

High School YEARS

Working Together for Lifelong Success



Short Clips

Earth-friendly shopping

Let your high schooler know that shopping at secondhand stores not only saves money, it's also good for the environment. That's because reusing clothing, accessories, and games gives the items a longer life and keeps them out of landfills. And won't he be happy if he finds brand-name jeans or popular games at big discounts?

Help others with technology

Your teen can put her tech skills to work by offering to teach people who are less comfortable with technology. She might show relatives or neighbors how to stream TV shows or movies, run a scan for computer viruses, or set up a new phone. She'll be doing a good deed—and she'll practice explaining things clearly.

Thanks!

Is there a special teacher or staff member who made a difference to your child this year? Perhaps a librarian helped him with research or the science club sponsor wrote a college recommendation. Encourage your teen to say thank you in person and bring a personal note or small gift.

Worth quoting

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

Just for fun

Q: What has 40 feet and sings?

A: A chorus.



Learn while you earn

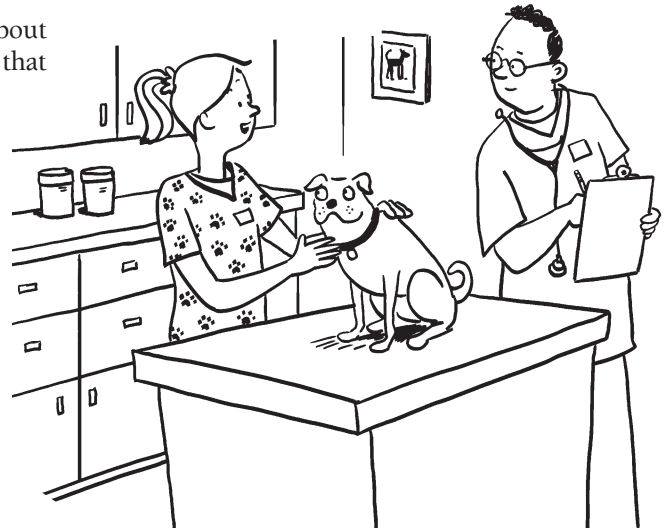
If your teen is thinking about a summer job, let her know that she'll earn much more than a paycheck. Whether she works for someone else or starts her own business, she'll make the most of a job with these tips.

Ask questions

Your high schooler can learn from her supervisors, colleagues, and customers. She might find out how a music shop owner decides what stock to order. Or maybe her coworker at a veterinarian's office could tell her what classes he took to train for his position.

Discover interests

Your teenager may not know she likes something, or is good at it, until she tries it. Encourage her to volunteer for new tasks at work when possible. If she's a cashier in a craft store, she might ask to help with a customer workshop—and discover she has a knack for teaching.



Build a resume

Work experience gives your child an edge when looking for her next job or applying to college. Have her keep track of employment dates, job duties, and skills she learned. She should also write down supervisors' or clients' contact information. Her restaurant manager or a pet-sitting customer may be able to provide a valuable reference one day. 👍

A strong finish

Now that it's May, your teenager might be tempted to coast through the rest of the school year. Instead, he can finish strong with this game plan.

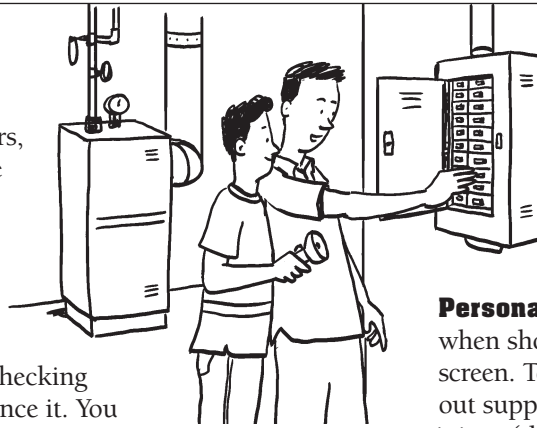
- 1.** Keep using a planner or calendar. Your high schooler should write down project due dates, final exams, club meetings, sports practices, and other end-of-year items.
- 2.** Make adjustments. Say your teen has a big test Friday and a lacrosse game Thursday night. He'll need to set aside extra time to study on the nights leading up to his exam and game.
- 3.** Stay motivated. Encourage your child to use strategies like studying outdoors, rereading papers that earned him good grades, and focusing on his future goals. 👍



Adulting 101

Paying bills, doing home repairs, stocking up on necessities... these are all skills your high schooler will need when he lives on his own. Use this time to help him work on these areas as he inches toward independence.

Money. Have your teen open a checking account, and explain how to balance it. You might also let him see your family budget and talk about how you make financial decisions. Share tips like setting up auto-pay for bills and checking your credit score regularly.



Household. Introduce your high schooler to tasks beyond his usual chores. For example, teach him how to empty the vacuum cleaner canister or replace the furnace filter. Show him what to do when there's a minor problem like a clogged toilet or a tripped circuit.

Personal. Encourage your teenager to take the lead when shopping for items like shaving cream and sunscreen. Tell him how to refill prescriptions, and point out supplies you keep on hand in case of illness or injury (thermometer, bandages, over-the-counter medications). *Tip:* He could start a folder with copies of documents he'll need, such as his birth certificate, eyeglasses prescription, and Social Security card. 👍

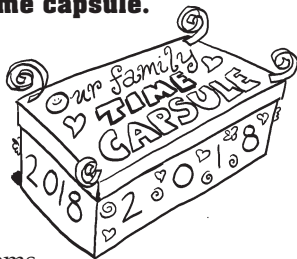


Family traditions

Strong families are built through strong traditions. Take advantage of the lazy days of summer to spend time together and build bonds with traditions like these.

■ **Create a time capsule.**

Let family members fill a shoebox with ticket stubs, pictures, maps, souvenirs, or other small items.



Your teen could decorate the box and add a note describing what each item represents. Then, let her choose a date in the future to open the time capsule, and you'll enjoy reliving summer 2018.

■ **Visit a park.** You can hike a trail together and enjoy a picnic. You might even camp out overnight.

■ **Hold a summer-long tournament.**

Ask another family to join you for kickball or softball games. Play in each other's backyards or in an open grassy area in your neighborhood. 👍

Q & A Take control of social media

Q My daughter checks social media constantly. She's happy when she gets "likes"—and upset if she sees friends hanging out without her. How can she keep online posts from ruling her life?

A Suggest that your daughter turn off notifications and log out of her accounts. If she's not being bombarded with pings, and if she has to type her username and password to gain access, she may be less tempted to check.

Your teen can take control by setting aside specific times to log in (say, before breakfast and after homework). It may be hard at first, but once she breaks the habit, she'll probably realize that she's happier and more relaxed.

When your high schooler sees a post that bothers her, such as photos from a cookout she wasn't invited to, encourage her to put it in perspective. She doesn't invite all of her friends to everything she does. If she and her friends get along and share good times, that's what matters. 👍



Parent to Parent Think critically about decisions

I noticed that my son Josh sometimes makes snap decisions, like agreeing to join a club without considering whether he has time for it.

When I recently got a job offer, I realized it was a good chance to show Josh the value of critical thinking. I explained

that the position would be similar to my current job but pay a little more. However, I'd have to commute instead of working from home like I do now.

As soon as Josh heard "more money," he said I should take it.

Then I asked him to help me think more carefully. How much would I spend on gas, tolls, work clothes, and lunches? And while I'd get to work with colleagues instead of being home alone, the commute would mean less time with our family.

In the end, I decided to keep my current job. I hope the next time Josh has a decision to make, he'll remember our discussion and think about his options from different angles. 👍



OUR PURPOSE

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

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