April 2010

Eudora High School
Cardinal Career Center

# High School YEARS

Working together for lifelong success

## Short Clips

### Social scheduling

With end-of-year demands, now is a good time for your high schooler to take control of outside distractions. Encourage her to let friends know when she's available to talk or instant-message (*example*: 9 p.m. after homework is done). It can help your teen keep her mind on her work—and finish earlier.

### On the ball

Teach your child good sportsmanship by being a good sport yourself. For instance, cheer for your team when you attend games or watch them on TV, but don't criticize the other side. If you disagree with an official's call at your teen's game, avoid commenting. Tell your child that showing respect for the game means showing respect for everyone.

### Think and decide

Evaluating products can help your teen think critically. Ask her to research a household purchase, such as mulch for your trees and flower beds. She can call nurseries to find out how long different varieties last and what they cost. Then, have her recommend what to buy based on her findings.

### Worth quoting

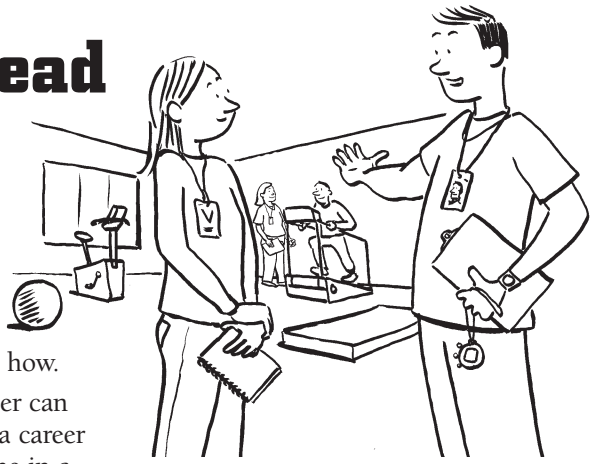
"Small acts, when multiplied by millions of people, can transform the world." *Howard Zinn*

### Just for fun

**Q:** The more you have, the less you see. What is it?

**A:** Fog.

## Careers ahead



When your teen looks into her future, she might see herself as a teacher, an engineer, or a news reporter. Or she may have no idea what she'd like to be. Regardless, she can sort through possible careers by checking into them now. Here's how.

**Take a quiz.** Your high schooler can ask her guidance counselor for a career aptitude test, or she can take one in a book like *Career Match* by Shoya Zichy. These quizzes suggest careers that match her skills and interests (*example*: a sports fan might go into sports management or become a coach).

**Research "hot" fields.** To find out where the job opportunities are, suggest that your teen look into the fastest-growing fields. She can find lists in books like *100 Fastest-Growing Careers* (Michael Farr) or online at *www.bls.gov/emp/ep_table_103.htm*. Then, she might investigate possibilities that interest her, such as information technology, physical therapy, or social work.

**Try out a job.** Internships can help your child decide whether a particular career might suit her. These are unpaid or paid positions that provide on-the-job experience and perhaps high school credit as well. Suggest that she learn about openings by checking in the school guidance office or career center or asking teachers and neighbors. *Note:* Internships can be for the summer or the school year.

*Tip*: Point out to your teen that her first career may be just a starting point—many people begin in one type of job and end up in a completely different field!

## Stand-out applications

Filling out a job application is often the first step to a summer job or a full-time position after graduation. Share these steps to help your teen complete an application that will get an employer's attention:

**1.** Make a list of any previous jobs, volunteer positions, and extracurricular activities. Include dates and names of supervisors or advisors, as well as specific responsibilities and achievements ("created spreadsheets of customer information" or "doubled the size of the club").

**2.** Choose references who know you in different ways, such as a boss and a teacher. This will give an employer a well-rounded picture of you. *Note*: Be sure to ask people in advance if they'll provide references.

**3.** Fill in all sections in neat handwriting or by computer. Proofread carefully, since misspelled words or grammatical errors may cause an employer to throw out your application.

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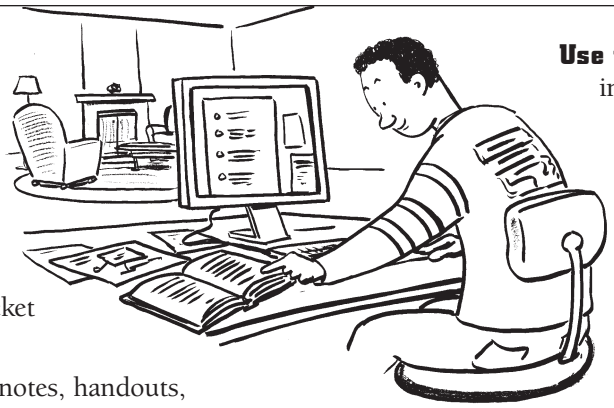
# Super study guides



Making study guides will help your child in two important ways: he'll review the information as he puts together a guide—*and* he'll have a packet to study from. Suggest these ideas.

**Stick to what's important.** Go over notes, handouts, and the textbook for key information. Pull out facts that may appear on the test, such as vocabulary definitions, dates, timelines, and review questions.

**Use variety.** Write or type information in ways that make it easy to study. For example, you might use a question-and-answer format or a bulleted list. Put a box around especially important parts, or highlight sections in different colors.

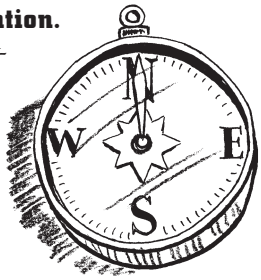
**Include sources.** When you write facts in your guide, note where you found them ("chapter 3 notes, page 2"). That way, you can refer back to the source for more information.

*Note:* Remind your child that although making a study guide takes time, it saves time in the end. Having everything in one place means he won't waste time searching for a handout or flipping through a chapter.

## Directions, please!

Whether your teen walks, drives, or rides the bus, she needs to know where she's going. Try these tips for helping her develop a good sense of direction.

**Understand directions.** Since directions will often say "go west" or "travel south," your child needs to know how to find north, south, east, and west. Remind her that the sun rises in the east and sets in the west. Also, you might get a small compass at a dollar store to put in her purse. As she uses it, she will get used to which way is which.




**Know your location.** When you're driving, help her pay attention to the turns you make going someplace and then coming home. ("From Poplar, we turned right on Elm and right on Pine. So, to go home, we'll turn left on Elm and left on Poplar.")

**Read maps.** Give your teen practice using road maps by asking her to plot a route for a family outing or a longer trip. If she uses a Web site like MapQuest or Google Maps, have her print out the map and follow it while you drive.

**OUR PURPOSE**

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

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## Parent to Parent

### Healthy relationships

My daughter Rachel was seeing a boy she really liked. Then, he started texting her constantly. He always wanted to know where she was and who she was with. He got angry if he didn't like her answers.

As Rachel grew more frustrated, I stepped in. I asked how Brian's texts made her feel and whether she was happy. She just shrugged, but I kept talking. I mentioned that strong relationships are based on trust and respect, and it's not healthy when one person tries to control the other.

Staying with Brian or breaking up was Rachel's decision, but I encouraged her to follow her instincts. Two weeks later, she broke up with him. She said she'd been thinking about our conversation, and she realized that she didn't want to be with someone who didn't trust her. She was sad about losing him, but she also seemed relieved.

## Q & A Language boost

**Q** *We speak mostly Spanish at home, but we want our son to feel comfortable using English at school and with his friends. How can we help?*

**A** The best way for your son to feel more confident speaking English is to use it frequently. You might have English-only dinners every now and then so your family practices speaking English together. Another idea is to encourage your son to invite English-speaking friends over so he'll use the language with them.

Also, watching movies and reading books in English can expand your son's vocabulary and introduce him to common figures of speech. Let him rent videos or ask a librarian to recommend popular fiction for teens.

Finally, suggest that your teen listen to English-language music. Play the radio when you're in the car together—you can make it more fun to practice if you both sing along!