

Title 1 Newsletter

High School

March 2021



Responsibility prepares teens for adulthood

Teens are basically in training for adulthood. Assuming more responsibility for themselves is the way they get there.

To help your teen along the road, encourage him to:

- Use a calendar to manage his time. Seeing school deadlines alongside his other responsibilities will help him plan when to accomplish everything.
- Schedule his appointments. This will give him control over his schedule and let him practice valuable social skills.
- Set a budget and stick to it. He may have spending money from an allowance or a part-time job. A budget will help him pay attention to his spending—and see that adding to his savings can be rewarding.
- Plan a family project. Have him research the steps to take and come up with a budget.
- Read the news. Learning about the issues world leaders deal with will help him see that his responsibilities (such as mowing the lawn) aren't that bad!

Show your teen how to make a study schedule for tests

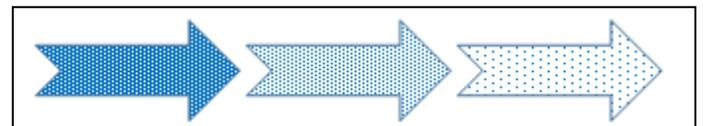
Whether your teen is facing a chapter test in science class or a college admission test, he shouldn't walk in unprepared. A study schedule will help him get ready so he can do his best.

Make sure your teen:

- Sets priorities. A good score on a college admission test might give his application a boost. A poor score in a tough class could mean he has to go to summer school. Tests are important, so he needs to prepare.
- Blocks out time to study. Your teen can't study during classes, during practice or at work, for example. He still has to do his work for other classes. Have him look at the calendar and block out other times for study.
- Reviews past tests. Teachers often make copies of old tests available. Sample college admission tests are also easy to find. Seeing what is expected can help your teen set a realistic study schedule.
- Determines what he needs to learn. It will take longer to study for a unit test if your teen hasn't done the reading or related homework.
- Leaves time to review. The night before the test is not the time to learn new material. It's the best time for a final review of the material he's been studying.

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Integrity and respect should guide your teen's behavior

Even a teen with the best of intentions will make mistakes. She may lie to a friend. She may meet up with friends when she told you she wouldn't.

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. That makes them want to do the right thing.

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 afterward 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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Talk to your teen about the high cost of dropping out of school

Henrietta Fore, executive director of the United Nations Children's Fund, has estimated that at least 24 million children are projected to drop out of school due to Covid-19.

Not long ago, a student who dropped out of high school could still live a comfortable life. In 1967, nearly half of high school dropouts earned enough money to be considered part of the middle class.

But today? Most high school dropouts find themselves at the bottom of the income scale. Many of the jobs that allowed people without an education to earn a good living are gone.

Today, high school dropouts can get only low-wage jobs with little opportunity for advancement—earning around \$31,000 a year. Just by graduating from high school, teens can earn on average \$8,000 more a year.

Poor attendance is often one of the first signs that a student is preparing to drop out of school. If your teen's record is less than perfect, deal with the issue now. Help him get back into the habit of being in every class. Keep him in school today, and you'll help him earn a living in the future.

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