

High School 1 YEARS

Working together for lifelong success

Short Stops

Avoid chore wars

Getting teens to pitch in with chores can be challenging. Try putting a weekly sign-up sheet on the refrigerator. Each person has to take two chores and rotate the next week. Teenagers like to have a say in their lives—giving them a choice will inspire more cooperation.

What's another word?

When your high schooler writes a paper, does she often repeat the same words? A thesaurus offers interesting word choices and can help build her vocabulary. For example, *slow* might become *creeping* or *sluggish*. Suggest that she try a print thesaurus or an online version like [wordsmth.net](http://www.wordsmyth.net).

Laugh for health

Laughing together can help your family relieve stress and share fun times. Look for humor in everyday situations. At dinner, tell funny things that happened that day. Check out joke books from the library, collect funny clips from magazines, and forward email jokes to your teen.

Worth quoting

"Arriving at one goal is the starting point to another." John Dewey

Just for fun

Teenager to parent:

"Of course I know the value of a dollar. That's why I'm asking to borrow five."



Building better study skills

Alonzo wants to improve his grades from Cs to Bs. He pays attention in class, but studying is tough for him. When test time comes, he doesn't feel prepared. What can he do?

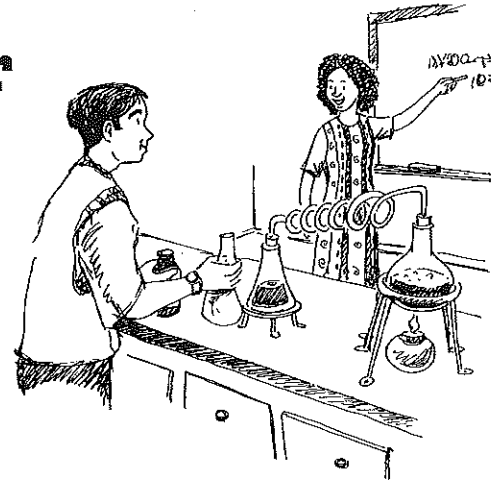
High schoolers need good study skills to organize, review, and remember information. Improving these skills can help students get better grades. Here are some study tips to share with your teen.

Focus on important ideas

Encourage your teen to focus on what the teacher discusses and writes on the board. When he's reading at home, he should pay attention to the titles that divide each chapter. These titles help point out main ideas in the text. Also, have him look over past homework assignments.

Make study time count

Setting aside study time every day is important. Most students remember more by reviewing in shorter, daily sessions. Your high schooler should divide



big projects into small goals. *Example:* He could study one chapter a night for a week instead of all five chapters the night before a test.

Deal with distractions

It's natural for a teen's mind to wander while studying. Encourage your high schooler to control stray thoughts by quickly jotting them down and setting them aside until later. This helps clear his mind and puts the focus back on his work. He can review the thoughts after he finishes studying.

Note: When it comes to study techniques, it's important for your teen to find methods that work—and turn them into habits. 👍

Who, when, where?

Your teen is heading out the door on Saturday night. What do you need to know to keep her safe? Ask these four questions.

■ **"Where are you going?"** Find out who she'll be with and what their plans are. If they're going to someone's house, check that a parent will be home.

■ **"How are you getting there?"** Ask who's driving. If it's another teen, see how long she has had her license and if she's allowed to drive other kids.

■ **"How can I reach you?"** Plan more than one method (a friend's home phone, a parent's cell phone).

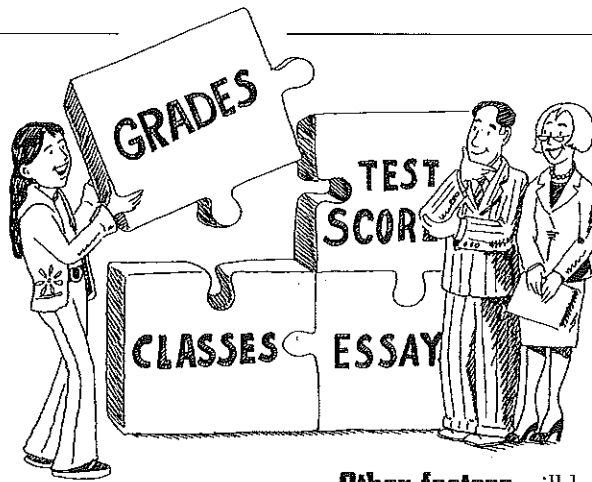
■ **"When will you be home?"** Agree on a time your child is expected back. 👍



What counts with colleges

Alyssa, a high school junior, wants to be able to put together the best possible college application when the time comes—but she isn't sure what colleges are looking for. She can increase her chances of acceptance by knowing these criteria:

Grades need to be consistently good or to improve during high school. Colleges especially want to see solid scores in academic courses. They also like to see students challenging themselves with higher-level, honors, or Advanced Placement classes.



ACT and SAT scores usually count a great deal. Students should commit time to studying for these tests so their scores reflect their abilities.

Class rank, or where students place in their graduating class, is another factor. Higher grades in honors courses, which are weighted more heavily than regular classes, can help move students higher on the list.

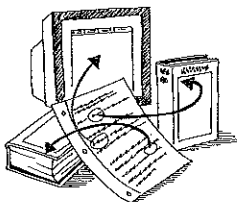
Other factors will help college hopefuls round out their applications. Students should strive for well-written essays, extracurricular involvement that shows they've stayed with a meaningful activity over time, recommendations from teachers or advisers who know them well, and job experience or internships that indicate their commitment to work. 👍

Giving credit

When your child writes a paper, should he cite the source for a well-known fact? Or give the reference for a chart? Here are some tips your teen can use to be sure he doesn't commit plagiarism:

- Cite the source when using someone else's words, ideas, or art. Ask your teacher which citation style to use.

- Facts and statistics that aren't common knowledge need to be cited, too. To decide if information is common, consider whether it's a well-known fact or can be found in several places. For example, "Drinking and driving leads to accidents" is an accepted fact, but statistics about accident rates should be credited.



- When paraphrasing, do more than rearrange words or sentences. Cover the paragraph and explain the ideas in your own words. Compare your version to the original. Use phrases like, "According to the Department of Agriculture," to reference the source. 👍

OUR PURPOSE

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

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Q & A

Standing up to bullying

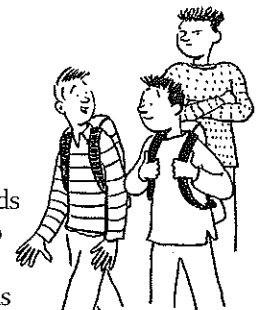
Q My son Jeff is concerned because some kids at school are making fun of one of his friends. What should he do?

A Your child has the power to help his friend. Explain that words can be as hurtful as hitting and shoving. And when onlookers do nothing, they're encouraging the bully to continue.

However, it's hard to stand up to bullies. When Jeff hears his friend being picked on, he might try a casual comment like, "Come on, guys." If the put-downs continue, he can be more assertive ("That's not cool. We'll see you later") and walk away with his friend.

You might also suggest that the boys spend time with another group. For instance, Jeff could invite his friend to a movie with his basketball buddies.

Note: If the bullying continues, Jeff should encourage his friend to tell a parent or teacher or someone else he trusts. If his friend isn't comfortable doing this, your son could offer to do it for him. 👍



Parent to Parent

Thinking it through

I keep hearing that companies want their employees to have strong "critical thinking" skills. I wasn't sure what that meant, so I asked my cousin Steve, who works in a human-resources department.

The timing was perfect! My daughter Jessica came home talking about a new cell phone her friend had gotten for free. She wanted one, too. Steve asked her several questions, including whether she'd need to switch carriers and what the

monthly fee would be. Jessica went online and checked out the details. That got her thinking, and she looked at the websites of competing companies.

My daughter found that the new phone would be more expensive in the long run. And in three months, she could upgrade her current phone for a reasonable price—just in time for her birthday. In the end, she got a nicer phone and a new set of thinking skills. 👍

