

Room 401 Newsletter

High School

April 2018

Class news: Save the Date!!

The last parent meeting of the year for the Title 1 Program is **April 26, 6:00-6:30**. We will meet in Room 401 This is being held in conjunction with the Spring Showcase. Your feedback on how we are doing is important. Please come!



Are you helping your teenager manage time?

Time management can be a real challenge for teens. The challenge gets greater as they get older and have to deal with complicated projects and schedules. Students may feel the pinch particularly during the spring.

Are you doing all you can to help your teen manage her time? Answer yes or no to the questions below to find out:

1. Do you encourage your teen to write all of her school and personal commitments on a calendar?
2. Do you talk with your teen about her priorities and explain that when she can't do everything, she should focus on what's most important?
3. Do you suggest your teen make and follow a schedule each week?
4. Do you show your teen how to break down large assignments and tasks into smaller, more manageable steps?
5. Do you set an example by using your time wisely?

How well are you doing?

Each yes means you are helping your teen learn how to manage her time. For no answers, consider trying those ideas.

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Integrity and respect guide teen behavior

Even a teen with the best of intentions will make mistakes. She may lie to a friend. She may go to a party she told you she wouldn't attend.

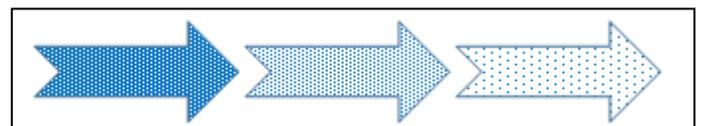
It's important to talk with your teen about acting with integrity. While morality is the set of beliefs that help your teen judge what's right and wrong, integrity is how she acts on those beliefs. Teens with integrity respect themselves and others.

It's great if your teen says she believes in being honest. But what does she do when her friend asks for the answer to question 10 on the test? Her decision in that instance reflects her integrity.

There are going to be times when your teen makes decisions that she knows are wrong. Some experts say that teens actually learn integrity during those times—they gain integrity by losing it.

But that only works if someone helps them think through their choice by asking questions like:

- What got in the way of telling the truth?
- Were you trying to impress someone else?
- Would you have acted differently if you had been with a different group of people?



When your teen makes a poor choice, she should hold herself accountable, admit her mistake and make amends. Tell your teen that integrity is like a muscle. The more she uses it, the stronger it will become.

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Consistency leads to fewer arguments

Your teen missed his curfew. You're too tired to argue about it, so you let it slide. Parents often think they are avoiding an argument by simply ignoring a situation.

And they are—for the moment. But they're also setting themselves up for a battle the next time they try to enforce the same rule. It's one of the contradictions of discipline. The more consistently you apply consequences, the less you will have to impose them. Consistency is key for effective discipline.

When you're inconsistent, your teen starts to think you don't really mean what you say. The rules aren't really rules—they're more like suggestions. So he'll fight against them all the time. After all, sometimes pushing back works.

On the other hand, if you enforce his curfew every time, your teen knows what to expect if he breaks it. And he'll be more likely to follow the rules—at home and at school.

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Questions & Answers

Q: My son is a talented athlete. He is a junior and he's a starter on the team this year. He hopes to earn a scholarship so he can go to college. What should I do to help him?

A: The most important thing you both can do is be realistic. Only a small number of the athletes who play on high school teams ever get the chance to play in college. And an even smaller number earn scholarships.

That doesn't mean your son can't be one of them. But it will take hard work and careful planning. To get started:

1. Talk with your son's coach. Ask him to give you his honest opinion. Is your son talented enough to play in college? Ask about other students from your school. How many of them have played in college? How did they do? Did any earn scholarships?
2. Research. Find schools where your son might be able to play. Unless he's a superstar, these may be smaller schools. Identify schools that are also strong in the areas he wants to study.
3. Make sure he is academically eligible. The NCAA has strict rules about what students must study and the grades they must earn. Check out www.ncaa.org/student-athletes/future for more information.
4. Make things happen. If your son meets all of the criteria, ask his high school coach to reach out to schools of interest. The NCAA has specific rules for contact between high school athletes and college coaches. Violating these rules will affect your son's eligibility, so make sure you understand them.

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