

# High School **1** YEARS

Working together for lifelong success

## Short Clips

### Boost math confidence

To improve your teen's confidence in his math skills, share these tips. Encourage him to ask questions in class. Suggest that he go for extra help (before or after school, during lunch period, in study hall) when he needs it. Tell him to be sure he learns the concepts behind the numbers, rather than simply memorizing formulas.

### Finding family time

Whether your teens are freshmen or seniors, you probably see less of them than ever. Look for everyday ways to spend time together, such as running errands or sharing chores. Also, join in activities they enjoy, like visiting their favorite music store.

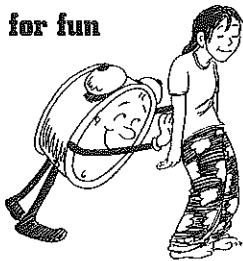
### Suicide prevention

Suicide is the third leading cause of death among people aged 15 to 24. When a young adult says things like "I'd be better off dead" or "I won't be around much longer," it's important to take the statements seriously.

### Worth quoting

"Success consists of getting up just one more time than you fall."  
*Oliver Goldsmith*

### Just for fun



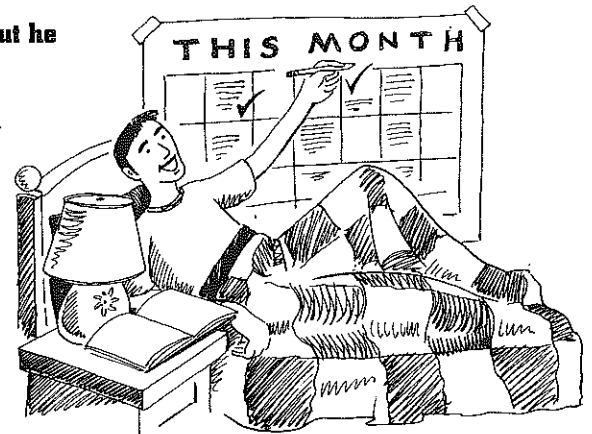
**Parent:** What will it take to get you out of bed this morning?

**Teen:** About 45 minutes.

## Let's get organized!

**John has a quiz tomorrow, but he can't find his notes.** He thought they were in his backpack. If he doesn't find them, he'll probably get a bad grade.

It doesn't have to be this way. With a little effort, students can get organized. Keeping things together gives them more time to focus on homework, family, and hobbies. Share these methods with your teen.



### Plan of attack

Discuss the upcoming month with your high schooler. What assignments are due? When will he do homework, chores, and extracurricular activities? Have him write everything down on a monthly calendar. The more advance notice he gives himself, the better prepared he will be.

### Tools on hand

Suggest that your teen keep a different-colored notebook and folder for each subject. He can use notebooks for taking class notes and folders for storing returned homework and assignments. Also, have study supplies at home (dictionary, paper, pens, pencils, highlighters, and calculator). When it's time for homework, your high schooler will have everything he needs.

### Nightly routine

Does your teen have trouble remembering what to take to school each day? Try having him put everything in one spot the night before. Or, he can make a list (homework, gym clothes, trumpet, etc.) to check before he goes to school. Preparing at night will make mornings go more smoothly. 👍

## Take your seat

### Attendance counts

Want a surefire way to help your teen get off to a super start this school year? Make sure she attends school every day with these tips:

- Show how learning relates to real life. If your teen thinks a skill is useful, she's more likely to learn it. *Example:* Planning a vacation draws on research skills.
- Tell your child not to skip a class because she's struggling. Offer to arrange for tutoring, or suggest that she find a study buddy.
- Find out your school's attendance policy. Let the school office know you'd like to be alerted if your teen misses a class. 👍

