

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Careful crossing

Be sure your teen understands it's dangerous to cross a street while texting or wearing headphones. Instead, he should keep his head up, put his phone away, and remove earbuds when he's crossing. *Tip:* You'll make a stronger impression if he sees you doing the same.

### Welcome, spring!

With the weather warming up, it's a great time to enjoy family time outside. Ask everyone for ideas, and post a list on the refrigerator. You might plant flowers in your garden, create a sidewalk mural with chalk, pick berries at a local farm, or go to a minor league baseball game.

### Some assembly required

Putting together furniture or toys can make your teen a better problem-solver. When your family needs a bookshelf or dollhouse assembled, let your high schooler take the lead. She will practice reading diagrams, following steps, and fixing mistakes—all of which can help her in school and in the future.

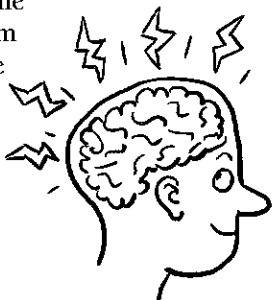
### Worth quoting

"You've got to go out on a limb sometimes because that's where the fruit is." *Will Rogers*

### Just for fun

**Q:** What is the smartest form of renewable energy?

**A:** Brain power!



## Ace your interview

Whether your teen is trying to get an after-school job, an internship, or full-time employment after graduation, good interview skills can lead to hearing, "You're hired!" Share these ideas.

### Find sample questions

Your teenager will feel more confident if she has an idea of what to expect. Have her look online or in books for common interview questions, such as "Why do you want to work for our store?" or "What is your biggest accomplishment?"

### Outline answers

To nail down her thoughts, suggest that she write out answers to those questions. Again, she can look for samples, but she should personalize them so they're sincere. For instance, she could say she wants to work at a shoe store because, as a runner, she knows how important the right pair of shoes is.

### Prepare questions

Since interviews often end with the employer asking if you have any



questions, she should be ready with a few. She might ask what a typical day would be like or what the next step is in the hiring process. *Tip:* Encourage her to research the company so she can show she's interested and knowledgeable when she asks questions.

### Practice

Doing mock interviews will help your teen improve. Ask questions, and have her respond without using her notes so she doesn't sound too rehearsed. Then, offer feedback, perhaps telling her to make better eye contact or avoid saying "Um." *Idea:* She could watch mock interviews on YouTube for pointers. 👍

## Creative hobbies

Hobbies are not only fun, they also build creativity and skills. Encourage your high schooler to extend his hobby into new creative outlets like these:

- If he loves reading graphic novels, he might write and draw his own. He could even develop characters for a series.
- Does he ride his bike every chance he gets? Suggest that he join a cycling club, take up mountain biking, or try new trails. He might tinker with his bike to add or change parts—or try his hand at building a bike.
- Maybe he's always in search of cool new apps. He could teach himself to code using free online guides and then design his own apps. 👍

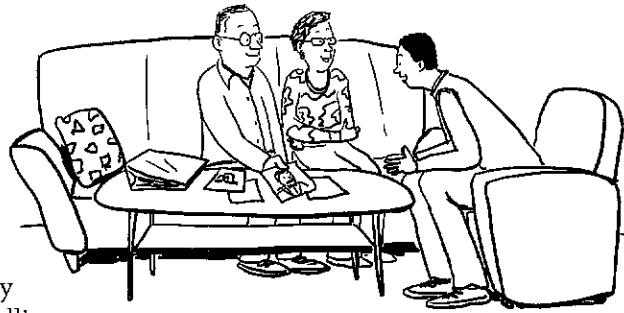


# What's in a name?

Exploring family history is an interesting way for your teen to apply research skills to his own life. Suggest that he trace his last name with these ideas.

**Talk to relatives.** Personal interviews are a great place to start. He could ask relatives what they know about the family name. Has it changed in spelling or pronunciation over time? For instance, some families shortened their names so they'd be easier to pronounce.

**Use primary sources.** Documents will show how a name has evolved. Encourage your teen to track his surname through primary sources like birth certificates, marriage licenses, military discharge papers, or immigration records.



**Check secondary sources.** What's the origin of his last name? Have him search in library books or on sites like [surnamedb.com](http://surnamedb.com) or [surnames.behindthename.com](http://surnames.behindthename.com).

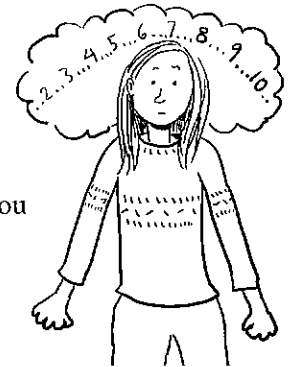
Last names may come from occupations (Miller = a corn miller), first names (Thompson = son of Thomas), or birthplace (Scott = a native of Scotland). Searching for origins can also show him how foreign words are incorporated (for example, Schafer comes from the German word for shepherd). 👍



# Ways to deal with anger

Your teen probably gets angry at times—it's a natural response. But how she handles her anger is what's important. Here are steps she can try.

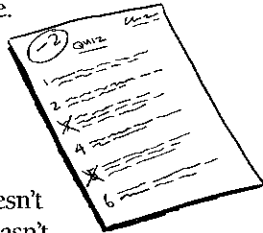
- 1. Admit your feelings.** Say to yourself, "I'm mad." If you identify how you feel, you'll be more in control.
- 2. Calm down.** Go somewhere else for a little while, if possible. Or try breathing deeply, stretching, and counting to 100.
- 3. Talk it out.** Has someone made you angry? Calmly tell her you're upset, and explain why. If you're angry about a situation, find a friend to talk to. You may feel better when you get things off your chest.
- 4. Let it pass.** Once you've talked things out, move on. Try not to dwell on the incident. Instead, focus on something that makes you feel better, such as a recent success or an event you're looking forward to. 👍



# Parent to Parent Errors = opportunities

I was surprised when my daughter's mass media teacher told us at a recent PTA meeting that wrong answers on quizzes or homework can actually be a good thing. But once Mr. Newburgh explained what he meant, it made a lot of sense.

The teacher said attempting answers and getting them wrong calls attention to what a student doesn't understand—or hasn't



spent enough time reviewing. Seeing wrong answers on a graded paper can also encourage a student to try a different approach or strategy the next time.

I shared all of this with my daughter, Nicole, when I got home. And I passed on Mr. Newburgh's advice that she go over returned assignments and tests carefully and ask about anything she's not sure of. Nicole certainly doesn't like to make mistakes, but I'm hoping she'll see that she can use them to her benefit. 👍

# Q & A Prom: Keep it fun

**Q** My son says the way you invite someone to the prom is a big deal, and he's nervous about how to do it. Plus, I'm concerned about the cost of the prom. Help!

**A** "Promposals," or elaborate ways to ask a date to the prom, have become common, leaving many teens feeling pressured to live up to the hype.

Remind your son that the point of a prom is to have fun, not to be stressed out. You

might suggest that he take a break from social media to avoid pictures of over-the-top invitations. Then, tell him that a simple, heartfelt invitation should be appreciated by someone who wants to go with him.

Moneywise, help him set a budget and find ways to save. He could borrow a tuxedo or choose a less expensive restaurant for dinner. Instead of pricey transportation, he might drive or ride with other couples. 👍



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