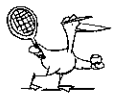


# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Explain your math to me

If a look at your high schooler's math homework has you stumped, why not ask him to "tutor" you? He might teach you how to add polynomials, for example. Explaining concepts will help him understand them, and you'll show him that math matters to you, too.

### Practice assertiveness

Being assertive can make the difference between getting what you need and getting taken advantage of. Perhaps your teen needs to take time off work but feels nervous about approaching her boss. Role-play together until she feels comfortable asking politely and confidently.

### Movies as conversation starters

The next time you watch a movie with your teen, use it as a springboard to deeper conversations. Ask, "What did you think about the way the teenagers were portrayed?" Get a shrug in response? Say, "Let me share what I think." It's a safe way to talk about big issues without lecturing.

### Worth quoting

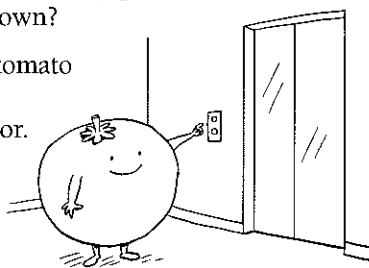
"You get the best out of others when you give the best of yourself."

Harvey S. Firestone

### Just for fun

**Q:** What's small, round, and red and moves up and down?

**A:** A tomato in an elevator.



## Successful note-taking strategies

Taking useful notes can help your high schooler learn more and get better grades in every class. Share these techniques with her.

### Be brief

Suggest that your teenager quickly summarize, in her own words, what her teacher says or writes on the board. She might even use her texting skills to help her write faster. She could jot down "Xndr GR8" instead of "Alexander the Great," for instance.

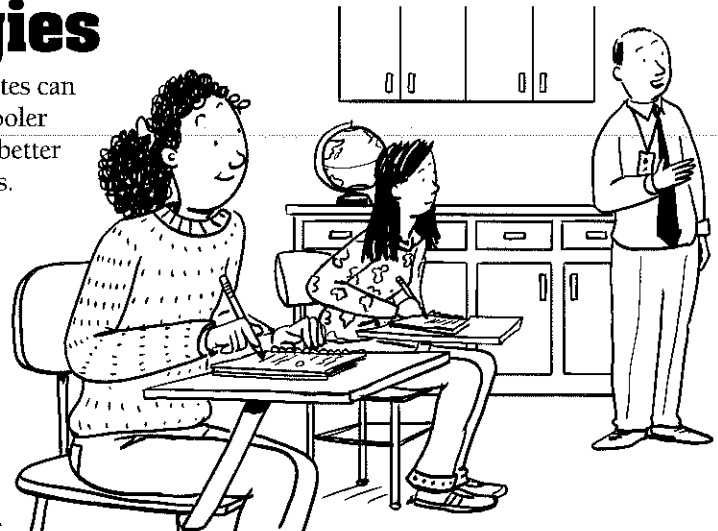
### Elaborate

Encourage your child to leave wide margins on her paper and to double-space her notes. That gives her room to go back and fill in more information when she has time, perhaps in study hall or while waiting for after-school activities to start. She can add more detail, clarify anything that

doesn't make sense, or write questions to look up or ask her teacher.

### Experiment

Your high schooler could use different color pens and highlighters. She may discover that a particular color, or combination of colors, lets her visualize the material later. Also, some research shows that writing notes by hand rather than typing them helps people learn and remember more. 👍

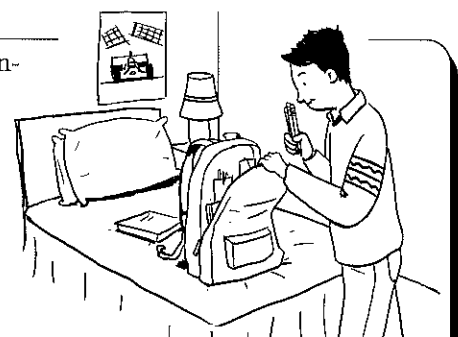


## Ready for test day

To boost your teen's performance on standardized tests, consider this advice:

- It's important for your child to pay close attention during test review sessions in class. If his school offers sessions after school or on weekends, too, have him attend one.

- The night before the test, encourage your high schooler to stock his backpack with supplies (sharpened pencils, approved calculator, student ID). Then, he should go to bed a little early. In the morning, he'll have time to eat a healthy breakfast and get to class before the bell rings—and he'll feel alert during the test. 👍



## Resilient teens

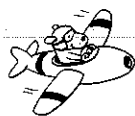
The ability to bounce back from problems and disappointments will help your teen now and when he's an adult. Try these ideas to build his resilience.

**Express emotions.** When your high schooler is going through a tough time, encourage him to talk to someone. If he's not ready to open up to you, he might confide in his best friend or the school counselor. Whether he's dealing with ending a relationship or being cut from the team, it may be easier for him to move on if he doesn't keep his feelings bottled up inside.



**Learn coping strategies.** Suggest that he develop "go-to" techniques he can count on when he needs to blow off steam or relax. If he doesn't land the part-time job he wanted or gets a lower grade than he expected, he might go for a bike ride, listen to upbeat music, or tune in to his favorite podcast.

**Tip:** During stressful times, it helps to have the comfort of habits. Encourage your teen to follow his regular routines, such as walking to school with his neighbor or making a healthy smoothie after school. 🍷



## Q & A Reducing student loan debt

**Q** With rising costs, how can our daughter afford college without carrying huge debt afterward?

**A** This is a big concern for families today, but there are ways to limit—or even avoid—student loans.



Start by filling out the Free Application for Federal Student Aid at [fafsa.ed.gov](http://fafsa.ed.gov) before this year's June 30 deadline. Your teen may be eligible for grants or work-study programs.

Also, look for ways to reduce the costs associated with college. Suggest that your child apply to less-expensive schools or colleges known to give more financial aid. Or she could consider attending community college the first two years and then transferring to a four-year university. Another idea is for her to go to school nearby and live at home. 🍷

## Parent to Parent Make your home the "hangout spot"

My son Brandon likes to spend time with his friends every weekend. And I like knowing that he's in a safe place with adult supervision. I realized that we could both get what we want if we created a fun hangout spot in our house for him and his friends.

So Brandon and I added a few teen-friendly touches to our family room. We hung a dartboard on the wall, found comfy pillows for the kids to sit on, and stocked a shelf with board games and card games.

Now when Brandon's friends come over, I offer them a snack and then "disappear" to give them privacy. They have a safe, alcohol-free, and drug-free place to hang out with a parent nearby—but not hovering over them. 🍷

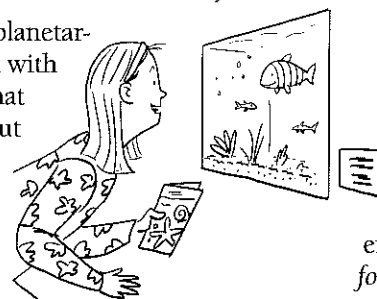


## Tie science to the real world

You can spark your high schooler's interest in science and technology by exploring the subjects together. Here's how.

### See it in action

Visit a science center, a planetarium, a zoo, or an aquarium with her. If she's intrigued by what she sees, she could ask about volunteer or internship opportunities—and that might even lead to a science career one day.



### Talk about news

When you read about a STEM development that may affect teens, mention it to your child. For example, what does she think of driver-

less cars? What are the pros and cons of this technology?

**Tip:** Encourage her to check out teen-friendly sci-

ence topics at [sciencenewsforstudents.org](http://sciencenewsforstudents.org). 🍷

## OUR PURPOSE

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

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