

High School 1 YEARS

Working Together for Lifelong Success



Short Clips

Virtual study pals

Your teen may enjoy studying with friends, but it's not always practical to get together. In that case, suggest that she try a video chat. To help stay on task, study partners should set goals for their session (review a history chapter, quiz each other on science vocabulary) and decide on a time limit.

Shaking hands

Giving a firm handshake sends a message that you are confident and friendly. Let your child know he should extend one when being introduced to someone or in professional settings like job interviews. He should smile, look the person in the eye, extend his hand, and use a strong (but not knuckle-breaking) grip.

DID YOU KNOW?

More teenagers try marijuana, alcohol, and cigarettes for the first time during summer than in any other season. Take this opportunity to explain your policies against drug and alcohol use and discuss why these substances are harmful. Then, make sure your children are occupied over the summer months—too much time on their hands can lead to experimenting.

Worth quoting

"Be yourself. Everyone else is taken."
Oscar Wilde

Just for fun

Teacher:
"Brad, name two pronouns."

Brad: "Who, me?"

Teacher:
"Very good!"



Think like an entrepreneur

Starting a business can help your high schooler earn money while doing something he enjoys. Plus, it can teach him important skills for the future, from critical thinking to managing cash flow. Here are tips for how to begin.

Choose an idea

Encourage him to think about his interests and talents—and how they could translate into services for individuals and businesses. If your teen is good with electronics, he can set up and repair computers or teach people (especially older folks) how to use laptops, smartphones, tablets, apps, and DVRs. If he has good organizational skills, he could focus on ways to save people time, such as running errands or packing moving boxes.

Does your child play a sport? He might teach younger children lacrosse or baseball skills. Or he can use his social media expertise to do marketing for small businesses by writing clever Facebook posts and tweets or posting product photos to Instagram.

Make a plan

Creating a business plan will help your teenager's business succeed. He



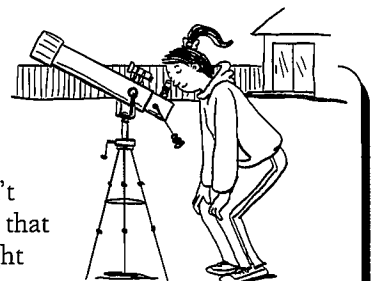
should define his mission, spell out expenses, price his services, list ways to find customers, and project profits. This exercise can show him what he needs to tweak—for example, he might have to charge more to turn a profit.

Your high schooler could search online for sample business plans or templates to fill out. *Idea:* Suggest that he consult relatives or friends' parents who have studied business or started companies. They may be willing to comment on his business plan and offer advice. 👍

Have a smart summer

Your teenager can start next school year sharp by using part of her summer break for learning. Consider these ideas:

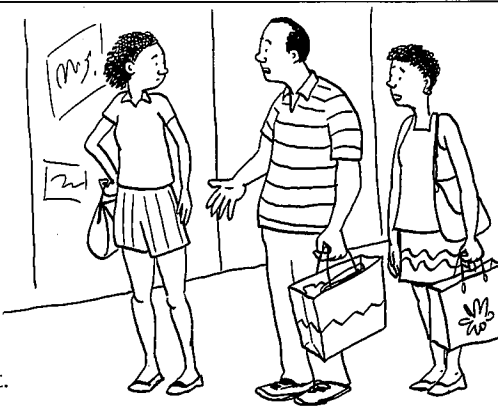
- Maybe your high schooler has a hobby she doesn't have much time for during the school year. Suggest that she dig into it. For instance, an astronomy buff might study the night sky, visit a planetarium, or listen to astronomy podcasts. A teen who likes to cook could take cooking classes in different cuisines, read cookbooks at the library, and watch cooking shows.
- Encourage her to think about her future plans. A teen who wants to be a writer might sign up for word-a-day emails, take a writing workshop, or enter a short-story contest. A future special education teacher could volunteer at a school or camp for children with special needs. 👍



Teaching respect

Teaching your teen to be respectful at home can make her more considerate and improve her relationships with friends, teachers, and bosses. Try these ways to promote respect.

Address the behavior. When your adolescent sighs, stomps off, or talks back, it may seem easier to overlook it than to argue about it. But letting her get away with it won't help her—or you—in the long run. Take the time to discuss her behavior and to set consequences.



Give her strategies. Talk about appropriate ways for her to handle situations where she tends to be disrespectful. For instance, if she often asks for your input and then rolls her eyes at your suggestions, spell out what she could do instead (“Say, ‘Thanks, but I’m not sure that will work because...’”). Or agree on a look or gesture that quickly communicates to her, “Think of another way to respond!”

Respond respectfully. Demonstrate respect with how you react to her behavior. If you’re in public, you might pull her aside to keep the matter private. Let her know what she did wrong. Then, explain what will happen if her rudeness continues (your shopping trip will be over, and she won’t get the new shoes she wanted). 👍

All checked off

Having a plan can help your high schooler handle end-of-year responsibilities with less stress. Share this checklist.

In a planner or on a calendar, write due dates for final papers, projects, and exams. Build study and work time into my daily schedule.

Clean out locker, emptying trash and taking home supplies and assignments.

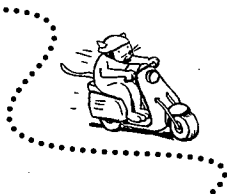
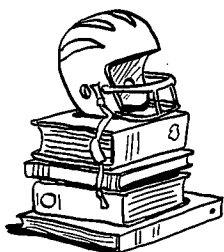
Return borrowed materials like textbooks, library books, and sports equipment.

Get summer reading packets from teachers.

Tell parents about events (graduation meetings, award dinners) and summer practice schedules (sports, band).

Junior-year college applicants: Ask teachers for letters of recommendation so they can write them during summer break.

Write personal notes or stop by class to let teachers know what you appreciated this year. Wish teachers a good summer, too! 👍



Q & A

Does multitasking work?

Q My son scans Facebook and uses instant messaging while doing homework. Can he really work effectively when he’s multitasking?

A Experts say most people make more mistakes and take twice as long to finish a job when they multitask. So while your son may feel he’s accomplishing his work without a problem, he could actually be taking longer to complete assignments and not even realize it. Also, he might not be doing them as well as he would otherwise.

To show your son the difference, encourage him to track how long it takes him to do his homework for a week and the number of errors marked when the work is returned. Then, have him do schoolwork for a week with electronic devices turned off and track the same things. He may be surprised by the results. 👍



Parent to Parent

Not a perfect parent

As a single mom, I struggle with forgiving myself when I’m not the parent I want to be. If I yell when I’m stressed or let my teen stay out too late, I beat myself up about what I should have done.

Recently I heard a radio program about how it’s okay *not* to be the perfect parent—and I felt like they were talking right to me! Now I’m trying to follow the suggestions I heard. I’m also making an effort to acknowledge my mistakes, which

hopefully will set a good example for my kids. I’m reminding myself of the good things I do, such as listening patiently when my children need me and attending their school events.

Finally, I am looking for mentors to fill in gaps because I recognize that I can’t do it all. For instance, a neighbor is going to help my daughter with her college applications.

The guilt still sneaks in sometimes, but I feel a lot less pressure. And these days I’m a happier mom! 👍



OUR PURPOSE

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

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