

December 2006

High School 1 YEARS

Working together for lifelong success

Short Clips

Quick cash

Does your teen need spending money for winter break fun and holiday gifts? Remind him that retail and food outlets often staff up over the holidays. Seasonal jobs include greeting customers, demonstrating products, stocking shelves, cashiering, and wrapping gifts. He can check nearby malls for opportunities.

Drowsy driving

Make sure your high schooler is rested and alert before she gets behind the wheel. If she hasn't gotten enough sleep or seems tired, drive her or have her ride with a friend or relative. Also, consider a driving curfew—say, 10 p.m. on weeknights and 11 p.m. on weekends.

DID YOU KNOW?

Breathing secondhand smoke increases your risk of heart disease and lung cancer by up to 30 percent. A 2006 surgeon general's report found that even brief secondhand smoke exposure can do damage. Encourage your teenager to visit only smoke-free restaurants, stores, and friends' houses.

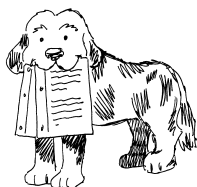
Worth quoting

"Life is like a trumpet. If you don't put anything into it, you don't get anything out of it." *W. C. Handy*

Just for fun

Teacher: This essay on your dog is the same as your brother's.

Student: Yes, sir.
It's the same dog.



Ready to be responsible

Imagine your child in his 20s, handling a job, paying bills, and cleaning his apartment—all without anyone telling him what to do and when to do it.

If you can't see your high schooler in the "leading" role of his life without you as a supporting actor, take heart. You *can* help him grow into a person ready to take the stage on his own. Here's how.

Stick to the script.

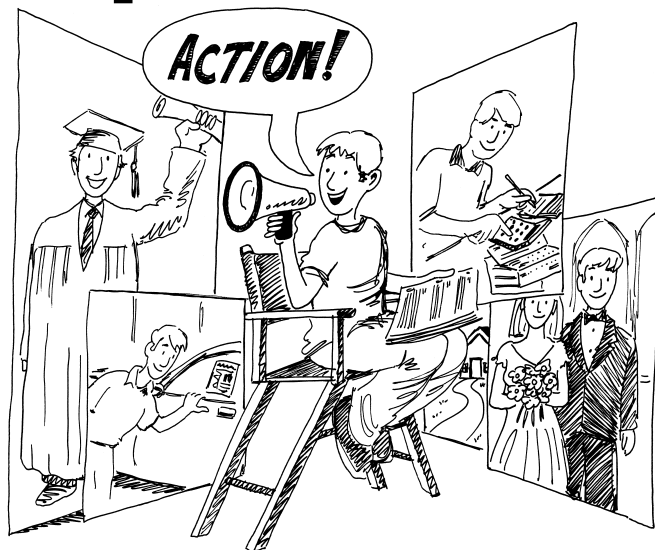
Enforcing consequences is one of the best ways to teach responsibility. Resist the urge to let your child slide by "just this once." If he thinks he'll be able to go to that football party even though he didn't complete his homework, chances are he'll take the easy way out.

Don't play the understudy.

Try not to fill in for your teenager by doing everything for him. You'll send the message that you do not think he is capable, and he will rely on you. After all, why should he bother looking for his school ID if he knows you'll eventually do it anyway?

Let your teen write the ending.

Tell your high schooler that if he goes by the rules (helping to clean up after dinner), he can get what he wants (going out with friends). If he does not, he'll suffer the consequences (staying home). Knowing he

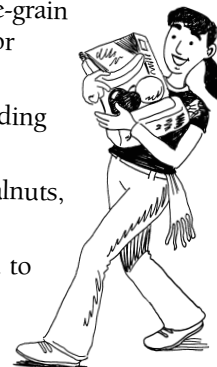


has power over what happens will help him want to make responsible choices. 👍

A healthy pantry

Most teens head straight for the kitchen as soon as they get home from school. Help make sure it's a healthy visit by filling your cabinets and refrigerator with food that packs a nutritious punch. Stock items such as these:

- fresh fruit and low-fat yogurt
- baby carrots and cut-up broccoli, along with salsa or hummus to use as a dip
- baked crackers and whole-grain bagels, with low-fat cheese or peanut butter to put on top
- whole-grain cereals, including high-fiber oatmeal
- nuts, such as almonds, walnuts, and cashews
- low-fat or fat-free popcorn to pop in the microwave or an air-popper
- water and fat-free milk 👍



Interviewing 101

Whether for a research paper or high school newspaper article, teens often have to conduct personal interviews. Use these tips to help turn your child into a first-rate interviewer.

Before

- Make a list of questions that will yield detailed information (“What was it like growing up during the Depression?”). Stay away from questions with one-word answers (“Was it hard growing up during the Depression?”).
- Arrange the interview. If meeting in person—rather than by phone or e-mail—make it in a public place like the library.



- Come up with shorthand symbols (“V” for “every” or “~” for “about”) to make note taking easier.

During

- Ask questions one at a time. Maintain eye contact, and respond (nod your head, smile) as the person speaks.
- Write exact quotes in quotation marks. If you don’t get all the words down, put “pp” in the margin to indicate a paraphrase.
- Ask the person if she’d like to add anything. Tell her you will call if you have more questions.

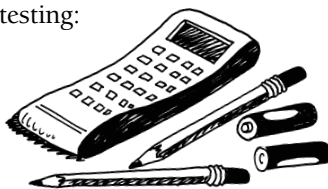
After

- Review your notes. Jot down questions that need further research.
- Call or write to thank the person. 👍

Testing, testing...

What are two things every high schooler has in common? Tests—and the nerves that go with them! Share these strategies with your teen for anxiety-free testing:

- ▲ Take all needed items: extra pens or pencils; calculator with extra batteries; teacher-approved notes, books, or handouts.
- ▲ Dress comfortably—layers are best in case the room gets too hot or cold.
- ▲ Picture yourself doing well. Say to yourself, “I can do this!” A positive attitude will help you score higher.
- ▲ If you feel nervous, close your eyes and breathe deeply to calm yourself.
- ▲ When you’re finished, check your work for mistakes.
- ▲ Use the entire period of time to do your best. Don’t worry if other students finish before you—a test is not a race. 👍

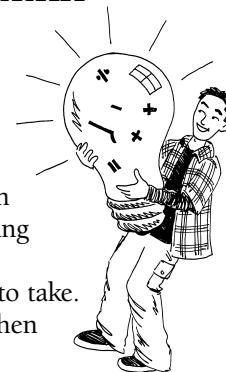


Parent to Parent Making it in math

When my son Mark was struggling with geometry, I decided to call a friend whose high schooler also had math trouble. Turns out, she had some good advice for us.

First, she suggested that Mark rework examples from his textbook each night. Second, she said her son had made up his own problems to do. Finally, her son did better after making and reviewing flash cards of formulas. I discussed these ideas with Mark, and he surprised me with one of his own—finding online geometry tests to take. He also promised to ask his teacher or another student for help when he didn’t understand something.

Having a game plan seemed to be just what Mark needed. Now he’s not only getting better grades—he’s even decided math can be fun! 👍



Q & A Creative college financing

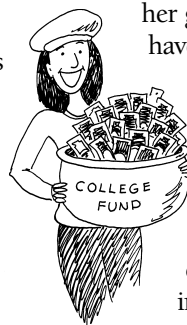
Q We don’t qualify for federal financial aid, but we can’t afford the full price of college for our daughter. How can we make up the difference?

A Although many scholarships are based on financial need, some are awarded for achievement, group membership, religious affiliation, or essays. Families willing to do their homework can take advantage of many sources of aid. And in

the end, gifts of \$500 here or \$1,000 there can really add up!

Encourage your teen to check with her guidance counselor for ideas. Also, have her try local associations or clubs where she has a connection.

For example, a soccer player could call the local soccer association. Employers—hers or yours—may offer scholarships. And suggest that she call churches or community groups your family is involved with. 👍



OUR PURPOSE

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

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