

High School **1** YEARS

Working together for lifelong success

Short Clips



Support for parents

Trying to cope with the ups and downs of the teen years? Talk to people who have been there. At school events, seek out parents with older kids, and ask questions. Or start your own support group. Meet monthly with other parents to swap advice on dating, discipline, and other issues.

College aid

If you have a high school senior, now is the time to fill out the Free Application for Federal Student Aid. Regardless of your income, or even if your child is unsure about college, filing the form will keep his options open. You can find the application at www.fafsa.ed.gov or in your high school guidance office.

All around town

Learning to use public transportation can help your teen become more independent. He'll also be doing his part to reduce traffic. Have him collect bus schedules or subway maps or look online. Then, take a few trips together and show him how to plan routes and pay fares.

Worth quoting

"A goal is a dream that has an ending."

Duke Ellington

Just for fun

Q: What does Brazil produce that no other country produces?

A: Brazilians.



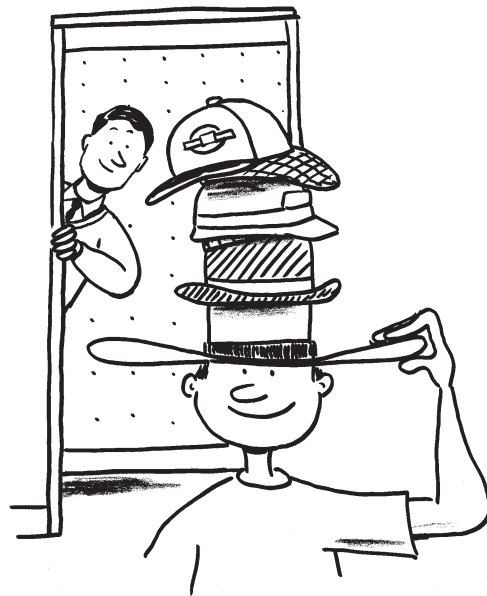
Decision-making helpers

"Which class should I take?" "Should I play a sport?" "Should I buy a car?" High school is full of choices—about academics, extracurricular activities, money, and more.

Boost your teen's decision-making skills and increase his confidence with tools like these.

Wear different hats

Teach your child to consider decisions from different angles by wearing imaginary hats. Perhaps he's deciding which elective to take next year—psychology or chorus. He can view the options from three perspectives: which class would improve his GPA; which would look better on a college or job application; and which he would enjoy more. Then, he can decide which hat fits best.



Make a list

Suggest that your teen list the pros and cons of a decision. If he's trying to decide whether to go out for baseball, pros might include "staying fit" and "being part of a team," and cons might be "dropping off the neighborhood team" and "less time to study." Which list is longer?

Draw a tree

A "decision tree" can help your child see consequences of his choices. Say he's thinking about buying a used car. He can draw and label a tree trunk ("buy a car") and add branches for the results: "I will use up my savings." "I will have to get a job to pay for gas and insurance." "I will be able to go places." "I will be more independent." Then he can evaluate the results. 👍

Finished on time

It can be difficult for busy teens to get everything done. Share these suggestions to help your high schooler meet deadlines.

Budget realistically. Ask your child to estimate how long a task (math homework, cleaning her room) will take. When she finishes, she can see how close her prediction came. That way, she'll know how long she needs next time.

Use electronic tools. Your teen can send herself a reminder by e-mail or text message. If she leaves it unread, the subject line will serve as a constant reminder ("Rough draft due Friday!"). Or she might add deadlines to a computer calendar. 👍



Pitch in

Volunteering in the community helps others—and it helps your child, too. She'll feel good about improving people's lives and will gain experience for the future. Help her find a volunteer opportunity that's right for her.

● **Look for ideas.** Have her call your local United Way or Red Cross offices to find places that need help. Or she can type in your zip code and check the box for "teens" to search for opportunities at www.networkforgood.org/volunteer.

● **Decide on a commitment.** She might prefer a one-time event, like building a Habitat for Humanity



house or participating in a fundraising walk for cancer or autism. Or she could sign up for a weekly position, such as tagging items in a thrift shop or reading to residents at an assisted-living facility.

● **Evaluate organizations.** Encourage her to review brochures or Web sites to find out about the programs she's interested in. What is their purpose? What are the ages of volunteers? She can visit www.charitynavigator.org to find ratings for various organizations. Also, if her school has a community service requirement, she should find out if the program qualifies.

Tip: Suggest that she invite a friend to volunteer along with her to make it more fun. 👍



Parent to Parent

SAT or ACT—or both?

My son Jack is a junior this year, and he's been wondering whether to take the SAT or the ACT. When he spoke to his guidance counselor, we were both surprised that she suggested he take the SAT and the ACT.



The counselor explained that most colleges accept both tests. Since the tests have different formats, she said, some students may do better on one than on the other. The SAT covers math, critical reading, and writing, while the ACT has math, reading, English, science, and an optional writing section. Also, she told him he could take both tests several times and choose which scores to submit to colleges.

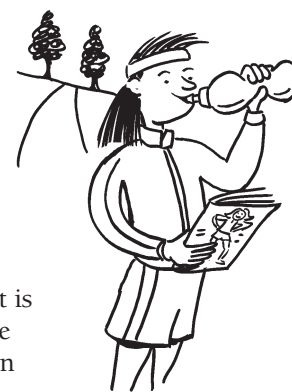
Jack has already registered for both tests. And he has started taking practice exams online (www.actstudent.org and www.collegeboard.com). We're eager to see which one he does better on. 👍

Q & A Body image boost

Q My daughter reads magazines showing thin, beautiful models and complains that she doesn't look like them. How can I help her feel better about how she looks?

A Remind your daughter that being at a healthy weight is what's important. Make sure she realizes that models are usually too thin and that the photos themselves are often retouched and not realistic. Point out "real" people who look good at a normal weight, like maybe a favorite teacher or a neighbor.

Then, encourage her to feel her best by eating a balanced diet and exercising regularly. And praise accomplishments that have nothing to do with how she looks. If she gets a part in the school play, makes the lacrosse team, or improves a grade, show your pride in her. When she feels good about herself, she'll pay less attention to those unrealistic models. 👍



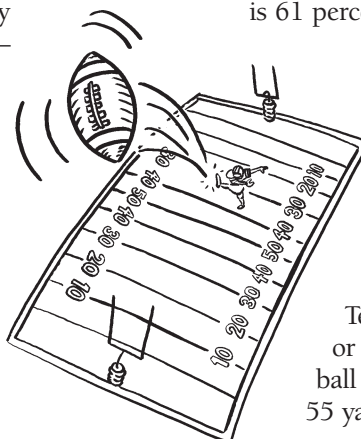
Calculate the yield on the field

Show your teen that math can be fun by applying it to his favorite sports teams and players. Try the examples below—then create your own using numbers from any sport.

Basketball

To calculate a player's free-throw season average, divide the number of shots made by the number of shots attempted.

For example, if a player makes 11 of 18 shots ($11 \div 18 = 0.61$), his percentage is 61 percent.



Football

Calculate the distance of a kick-off. A football field is 100 yards long. The 50-yard line is in the center. If Team A kicks the ball from their 35-yard line (50 - 35, or 15 yards) to Team B's 10-yard line (50 - 10, or 40 yards), how far did the ball travel? Answer: 15 + 40 = 55 yards. 👍

OUR PURPOSE

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

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