

### What one piece of advice would you give to the parents of a freshman?

1	Encourage them that they'll meet a lot of new friends and will find a great deal of support
2	To check your child's phone frequently!
3	Keep on top of any changes in mood, friends, motivation
4	Encourage them to get involved in clubs and activities
5	Don't be hesitant to find out what they are doing, where they are going, who they are hanging out with? etc.....you are their parent, not their friend.....you can be their friend later in life, when they become adults....
6	Get your children involved, this allows them to meet people and make friends. Also, be active parents....be involved in their lives as much as possible, even though they may seem frustrated that you are 'trying' too hard; deep down it means so much to them to know that you actually care. Force them to engage in conversations with you and other adults; too many kids lack social skills. They have trouble holding a basic conversation. Eliminate cellphones as much as possible, social media is ruining our youth!
7	check on portal for missing assignments
8	Organization is key in high school. Starting your child off with a folder for each class will help them stay organized. Show them a system such as new assignments go on the right and past/graded assignments go on the left. And yes you want to hold onto items that your teacher passes back, they will come in handy for studying. This way he/she always knows what assignment they are on and where to locate their work is.  Also try everything SHS has to offer! The next four years will fly by and most students leave with a regret (I didn't take that course, or try out for that team). SHS has so much to offer take advantage of it. Try different courses to see if there is something that you may or may not enjoy. Who knows you could make a career out of something you new knew was possible.
9	I would tell the parents to set guidelines and expectations for their child's high school career. This way the students start high school knowing what is expected of them.
10	Check your child's portal for missing work on a weekly basis.
11	Organization is difficult for many students. With so many classes to keep track of, organization is critical to success. You can help your student organize themselves using a variety of methods to see which works best for them. Have them try a traditional assignment pad, or have them use technology in a productive way--try google calendars, or more specific homework pad applications to organize their homework, classwork and projects.
12	Let them spread their wings a little bit. Of course it is a stressful time for them as well as you, but you would be surprised at what they handle.
13	Be involved or get involved with a sport/club. dont let your child be an outlier When course selection comes: Encourage them to take AP courses, if they are capable students.
14	Stay in tune with what is going on in your child's classes with assignments and homework. Once bad work habits form they are hard to reverse.
15	Help your student to develop the skill of academic independence.
16	Make sure you get your child involved with a team or club to interact socially.
17	Please help your child to be organized regarding homework, projects, quizzes and tests. Help them to learn how to keep a calendar and set reminders either in a plan book or on a Smart phone.
18	Don't be nervous, the kids you see walking around as if they owned the school were in your shoes last year.
19	let your students be in control of their schedule, organization, etc. Parents should be of assistance and be there to monitor but parents need to realize this is high school and we need to prepare our kids for their future.  Attend Back to School night, conferences, games etc, Get to know the school, faculty and be a FAN not a critic. If you see things that need changing then be part of the solution.  Don't listen to facebook moms
20	Parents of a freshman should encourage their child to become involved in a club and/or team to foster leadership, responsibility, work ethic, and team spirit.
21	Attend Back to School Night. You will clearly understand your child's teacher's expectations, so you can support them at home.
22	check IC portal
23	Help your student with organization. Many students are used to teachers checking in on them at SIS, and most high school teachers do not do that. Students are expected to have the work they need, and to keep the notes, handouts, etc. they are given.
24	Follow the grade portal closely.
25	Begin to think of your student as an adult and teach them to be more independent.
26	Encourage your student to become involved in activities at the high school.
27	Make sure they take their classes and grades seriously so they can build a strong transcript for when they have to apply for college.
28	Encourage your child to talk to you.
29	Tell your children to get involved in sports and clubs! Extra Curricular activities are very important.
30	Make sure that they begin to shoulder responsibility for their work
31	be involved in your child activities. attend an event they are in. volunteer to sell tickets
32	Parents should be involved in the classes students take and be aware of student's adjustment to High School
33	- Check students' portal often.  - Join GoogleClassroom as guardian when possible.
34	Monitor your child's progress in classes by signing up for Infinite Campus passwords and updates.
35	Try to establish communication with your teachers.
36	Be patient. Without a cluster system here at the high school, it takes freshman students a few weeks to adjust and learn new time management skills for sometimes having many assignments/assessments due for different classes on the same day.
37	High school is a more independent environment, encourage your child to speak with the teacher if he or she is having difficulty, or any problem with them. Your child needs to learn how to address problems on their own, without having a parent call the teacher for them. If they can not handle it on their own, of course then it is appropriate to contact the teacher.
38	Go to orientation, it gives you a lot of important information.
39	Encourage students to be self-advocates.
40	There is no homework hotline. Homeroom only happens once a day and classes are all over the building. Organization for freshmen is key. Planning the year in advance by going in for tours of the school, doing a walk-through of your child's schedule, meeting the teachers at back to school night, and setting up a daily planner-check at home would be really helpful techniques to get freshmen on the right track from the start. Play a sport or join a club. There is nothing that says a freshman can't start a new sport or get involved in something new. Encourage them to experience a lot of different avenues in order to find something outside of the classroom that interested them. They'll make friends quicker and find common bonds among lots of different students. Get a list of clubs or sports in order to help kids narrow down their interests. Talk to your kids.
41	Listen and follow all given directions - verbal and written
42	learn to use the portal and watch grades and attendance
43	Check Google Classroom for posted assignments and contact teacher via e-mail if there is a question early on and not at the end of the quarter.
44	To stick with it and do not get discouraged. Make the next four years both a learning experience and a life experience
45	Ensure success early by helping your students to become more responsible not only for their own education, but in all parts of their life. They need to take the reigns.
46	Monitor your child's social media activity  Check Infinite Campus regularly
47	Don't panic, there is always a transition period and it takes time for students to adjust to their new settings.
48	High School is very different than Middle School- your child will have to work a lot harder and study for much longer. Don't feel bad for them- they need to make this transition.
49	Help students with their organization systems. (Supply them with mechanical pencils, binders. Check to see that they keep notes organized for each subject. Help them keep a daily planner.)

**Tip What one piece of advice would you give to the parents of a sophomore?**

1	Encourage them to communicate with a guidance counselor whenever difficulties arise
2	Check your child's phone often!
3	Get involved in activities, keep up grades, don't hesitate from asking for help
4	Start thinking about future goals
5	Get your children involved, this allows them to meet people and make friends. Also, be active parents....be involved in their lives as much as possible, even though they may seem frustrated that you are 'trying' too hard; deep down it means so much to them to know that you actually care. Force them to engage in conversations with you and other adults; too many kids lack social skills. They have trouble holding a basic conversation. Eliminate cellphones as much as possible, social media is ruining our youth!
6	check on portal for missing assignments
7	Start thinking about what you want to do in life. The more classes you can take here that will prepare, you the better. Most medical technicians require a background in Chemistry. Yes it may not be glamorous and hard for some, but it will help them out. Having a foundation in topics will be beneficial. Yes you may get a C, but at least when you are literally paying for it in college that C can become an A, it is no longer new information.
8	I would tell them to stay firm on their expectations, but be flexible as their child's life will ave changes.
9	Check your child's portal for missing work on a weekly basis.
10	Get involved. It is time to start separating your child from the rest of the bunch. Children do less and less activities these days.
11	Encourage your child to become involved in school activities.
12	Please help your child to be organized regarding homework, projects, quizzes and tests. Help them to learn how to keep a calendar and set reminders either in a plan book or on a Smart phone.
13	Okay so now they are comfortable with high school, so get involved, become part of the school community, it really is lots of fun.
14	Start looking at colleges early this year - make the plans for your student and let the conversation start from there. The process is too overwhelming for students, help them but don't let it overtake their life.  Monitor grades and attendance in IC but let student be responsible for managing schedule.  Know where your child is on weekends - provide them opportunities to have fun with friends in a safe environment,
15	Parents of a sophomore should encourage their child to become involved in a club and/or team to foster leadership, responsibility, work ethic, and team spirit.
16	Monitor your children and set standards for your child to follow throughout their high school years.
17	check IC portal
18	Follow the grade portal closely.
19	Begin thinking about your student's future outside of high school.
20	Encourage parents to advise their children to prioritize their time, balancing school work and extra curricular activities. A planner to record assignments, as well as activities is often helpful.
21	Make sure your child gets involved in as many things within the school as possible. If not, find a part time job. This will keep students busy, help them learn time management skills and keep them away from trouble. Studies show the students involved in extra curricular activities perform better in school.
22	Remember, adolescence is a stage. Be tremendously patient.
23	Make sure you use infinite campus and stay up to date with student grades.
24	Even if there is no official homework, a student has a responsibility to keep up with what is being covered in class.
25	Continue to be involved in the courses students take and allow them to take electives that would expand their perspective of the world.
26	Know your child's friends and pay attention to where they go and with whom.
27	Don't hesitate to seek help from your teachers.
28	Give them time. Before you know it, they will mature before your very eyes and they will surprise you with how much you have taught them and how much they have learned from others.
29	High school is a more independent environment, encourage your child to speak with the teacher if he or she is having difficulty, or any problem with them. Your child needs to learn how to address problems on their own, without having a parent call the teacher for them. If they can not handle it on their own, of course then it is appropriate to contact the teacher.  Ask your child if they are doing everything they can be doing to be an active participant in class. Their grade almost always reflects their effort and ability (especially in math class)
30	Stay involved with your students' learning. Get to know the teachers and keep track of their grades on infinite campus.
31	If a proper system of organization is established freshman year, that system should continue, although students should gain a little independence and responsibility for their own learning. Students should be encouraged to advocate for themselves by this year. Remind students that grades matter and that they should challenge themselves in the classroom. Make connections with staff members. While college is still a few years away, teachers are the ones who will write recommendations. Sometimes a student will have a teacher more than once. Teachers can be valuable resources for those recommendations in the future. Don't like the sport or club you're involved in? Find another one. There are tons of options. Talk to your kids.
32	Listen and follow all given directions - verbal and written
33	Start thinking of college and PSAT.
34	Check the parent portal frequently for grades and deadlines.
35	A major change will take place this year, most students start to make the step into becoming a true independent learner, give them love and understanding but give them some space.
36	Continually check in with your students to be sure they're achieving at their highest level- have them join clubs/groups/sports if they were too overwhelmed to last year.
37	Monitor your child's social media activity  Talk to kids about dangers of texting and driving
38	Monitor your student in school and give them the tools to make good decisions in regards to self advocacy and what they plan on doing in the future. Help your student get involved in activities outside of school.
39	Don't feel bad for your child when he/she needs to study/work for hours every night....that is what high school students are supposed to be doing!!!
40	Ask them, 'Did you ask a good question today?' and follow up to see what it was.

## Tip What one piece of advice would you give to the parents of a junior?

1	This is the year to think about college searches or plans for after graduation
2	Get involved with the college selection process
3	Start thinking about the future and what will happen after senior year
4	Look at colleges, work etc.
5	Get your children involved, this allows them to meet people and make friends. Also, be active parents....be involved in their lives as much as possible, even though they may seem frustrated that you are 'trying' too hard; deep down it means so much to them to know that you actually care. Force them to engage in conversations with you and other adults; too many kids lack social skills. They have trouble holding a basic conversation. Eliminate cellphones as much as possible, social media is ruining our youth!
6	critical year for college
7	Breath. Junior year is considered to be the 'hardest' year, preparing and selecting colleges, working on grades, sports, jobs, driving, etc... Remind them that they cannot solve all of their problems in one day and to breath. Being overallly stressed will not help them in the long run.
8	Check your child's portal for missing work on a weekly basis.
9	Start preparing them with realistic expectations of what might be in store for them in the future. Start researching appropriate colleges and or job fields that your child may be interested in.
10	This is the year that colleges will look at in regards to grades. It's imperative that students maintain a good average. C's are not what college admissions are looking for on transcripts. Once they start applying to colleges in September of their senior year, it's too late.
11	Be sure that your student is meeting with the Guidance Counselor and sharing their plan so support can be provided from school and home.
12	Please help your child to be organized regarding homework, projects, quizzes and tests. Help them to learn how to keep a calendar and set reminders either in a plan book or on a Smart phone.
13	Junior year is a tough one, but hang in there, do the best that you can and prepare, prepare, prepare for SAT's and don't forget you can take them several times and most colleges will 'super score' (take the best score of each section in each test taken and add them up).
14	Parents of a junior should encourage their child to become involved in a club and/or team to foster leadership, responsibility, work ethic, and team spirit.
15	Talk to your kids. There are so many topics that are not always covered (relationships, grades, drinking/drugs), make sure your kids have the facts.
16	check IC portal
17	Students should use the practice SAT tests on the College Board website to help prepare for the SAT. We do go over some in class, but there is much more they can do on their own to prepare.
18	Follow the grade portal closely.
19	Take SAT and ACT seriously. Look up the word/problem of the day. Talk about it during dinner/in the car.
20	Begin thinking about college/military/job options after high school graduation. Junior year is key to building a solid transcript. Even if students have struggled their first two years, a growth in junior year indicates growth and maturity to colleges and future employers.
21	Monitor your child's social media, cell phone habits and social lives. Stay on top of your child's social lives and make sure they understand the dangers of social media and alcohol and drug use.
22	Be supportive but remember to have boundaries. Although your child feels he/she knows everything, they are still minors.
23	Don't wait till last minute to start researching colleges! Have students take the practice SAT tests available online.
24	Even if there is no official homework, a student has a responsibility to keep up with what is being covered in class.
25	although they are 16, they still need to enjoy high school activities. you shouldn't just work to support a car, they need to still be involved in school activities.
26	Parents need to start thinking about college. Attention to their students' friends and what they do in the in their free time. An open communication is key for a strong relationship.
27	Keep up with all informational emails and phone messages from SHS. Monitor your child's attendance to school.
28	Don't overload your schedule.
29	Be present in your child's life. This is the time they are making major decisions about their future; they're going to need you now more than ever!
30	Encourage them to be kind and friendly people. Often it is who you know and the connections you make that will lead to your success in life.
31	Go to college fairs and encourage students to start researching schools. Make college visits.
32	Take an SAT class or get a private tutor but don't go crazy taking it a million times. Twice, three times max. This is the year to narrow down your focus on a few distinct things. If there is a club or sport a student has taken to, stick with it. Don't just stay on to look good for college, however. If there is something else you want to do, don't be afraid to do it. Try to do some things that will make you stand out when you apply for colleges. Internship, write for a teen lit magazine, volunteer somewhere unique. Begin thinking about what you want to do for college. Four year degrees are not for everyone. Don't be afraid to research other options. Associate's degrees, the military, finding a job - these are all amazing options for kids, but you need to have an open dialogue about what your child wants to do. Talk to your kids.
33	Stay focused, use a planner
34	Decide which colleges to apply and apply early. Teach your child to drive a car responsibly. Teach them how to handle a car in the snow.
35	Check attendance and portal for missing assignments.
36	This by far is the most difficult year, it is a major adjustment between a ramp up in academics and a ramp up in social life.
37	Get information on colleges ASAP- do all the prep work sooner rather than later- visits, testing, letters of recommendation.
38	Monitor your child's social media activity Talk to your kids about social issues in addition to academic
39	Students need to develop self advocacy and independence. Help your student get involved in activities outside of school.
40	Don't feel bad for your child when he/she needs to study/work for hours every night....that is what high school students are supposed to be doing!!! Their study skills and reading/writing/arithmetic skills need to be college ready by the end of the year! Make sure they are responsible for their own progress and take ownership of their own education. Tell them to have a positive attitude in their classes and to make a unique/positive impression on their teachers. This will be essential when these same teacher's must write their recommendation letters next year!
41	Hands off now! Let the student find their own way by making their own mistakes, accepting responsibility and consequences as they arrive.

**TIP What one piece of advice would you give to the parents of a senior?**

1	Stay focused, relish and create memories, get serious about plans that follow graduation
2	Remind their student that it's not over yet. The senior year is when teachers do their best to emulate what they think the students will be facing in the fall. It is a time when they may learn the survival techniques that may make the difference in college.
3	Make sure you know who your child's friends are and what they do in their free time.
4	Get you applications in early, give teacher enough time to write letters of recommendation
5	Keep your students focused, senior year matters.
6	Get your children involved, this allows them to meet people and make friends. Also, be active parents....be involved in their lives as much as possible, even though they may seem frustrated that you are 'trying' too hard; deep down it means so much to them to know that you actually care. Force them to engage in conversations with you and other adults; too many kids lack social skills. They have trouble holding a basic conversation. Eliminate cellphones as much as possible, social media is ruining our youth!
7	make sure that all capstone and college requirements are being prioritized
8	Your child is about to be sent into the real world and be an adult. Instill ownership on them. If they do not complete an assignment, come to school late, or forgot something at home there are consequences. Better they fail or make mistakes in high school where he/she may learn from it.
9	I would tell the parents to help guide their child down an appropriate path, but let the child make some choices on their own (god or bad). Life is about learning from the mistakes that you made. You, as parents, will not always be there to shelter them.
10	Check your child's portal for missing work on a weekly basis.
11	Hang in there!
12	Just be there for support. Your child is almost ready to go it alone. The less crutches you provide them, the better off they will be. Having said that though, be aware of what your child is involved in, i.e. activities or friends. Try to keep them focused on the right path.
13	Just because he/she is a senior; a young adult, don't stop being a parent.
14	Encourage your student to get ahead of the Senior Capstone project and to take it seriously. Also, monitor their progress to make sure they are handing in assignments on time. Put the timeline on the fridge as a constant reminder of what's due.
15	Take as many practice SAT's as you can. Do your best always.
16	Remind your students that colleges can rescind offers as late as the summer before school begins, and they will request transcripts in July again....  so having been accepted to college doesn't mean you don't have to do anymore work.
17	Monitor grades and attendance in IC and college applications in Naviance but do not do the work for them.
18	Parents of a senior should encourage their child to become involved in a club and/or team to foster leadership, responsibility, work ethic, and team spirit.
19	Be your child's cheerleader. Although it is great to set high expectations/standards; it is also a good time to give praise for all their hard work over the last four years.
20	check IC portal
21	Ask them how their capstone project is going.
22	Get used to not being in charge of your student any more. If you've done a good job, you should have nothing to worry about.
23	If you are college bound, visit colleges and begin your college essays during the summer prior to senior year. Ask your teachers for recommendations early, providing them with due dates and a resume of your activities.
24	Make sure they are able to do things on their own. The more you allow them to do for themselves with your guidance the better off they will be when they go to college.
25	Promote good habits and good citizenship skills to your senior.
26	Don't let students wait last minute to ask teachers for letters of recommendation for colleges. They should ask at the very beginning of the year or even at the end of Junior year.
27	Encourage your son or daughter not to succumb to 'senioritis'
28	colleges and employees are checking facebook and other social media. be aware that something you post could have a lasting impact
29	Create a goal for life after high school but the student needs to be part of this process. There are many possibilities to take; such as college, trade school, work, military, etc.
30	Stay on top of their progress in school, important dates and deadlines for college applications, and school attendance.
31	Don't get senioritis!
32	Enjoy every moment. The year goes by in the blink of an eye.
33	Encourage them to be good people. They should treat all people with kindness because their character is more important than any grade they will receive in class.
34	Get involved. Participate in senior activities like the picnic, senior class trip etc.
35	Do not apply to a million colleges. Seriously. There are some who would disagree with me but I think six is more than enough. Two safe, two midrange, two reaches. Personally I'd cap it at two, but every situation is different. Be realistic about college costs. Who is paying for it? Will there be loans? Do you want to save by staying home and commuting? Are you playing a sport? Contact coaches and plan your official visits if you are planning on competing in college. Get to know the NCAA Clearinghouse. Fill out FAFSA. This can obviously happen every year but if you haven't already, talk to your kids about drug and alcohol abuse, as well as sexual intimacy and relationships, open a dialogue with them about all of it. While students get most of this stuff in school, there are still instances of addiction, abuse, bullying, and peer pressure, and you can be part of the solution just by opening up to your child. Talk. To. Your. Kids.
36	Stay focused on task. Use a planner - do not get behind. Capstone is more important
37	Focus on grades and career plan for the future. Easy for seniors to fall by the wayside once accepted into college. Students should have a plan for college, not just go.
38	Check Google Classroom, when applicable and attendance in class on a regular basis. Absences do impact student success.
39	Duck and hide, they are coming into their own and you know nothing. They need you more than ever but you have to let go and let them make decisions, especially have them be active in their future choice options.
40	Be patient with them- it's an enjoyable time in their lives and they sometimes lose sight of what's most important for their future successes.
41	Monitor your child's social media activity  Know that 12th graders get super stressed Fall of senior year. Help then mange their time
42	Let them be independent but steer them to make good decisions.
43	Do not allow them to create a schedule that isn't rigorous if they want to go to a great college. They must continue to grow and challenge themselves. College pace and expectations are very high, do not let them get used to being too lazy in their senior year.
44	Hands off now! Let the student find their own way by making their own mistakes, accepting responsibility and consequences as they arrive.