

High School YEARS

Working Together for Lifelong Success



Short Clips

Notice what's noteworthy

Your high schooler might try this note-taking plan to help her capture key ideas during class. Suggest that she pay special attention when the teacher makes comments like "This is important," writes information on the board, pauses to ask a question, or repeats an idea or a point. These are cues that the information is particularly noteworthy.

Teen-designed family time

Need some new and inexpensive family-time activities? Let your teenager come up with ideas—and he'll be more likely to join in the fun. Maybe he'll suggest an outdoor game night with "glow-in-the-dark" bowling. To make pins, put glow sticks in water bottles. Then, use a tennis ball to knock them down.

"Read aloud" with audiobooks

Audiobooks provide a nice way to enjoy books together, while also showing your child how to read smoothly and with expression. Many libraries now offer audiobooks that you can borrow for free. Consider downloading a few to listen to in the car or at home.

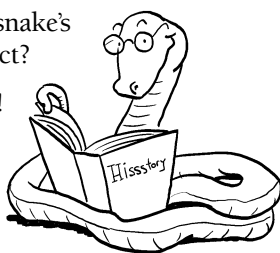
Worth quoting

"Why fit in when you were born to stand out?" *Dr. Seuss*

Just for fun

Q: What is a snake's favorite subject?

A: Hiss-story!



Get confident about standardized tests

When your high schooler takes a standardized test, being thorough and knowing a few key strategies can help him do well. Share this advice.

Take it all in

Remind your teen to read each question and all of its possible answers completely before marking his answer. Otherwise, he might go with the first correct option without realizing there's a choice like "All of the above" or "Both A and C."

Know when to guess

Have your child find out before the test whether there's a penalty for wrong answers. If not, he could use this idea when he is stuck on a multiple-choice question: Start by ruling out answers he knows are wrong, and guess from the remaining options. For true-or-false questions, remind him that he'll always have a 50 percent chance of getting the answer right.



Double-check answers

Encourage your teenager to double-check his math by calculating his answer in another way (for example, using addition to check subtraction and multiplication to check division). On a reading test, suggest that he reread passages to be sure he understood them and selected the best answer. And for essays and short-answer items, he should proofread carefully. *Note:* Some states now give untimed tests—if yours is one of them, point out that there's no excuse for not checking over his work! 👍

A winning resume

For the best shot at landing an internship or job, your teen needs a top-notch resume. Here are tips for the two main sections.

1. Experience. A resume lists current or previous jobs, volunteer work, and extracurricular activities. Encourage your child to be specific ("Operated cash register during peak hours" instead of "Worked checkout"). Employers will know whether she might be a good match for their exact needs.

2. Education. Your teenager can include courses that are relevant to the position she's applying for. If she wants a retail job, her marketing elective may help. She can also mention classes she completed at a community center—for instance, a babysitting or CPR course if she hopes to work with children. 👍



Walk in my shoes

It's important to help teens develop empathy—to step outside of themselves and care about and feel for others. Consider these suggestions.

Read and discuss. When your child reads a novel, encourage her to put herself in the main character's shoes. Perhaps the character is embarrassed because she loses her place during a speech. Can your high schooler think of a time she felt embarrassed? Help her think about how people featured in news articles feel, too. Share



stories with her about positive situations (winning an award), as well as negative ones (a natural disaster).

Ask and listen. Talk with your teenager about ways to express empathy. For example, if a friend comes to her with a concern, your child could ask questions like “How did you feel when that happened?” and “What do you want to do about the situation?” Then, she should listen closely to her friend's answers without interrupting. 👍



Q & A Make wrong answers work

Q My son won't raise his hand in class unless he's sure he knows the right answer. How can I help him see that wrong answers aren't something to be afraid of?

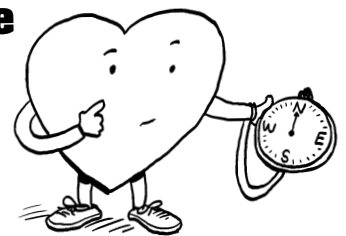
A Encourage your child to think of wrong answers as opportunities to learn. If he answers incorrectly, the teacher can help clear up his confusion so he learns more. Also point out that his classmates don't know every answer either, so he doesn't need to feel embarrassed when he's wrong.



Once your son has the correct information, he will do better on his assignments, quizzes, and tests. Urge him to take a chance even if he's uncertain. He'll discover that wrong answers may actually benefit him—by showing him what he still needs to learn. 👍

Navigating the dating scene

Positive dating experiences now may set the stage for healthy adult relationships later. Use these guidelines to talk regularly with your teenager about dating.



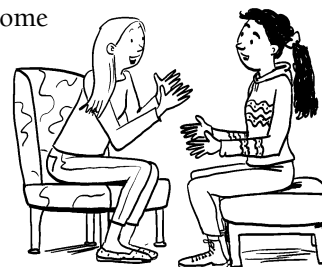
- **Rules.** Set and discuss rules with your teen. For example, maybe he's only allowed to go on group dates for now. You might also require that he tells you where he is going and agree on a curfew for when he needs to be home.
- **Respect.** Your child needs to show respect for his date—and expect respect in return. That includes being considerate when he sees his date at school and not spreading rumors, even if they decide they're not right for each other.
- **Risks.** The pressure to experiment with sexual activity is real for both boys and girls, whether from peers or from dates. And teenagers may make decisions without considering the risks. Talk to your child about your values and expectations, as well as the consequences of having sex. 👍

Parent to Parent Speak each other's language

My daughter Charlotte really enjoys her French class. Yet even though she studies, she said speaking the language has been a struggle.

I mentioned this to my French-speaking coworker. She and her daughter Monique are learning English, and she suggested that our girls become conversation partners. So I invited them to our house for dinner. While my colleague and I chatted, our daughters got to know one another and started practicing each other's languages.

Now the girls talk regularly. In addition to having French-only and English-only conversations, they think it's fun to chat with Charlotte speaking French and Monique using English. They help each other by correcting their vocabulary and pronunciation. And sometimes they email, which lets them work on spelling.



Charlotte did better on her last French quiz, and she loves that she's helping Monique with her English. Best of all, they've become friends. 👍

OUR PURPOSE

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

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