Parents in Highschooland

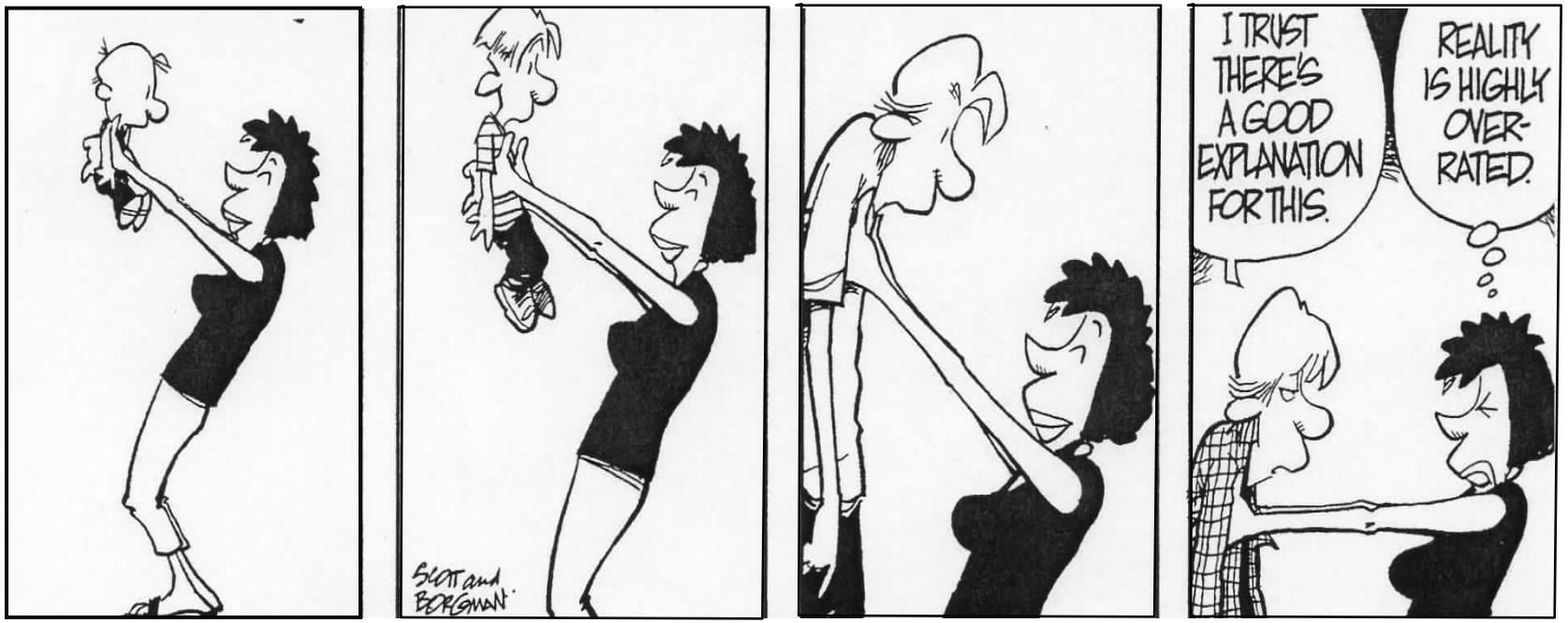
Karyn Rashoff
M.S. Educational Counseling

Copyright © 2013 Karyn Rashoff & BarkingDogBooks

Teenager (noun):

Someone who is well-prepared for a zombie apocalypse but not ready for tomorrow's math test.

Parents In Highschooland



"JEREMY AND MOM" cartoons by Zits Partnership

5 QUESTIONS TO ASK YOURSELF

"GIVE THEM WHAT THEY NEED AND THEY WILL GROW"

ASK YOURSELF THIS #1

"Am I Expecting Too Little From My Teen?"

ASK YOURSELF THIS #2

"Is Running Interference The Same As Being An Involved Parent?"

ASK YOURSELF THIS #3

"Am I Teaching My Teen To Be A Responsible Person?"

ASK YOURSELF THIS #4

"How Do I Make My Home Less Crazy?"

ASK YOURSELF THIS #5:

"Am I Helping My Teen To Get Organized?"

The 5 Hidden Rules of High School

- Hidden rules can be taught
- Hidden rules impact relationships

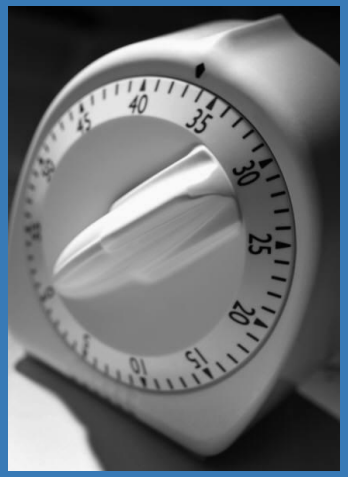
Ruby K. Payne, PhD.
Understanding Poverty

"RULES OF DECORUM"??
IT'S MY MOM'S IDEA FOR RELIEVING SOME OF THE TENSION BETWEEN US.
OH BROTHER.
HOW'S IT WORKING?
GREAT, ACTUALLY
WE HAVEN'T SPOKEN TO EACH OTHER FOR A WEEK.
SCOTT AND BORGMAN

- Students with good grades know the rules and how to play the game
- Students with poor grades in school don't have all the information
- Hidden rules can be revealed

5 HIDDEN RULES TO HELP YOUR TEEN AT HOME TONIGHT

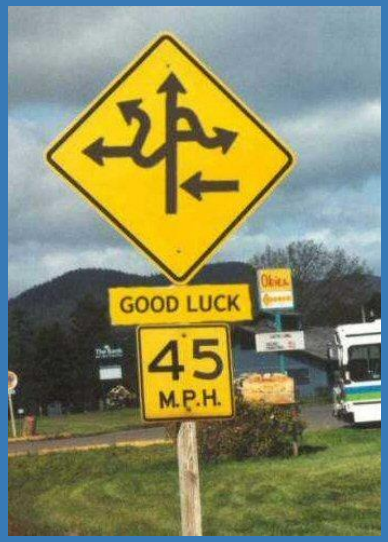
1. Teach Time



- A digital timer or oven timer is helpful
- Cheerfully monitor their time and don't hover

2. You are a Wayfinder

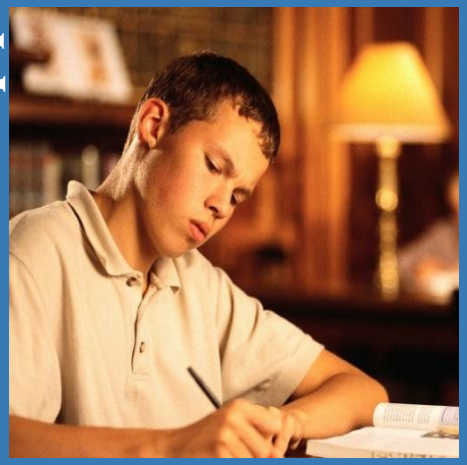
- Help to clarify their route to success
- Help eliminate clutter from their lives



3. Your Home is a Shelter

- Study away from TV, computer, and visual distractions

- Keep their cell phone and return it to them when they are done studying



4. Empower your teen

- Set them up for success
- Have clear family expectations about school success

5. For better cooperation from your teen, use the "adult voice"

Not the "parent voice"

Your teen's emotional resources dictate behavior and contribute to achievement

- Be an "emotional landing field" for your teen
- How you spend your own time shows your priorities

Normalize it – what is a "normal" student?

- Going to class, doing homework, and getting good grades is "normal"
- Sometimes it's hard for a teen to recognize what is "normal"
- It's your job as a parent to remind them what is "normal"

Parents in Highschooland

Karyn Rashoff
M.S. Educational Counseling

Copyright © 2013 Karyn Rashoff & BarkingDogBooks