

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Motivate with magazines

Looking for a surefire way to boost your high schooler's enthusiasm for reading? He could look for magazines that match his interests, such as animation, soccer, cooking, sports cars, or music. Consider getting him a subscription, or he might borrow magazines from the library or read them online.

### Earning trust

If you discover that your teen told you a "white lie," try this idea to show her how important it is to tell the truth. Ask her to name a friend she can always trust. Why does she feel that way? Point out that trust is earned—and even a tiny lie can make you question whether she might tell bigger ones.

### DID YOU KNOW?

The cost of taking the SAT or ACT doesn't have to stand in your child's way of going to college. Both test makers are increasingly partnering with states and school districts to offer these tests for free to students in need. Have your teenager contact his school counselor to see if he qualifies for a fee waiver, or offer to find out for him.

### Worth quoting

"Patience attracts happiness; it brings near that which is far." *Swahili proverb*

### Just for fun

**Q:** What is a snowman's favorite cereal?

**A:** Snow Flakes.



## Usher in a fresh start

January is the perfect time to reevaluate school habits. Encourage your teen to draw up resolutions that will help her succeed in 2018—and beyond. Share these suggestions.

**Resolution:** Do my best work.

**How to keep it:** Write down steps to take, and post them by your desk. For example, "I will review all my work carefully to verify facts, double-check math answers, and proofread for spelling and punctuation." When you hear yourself thinking, "I'm sure it's fine. I don't need to look at it again," read the statement out loud.

**Resolution:** Take careful notes.

**How to keep it:** When taking notes in class, write neatly and leave plenty of room to add details and answer questions later. Look over your notes every day to cement the information in your mind.

**Resolution:** Back up computer work.

**How to keep it:** Computers crash, and networks sometimes go down. When



working on the computer, hit "save" every few paragraphs, and regularly copy your files onto a flash drive or back them up in the cloud.

**Resolution:** Stay on top of my schedule.

**How to keep it:** Maintain a calendar that includes school assignments, job shifts, and social events. Seeing a day, week, and month at a glance will help you manage your time better. Plan study time and extracurricular obligations first, then work your social life around them. 👍

## A supportive home environment

When your teenager was younger, he probably couldn't wait to tell you what happened in school. Although that may have changed, your interest and involvement in his education are still important. Consider these ideas.

■ **Create a check-in time.** During the morning commute to school or at dinner, chat about his classes and after-school activities. Get him talking with an open-ended question, such as "What made you laugh today?"

■ **Attend school events.** Show your high schooler that curriculum nights, parent information programs, or college fairs are as vital as any family appointment. Hang school notices on a bulletin board or the refrigerator as reminders. 👍



# Q & A The opioid epidemic and teenagers

You may have heard news reports about the opioid epidemic and wondered whether it could affect your teenager. Here are answers to questions about opioids, which include heroin and prescription pain relievers like OxyContin, Vicodin, and codeine.

**Q:** How can I talk to my teen about opioids?

**A:** Explain the dangers, including the serious consequences like addiction and even fatal overdose. When you hear sobering statistics in the news, such as the number of overdoses in your state, share them with your high schooler.



**Q:** What if a doctor prescribes an opioid for one of us?

**A:** Keep all medications locked up between doses. Also, promptly dispose of any leftovers. That will keep them away from teens who are tempted to explore medicine cabinets or face peer pressure from friends to do so.

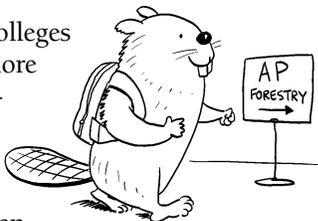
**Q:** What are the signs of opioid use, and what should I do if I think my child has tried these drugs?

**A:** Signs of opioid use include shifts in relationships with family and friends, not caring about one's appearance, changes in sleep habits, and poor concentration. If you suspect or discover your teen is using drugs, contact his pediatrician immediately. 🙌

## Thoughtful course planning

Four years of math? Or three, with a computer course senior year? Whether your teen goes to college or directly to work after high school graduation, course selection matters.

■ Some colleges require more math, science, or foreign language classes than



your child needs to graduate from high school. Suggest that she check websites for the requirements at schools she may be interested in.

■ Honors and Advanced Placement classes show readiness for college. Also, encourage your teenager to choose interesting, higher-level electives like environmental science or psychology.

■ Vocational courses teach skills that meet employers' needs. The school career center can help your teen identify interests and pick classes. 🙌

## How to increase confidence

Feeling confident can pave the way for your high schooler's future success, both in and out of the classroom. Try these tips to boost her self-esteem.

**Stay upbeat.** Encourage your teen with positive statements like "I know you'll rock your presentation today!" Also, share what gives you confidence. "I was a little nervous about my presentation at work, but I felt good because I had backed up my points with solid information."



**Give her responsibility.** Put your teenager in charge of home projects like replacing a water filter or a printer cartridge. Accomplishing tasks successfully, and seeing family members benefit from her efforts, will boost her confidence.

**Focus on what your teen can do.** Shine the spotlight on what your child is good at. Say she has a knack for explaining complicated ideas in simple language. Ask her to help her younger brother with his fractions homework or to teach the whole family how to play a challenging board game. 🙌

## Parent to Parent Learning a language—together

My son Parker is taking German this year. I took it in high school, too, but I don't remember much. I thought I could motivate Parker by learning some words and phrases alongside him.

I've been encouraging him to text me in German occasionally, and I use a German-English dictionary to

reply to him. Before we went to the grocery store together, I asked him to translate the list into German, and we had fun using it to shop.

Finally, I suggested that we download one of his favorite childhood movies in German. Since Parker remembered much of the story, this was a great way for both of us to pick up new vocabulary. 🙌



### OUR PURPOSE

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

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