

January 2019

High School YEARS

Working Together for Lifelong Success



Short Clips

Cutting caffeine

Soda, coffee, energy drinks, chocolate... caffeine can add up. And the boost it provides usually wears off quickly, leaving your teen tired and edgy in class. Suggest that she track her caffeine intake for a few days. Then, discuss ways to cut back. At a coffee shop, for instance, she could order hot cider or herbal tea.

Find the elements

Here's a way to make the periodic table spring to life for your teenager. Challenge family members to a contest: Who can collect the most items around the house that contain different chemical elements? *Examples:* a helium balloon, an iron-rich cereal, a banana for potassium. Give the winner a trophy made from aluminum foil!

Dropout prevention

Earning a high school diploma takes family support. Together, investigate careers, and discuss the education required for each. Let your teenager know that high school graduates earn twice as much as those who drop out. Finally, if he mentions quitting, schedule a meeting with his school counselor right away.

Worth quoting

"Nothing great was ever achieved without enthusiasm." *Ralph Waldo Emerson*

Just for fun

Q: What falls in the winter but never gets hurt?

A: Snow.



Test success from start to finish

Help your teen do his best on tests by sharing these checklists for each stage of the process.

Before: Plan ahead

- Find out what the exam will cover, and create a study guide.
- Plan regular study sessions.
- Pack supplies (extra pencils, calculator, scrap paper).
- Get at least 8–10 hours of sleep, and eat a healthy breakfast with whole grains, fiber, and protein.

During: Manage time well

- Get out everything you need before the test starts.
- Read instructions carefully.
- Scan the test to see how many questions are in each section. Give yourself enough time to finish each section.
- Answer easier questions first. Circle questions you don't know, skip them, and go back to them later.

At the end: Check your work

- Be sure you have answered every question and that every answer is in the right spot.
- Reread short-answer responses and essays to make sure you've answered the questions completely and that your writing flows well.
- Proofread for spelling, grammar, and punctuation errors.
- Double-check math calculations. 👍



College-entrance exams

Encourage your high schooler to get ready for college applications by planning ahead for entrance exams. Here's how:

■ Most colleges accept either the ACT or the SAT. Your child should research whether schools she's interested in have a preference. If they don't, she could talk to her counselor about which test might match her strengths.

■ Suggest that your teen take the PSAT or the PreACT—or both—in 10th grade. These are good practice for the SAT or ACT. *Note:* If she retakes the PSAT in 11th grade, her score could qualify her for a National Merit Scholarship.

Tip: Have your teenager ask the counselor if she's eligible for a fee waiver (if a free test is not offered). Also, she could find out about free or low-cost test-prep classes. 👍



Building trust

It's easy to focus on how you need to be able to trust your high schooler. But it's important that *she* trusts *you*, too. Consider these strategies.

Respect her wishes. If your teen confides in you, be sure to keep the information to yourself. Knowing she can count on you will make her more comfortable coming to you with any problems or concerns in the future.

Be dependable. Do what you say you'll do. If she's relying on you for a ride home after school, be there when you said



you would. If you promise to attend her school play, write it on your calendar so you don't forget and make other plans. Modeling dependability will encourage her to keep her word as well.

Keep boundaries.

While you need to keep her healthy and safe, you don't need to know every detail of her life. Talk about how you'll respect her privacy. For instance, you might look over her social media profiles to make sure she's not putting herself at risk, but you won't read her journal. 👍

Directions, please

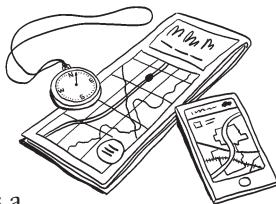
Whether your teen walks, drives, or rides the bus, he needs to know where he's going. Try these tips for helping him develop a good sense of direction.

Understand directions. Remind him that the sun rises in the east and sets in the west, and help him think about the sun in relation to where he is. Also, have him pay attention when the GPS says "Go south" or "Head north" and see which way he's headed.

Know your location. When you're driving, help him notice the turns you make. ("From Poplar, we turned right on Elm and right on Pine. So to go home, which way should we turn on Elm and then on Poplar?") He'll learn to turn the opposite direction on the way back.

Read maps.

Give your teen practice using road maps by asking him to plot routes for trips. If he uses a website like Google Maps, he could print out the map and use it to give you directions as you drive. 👍



Q

The lowdown on vaping

Q I know vaping has gotten popular with teens, and I'm worried my son might try it. What should I do?

A Start by talking to your son about your concerns. You might ask whether any of his friends vape and what he knows about e-cigarettes.

Then, explain that most vaping liquids contain nicotine, which is highly addictive and especially harmful to teens' developing brains. Also, just because there's no tobacco involved doesn't mean vaping is safe for the lungs. Experts say more research is needed on the long-term effects of vaping.

Finally, be aware of signs that your son could be vaping. Many vaping liquids come in fruity flavors that parents may smell. Also, the sleek, colorful designs of e-cigs make them easy to disguise. Some e-cigarettes resemble flash drives or pens, for instance. 👍



Parent to Parent

Be professional on the job

As the manager of a fast-food restaurant, my friend Cathy hires a lot of teenage workers. I thought it would be a good idea for my daughter, Jill, to talk to her about being a good employee since she just landed her first part-time job.

Cathy told Jill that employers want people who are responsible, ethical, and team-oriented. She also

discussed examples of professional behavior, such as being prompt, wearing clean clothes or uniform, showing respect for all employees and customers, and finishing tasks on time. And she explained that Jill shouldn't use her phone at work without permission.

Hopefully Jill will use the tips from Cathy to be successful in her new job—and that success will lead to future jobs. 👍



OUR PURPOSE

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

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