

# *Tips for High School Parents*

## **How do you set your child up for success?**

First know that each child is unique, what works for one may not work for another. Here are some helpful tips from parents.

1. Get them signed up for Drivers Ed as soon as possible (must be 14 ½ or older to register for the class)
  - a. Wake County Public School Driver's Education
  - b. Jordan Driving School
2. Once they get their license have them attend BRAKES seminar which is a free 1-day defensive drivers program. Students will learn how to manage a car during spin-out, gives peace of mind, and lower cost of car insurance.
3. Encourage them to find their niche in school whether that is sports, art, theater, academics, & clubs (but not too many clubs). If they can build a group of friends and relationships in which they can relate and bond, it will help them feel like they exist in the sea of kids, which will help tremendously.
4. Teach them to cook (have a day of the week they must cook dinner for the family)
5. Teach them about money & managing their money, especially once they get a job
  - a. Through a checking account
  - b. Consider money management (Dad Tax, where 50% of all income comes to dad to put away for future)
  - c. Have them present when seeing cost of car insurance
  - d. Do not pay for extra items but have them use own money
  - e. Have them present when paying bills, let them see what everything cost from mortgage to cellphone
6. Do not be afraid to watch and allow your kid to fail. You often learn more in failure than success.
  - a. Teach them that failure is part of life (teens often suffer with depression and anxiety because of fear of failing)
  - b. Allow them to fail in your presence so you can help pick them up (You rather them fall now then when you are not around)
  - c. Learn to allow your child to take responsibility (If they forget homework at home, do not bring it to them, let them learn this now. Do not let their failure to plan become your emergency)
  - d. Do not feel like you did something wrong. You are not a failure parent. Everyone will feel this way at some point. Make it a learning opportunity,

7. Stay up-to-date on your child's work. Schools post grades online, know that system. It is your best friend on keeping your child focused.
8. Let them know that you are here for them and let them talk to you.
  - a. Be an open book. If you do not answer their questions, others will.
  - b. You must be a parent, and not their friend, so set up another support system that is not you. (Your DCE's are glad to help)
9. Make it clear what your priorities are day 1. (What do you focus on and in what order? Church, School work, sports, chores, job, extra curricular, etc.)
10. Know your child's guidance counselor! What are they doing for your child? How are they guiding them?

### **Books to Read**

1. Getting Things Done for Teens
2. 7 Habits of Highly Effective Teens

### **Helpful Links:**

- Workers permit for teens. <https://www.labor.nc.gov/workplace-rights/youth-employment-rules/youth-employment-certificate>
- <https://www.labor.nc.gov/workplace-rights/youth-employment-rules>
- 4 Year plan to College  
<https://www.connectionsacademy.com/support/resources/article/getting-ready-for-college>
- Thinking Trade School Vs. College?  
<https://www.thesimpledollar.com/investing/college/why-you-should-consider-trade-school-instead-of-college/>
- Signs of Teen Depression  
[https://www.scripps.org/news\\_items/5319-hidden-signs-of-teen-depression](https://www.scripps.org/news_items/5319-hidden-signs-of-teen-depression)
- Want to defend your faith? Free Concordia Course  
<https://www.1517.org/courses/introduction-to-apologetics>
- Scholarships you can get now!
  - <https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/essay-scholarships/>
  - <https://collegesofdistinction.com/advice/the-mega-list-of-scholarships-you-should-apply-for-class-of-2019-2020/>
- List of local internships right now!  
<https://www.internships.com/high-school/raleigh-nc>

## What are you doing now to set your child up for life after HS?

1. Signed up for Right C3 program
  - a. Offers tutoring
  - b. Offers SAT and ACT Prep
  - c. Counselors help with career exploration and college searches.
  - d. Counselors also help with college applications and scholarship searches.
  
2. But you don't have to sign up for a paid program, you can do most of the research on your own.
  - a. Begin exploring careers that interest your child.
  - b. Begin exploring universities that interest your child and have the major needed for the careers they are interested in.
  - c. Khan Academy has both SAT and ACT Prep courses that are free.
  - d. Look for college summer camps that relate to their career or major choice.
  - e. Look for internships and/or opportunities to shadow people in the career that they might be interested in.
  
3. Do not influence your child, take them to multiple types of campuses from public to private. Let them see what they like.
  
4. You can rack up college scholarships by participating in essay contests. Many major cooperation's as early as end of 8 grade year offer this year-round. (Kohl's, Shell, Target, Walmart, McDonalds, etc.)

If you have any further questions, please contact DCE Wesley Spottiswood at [wspottiswood@hopelutheranwf.org](mailto:wspottiswood@hopelutheranwf.org).