buttons).

- Store financial records. Recommend that he use an accordion file for bills, pay stubs, bank statements, and receipts.

- Do housework. Explain which cleaners work best for floors, counters, and bathrooms. Remind him to wash whites, colors, and towels separately when he does laundry. 👍



### 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 Aspen Publishers, Inc.  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5605