

# High School 1 YEARS

Working together for lifelong success

## Short Clips



### Hear, hear

Almost one in five teens have some hearing loss. While there may be several causes, experts believe frequently listening to loud music on headphones or “ear buds” is a factor. Help protect your child’s hearing by asking him to keep music players at half the possible volume or lower.

### Sharing dreams

January 17 marks Martin Luther King Day. Encourage your high schooler to look up King’s famous “I Have a Dream” speech at the library or online. Then, ask her to think about her dreams for the future. Share your own dreams with her, and encourage her to share hers.

### Explore local history

Whether you live in a small town or a big city, your high schooler can discover something about the past. He might walk through a historic district to look at old buildings and visit monuments. Suggest that he take photos or videotape interesting sites. Then, he can upload them on the computer so the whole family can see highlights of your area’s history.

### Worth quoting

“Ideas won’t keep. Something must be done about them.”  
*Alfred North Whitehead*

### Just for fun

**Q:** Why didn’t the mummy have any friends?

**A:** Because he was too wrapped up in himself.



## Tests: Secrets for success

It’s exam time. When the clock starts ticking, your high schooler has 45 minutes to show she understands weeks’ worth of lessons. Encourage her to do her best with strategies like these.

**Fuel up.** To get through a test, your child needs plenty of rest and good nutrition. Eight to nine hours of sleep and a healthy breakfast that includes protein and carbohydrates (cottage cheese, fruit) will give her energy and help her focus.

**Take what’s needed.** Tell your high schooler to ask teachers ahead of time what’s allowed at each exam, such as notes for an open-book test or a calculator for a math quiz. Suggest that she take recommended items plus backup supplies (extra pencils, batteries) just in case.

**Work on pace.** Encourage your teen to scan a test before she starts. That way, she’ll know what to expect (true/false, fill-in-the-blank) and can allow more



time for essay questions or lengthy problems.

**Read carefully.** Before diving in, your child should read each section so she understands exactly what to do. For instance, if she doesn’t notice the direction “Show your work,” she could lose credit even if she gives the right answer. She should also read each question completely before answering.

**Calm down.** If your teenager feels herself starting to tense up, she can close her eyes and take deep breaths to relax her body. That will help her concentrate as she gets back to work. 👍

## Blending right in

When parents get remarried, children may need help adjusting. Try to give your adolescent:

■ **Time.** It takes time for teens to develop relationships with stepparents. Pushing your child to like a new family member might make him more resistant. Encourage your new spouse to foster trust slowly by showing interest and following through on commitments.

■ **Respect.** Including your high schooler in family decisions will make him feel respected—and more likely to cooperate. Consider holding regular family meetings so everyone can stay informed of plans and have a say.

■ **Privacy.** Adolescents like their space. If possible, give your teen his own bedroom. If not, divide a room in half with fabric or a screen. When he has friends over, try to keep siblings in another room. 👍



# Support for bullied teens

Bullying is a problem that parents hope they never have to deal with. But if your child becomes a target, you can help him cope. Here are four important messages to send a bullying victim.

## "I believe you."

It takes courage for a teen to admit he's being bullied. Take him seriously. Let him know the bullying is not his fault. Don't ignore the problem or hope it will go away.

## "You're not alone."

Millions of children are bullied every year. In fact, it's estimated that about three-quarters of children have been bullied in some way.



## "You have a right to be safe."

It is not okay for your teen to be threatened or harmed. That includes verbal assaults (name calling, slurs), physical assaults (tripping, shoving), and emotional bullying (rumors, exclusion).

## "I'm going to help."

Your child may worry that alerting the school will make matters worse. But silence gives bullies power, and authorities have to know about the problem to stop it. Document incidents in writing, and talk to school administrators. Follow up until your teen feels safe.

*Note:* Watch for symptoms of bullying. They can include headaches, stomach aches, withdrawing from friends and family, coming home with unexplained injuries, and not wanting to go to school. 👍

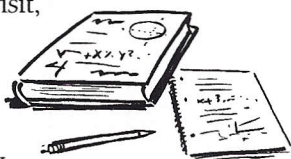
# Parent to Parent

## Math mentor

When my daughter began struggling in Algebra II, I suggested that she talk to her teacher. Mr. Whitley encouraged Carla to attend the math department's help sessions before school, during lunch, or after school. Getting help at the first sign of trouble is important, he said, because math concepts build on each other throughout the year.

At the first visit, Carla learned a few basic pointers like writing her numbers neatly so she wouldn't misread her own writing. She also was shown ways to double-check her work and make estimates before solving problems so she can see if her answers are reasonable.

At Mr. Whitley's suggestion, Carla now works extra problems in the textbook each time a new formula is introduced. As she gets more familiar with different kinds of problems, math is becoming a little easier for her again. 👍



## Q & A

### Active after school

**Q** My daughter would like to join an activity after school, but she's not sure what she wants to do. How can I help point her in the right direction?

**A** It's great that your daughter wants to get involved—extracurricular activities can give students confidence, help them make friends, and decrease the chances that they will drink or use drugs.

Try to help her find activities that match her interests. If she enjoys art, she might like a ceramics class. If she enjoys helping people, she could join her school's Key Club. Or she might prefer a sports activity like tennis, archery, or martial arts.

Suggest that she ask friends for ideas or check with the school office, community centers, museums, libraries, or places of worship. To learn more about an activity, she can ask to watch while it's under way. And remember, she may need to try several to find the one that's right for her. 👍



## Learning in style

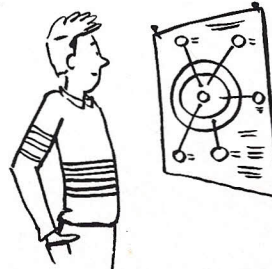
Some people learn best by hearing information, while others do better if they see it or do a hands-on activity. Help your teen identify his learning style to boost his success in school.

**Auditory learners** like to hear what they're learning. If that fits your child, he may get the most from study time by reading and repeating information out loud, explaining concepts to himself or others, and joining study groups.

**Visual learners** like to see what they're learning. If this

describes your teen, he may be drawn to written information and visual aids (charts, diagrams). He can do his best by checking written instructions, picturing information, and making outlines or drawings.

**Kinesthetic/tactile learners** like to experience what they're learning. If your child excels at hands-on activities, he may benefit from acting out a novel he's reading or repeating a science lab at home. 👍



### OUR PURPOSE

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

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