

TIP SHEET #1:

8 Ways to Help Your Highschooler Do Best and Be Best In and Out of the Classroom

from

*Parents in Highschooland:
Helping Students Succeed in the Critical Years*

- 1. Teach time.** Teens often don't know what time "feels" like. Their evenings at home drag on endlessly with homework or they let the evening slip away without getting anything at all done. A digital timer or oven timer helps - let her have control over it. Cheerfully monitor her time but don't hover.
- 2. You are his Wayfinder.** Help your teen to clarify his path to success. Eliminate clutter from his life and help him get organized with his school notebooks, papers, backpack and binders.
- 3. Your home is a shelter from the chaos of the day.** Help your teen study away from the TV, computer and other visual distractions. Keep her cell phone with you while she studies, but return it when she is done. This prevents endless distractions with texting.
- 4. Empower your teen.** Set him up for success. Have clear family expectations about school success. Talk together about realistic hopes for his career, college and grades.
- 5. Don't run interference, but be an involved parent.** Allow your teen to solve her own problems without rushing in to rescue her. She is learning to negotiate the world now, and you are there to support and guide her in learning to do this.
- 6. Make your home less crazy.** Turn off unnecessary music, TV and computers until homework is done. Make your home as peaceful and quiet as you can to honor the time of reading and homework. This tells your teen that school is important.
- 7. Teach your teen to be a responsible person.** Opportunities to serve the community are plentiful both in and outside of school. Let your teen choose what she wants to do and support her by your encouragement and praise.
- 8. You are your teen's secretary.** As a parent, you don't need to know geometry or chemistry, but you can help him to get organized and stay on track with time at home and homework. Use a calendar together to view upcoming projects and assignments.