

# High School **YEARS**

Working together for lifelong success

## Short Clips

### Science reading

Pre-reading can help high schoolers better understand their textbooks. Suggest that your teen check subject headings and column notes, review questions for each chapter, and look up vocabulary words in the glossary. Skimming and scanning this way will help her hone in on critical information and remember it later.

### Finding family time

Whether your teens are freshmen or seniors, you probably see less of them than ever. Look for everyday ways to spend time together, such as running errands or sharing chores. Also, join in activities they enjoy, like listening to their favorite music.

### Cell phone tip

Has your teenager ever left his cell phone behind or had the battery go dead while he's out? Store the cell phone numbers of his friends in *your* cell phone. That way, if your child's not answering, you can try getting in touch through his friends' phones.

### Worth quoting

"Success consists of getting up just one more time than you fall."  
*Oliver Goldsmith*

### Just for fun



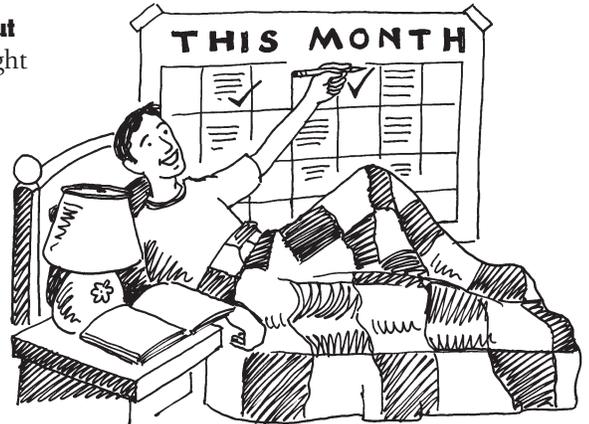
**Parent:** What will it take to get you out of bed this morning?

**Teen:** About 45 minutes.

## Let's get organized!

**John has a quiz tomorrow, but he can't find his notes.** He thought they were in his backpack. If he doesn't find them, he'll probably get a bad grade.

It doesn't have to be this way. With a little effort, students can get organized. Keeping things together gives them more time to focus on homework, family, and hobbies. Share these methods with your teen.



### Plan of attack

Discuss the upcoming month with your high schooler. What assignments are due? When will he do homework, chores, and extracurricular activities? Have him write everything down on a monthly calendar. The more advance notice he gives himself, the better prepared he will be.

### Tools on hand

Suggest that your teen keep a different-colored notebook and folder for each subject. He can use notebooks for taking class notes and folders for storing

returned homework and assignments. Also, have study supplies at home (dictionary, paper, pens, pencils, highlighters, and calculator). When it's time for homework, your high schooler will have everything he needs.

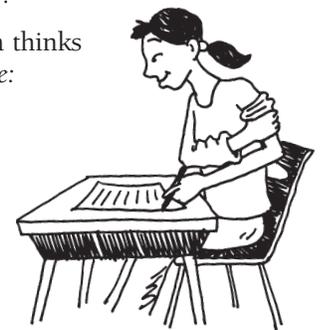
### Nightly routine

Does your teen have trouble remembering what to take to school each day? Try having him put everything in one spot the night before. Or, he can make a list (homework, gym clothes, trumpet, etc.) to check before he goes to school. Preparing at night will make mornings go more smoothly. 👍

## Take your seat

Want a surefire way to help your teen get off to a super start this school year? Make sure she attends school every day! Here's how:

- Show how learning relates to real life. If your teen thinks a skill is useful, she's more likely to learn it. *Example:* Planning a vacation draws on research skills.
- Tell your child not to skip a class because she's struggling. Offer to arrange for tutoring, or suggest that she find a study buddy.
- Find out your school's attendance policy. Let the school office know you'd like to be alerted if your teen misses a class. 👍



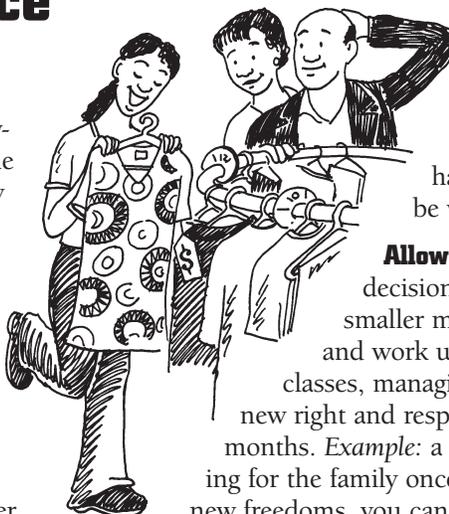
# Guidance vs. independence

## Finding the balance

One of the biggest challenges of parenting teens is knowing when to loosen the rules and when to tighten them. The payoff to striking the right balance? Helping your teen grow into an adult who's responsible and can make decisions. Try these suggestions for balancing freedom and control.

**Decide** which rules can't be compromised. For example, you can probably accept your high schooler deciding her own bedtime. But will you put up with her driving 20 miles over the speed limit? Set clear rules and consequences for those areas you won't budge on.

**Negotiate** flexible areas. Listen to your teen's input and pick rules you both can live with. *Example:* She can have her



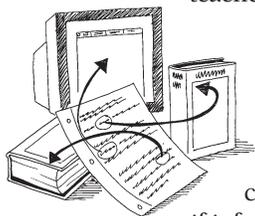
girlfriends sleep over as long as they clean up any mess the next morning. Also, listen to her side of a situation. You don't always have to change your mind, but be willing to think it over.

**Allow** your teen to make more decisions as time goes by. Start with smaller matters (hairstyles, clothes) and work up to larger issues (choosing classes, managing money). Try granting a new right and responsibility every couple of months. *Example:* a later curfew along with cooking for the family once a month. If your teen abuses new freedoms, you can go back to stricter rules until she shows she can be trusted. 👍

## Giving credit

When your child writes a paper, should he cite the source for a well-known fact? Or give the reference for a chart? Here are some tips your teen can use to be sure he doesn't commit plagiarism:

- Cite the source when using someone else's words, ideas, or art. Ask your teacher which citation style to use.



- Facts and statistics that aren't common knowledge need to be cited, too. To decide

if information is common, consider whether it's a well-known fact or can be found in several places. For example, "Drinking and driving leads to accidents" is an accepted fact, but statistics about accident rates should be credited.

- When paraphrasing, do more than rearrange words or sentences. Cover the paragraph and explain the ideas in your own words. Compare your version to the original. Use phrases like, "According to the Department of Agriculture," to reference the source. 👍

## Parent to Parent

### No drugs!

My son Andy desperately wanted to attend a friend's party. I was worried about other teens there using drugs, so I decided we should talk.

First, I reminded him that I am against illegal drug use of any kind. Even drugs some high schoolers may think are "harmless," like marijuana, can damage a growing body and mind. I explained that getting high can also lead to dangerous behavior such as car wrecks, falls from windows, and sexual harassment.

Then, Andy and I talked about ways to say no. For instance, since he plays soccer, he could say using drugs would get him kicked off the team. He could also pretend not to hear an offer and walk away without responding. Andy seems relieved to have an "out" if pressured, and I feel better now that we've talked. 👍



## Q & A

### On course for college

**Q** My daughter is just starting high school. How can we be sure she takes the right classes for college?

**A** Planning early and staying in touch with the school counselor will help ensure that your daughter takes the classes she needs. You could also check

with a few colleges (call the admissions office or visit their Web sites) for course requirements.

Different colleges have different standards. Generally, they like students to take four years of English; three to four years of math, lab science, and social studies; and at least two years of the same foreign language. Most recommend one or two semesters of arts courses. Colleges want to see students stretching themselves by taking higher-level courses, such as honors and advanced placement classes. Challenging electives in subjects like economics and psychology are smart choices, too. 👍



## OUR PURPOSE

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

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