

Southern Kern Unified School District

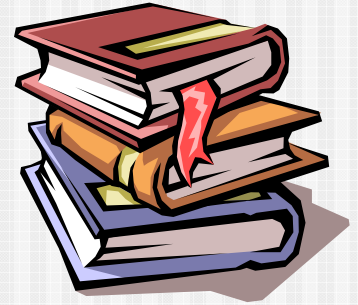


Helping Your
Teen Succeed-
In High School
and Beyond

Introduction

- Be Active: Parent Support Still Matters
- Help Your Teen Make Wise Choices
- Provide Guidance
- Help Plan the Future
- College Bound Students

Be Active: Parent Support Still Matters



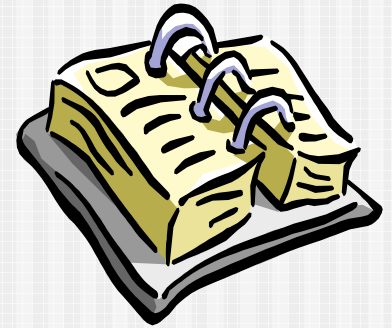
- At Home: Provide help and resources as needed.
 - Homework help: Don't do the work for your child, but be available to give appropriate help.
 - Space and Supplies: Comfortable area without distraction, pens, papers, and other supplies.
 - Other useful resources: Books, magazines, newspapers, local library, computer, etc.

Be Active: Parent Support Still Matters Cont.

- At School: Stay aware of your teens progress and discuss the importance of high school success on his/her future.
- In other areas: Spend time together, talk about school and his/her other interests, and encourage your teen to explore interests by being involved in the school and community.

Be Active: Parent Support Still Matters Cont.

- Encourage Participation in activities:
 - Extracurricular activities at school
 - Volunteer Work
 - Community or religious youth groups
 - Summer programs
 - Internships or part-time work
- Activities help your teen build skills and qualities such as: decision making skills, social skills, self-discipline, teamwork, and responsibility.
- Time management: Help your child avoid taking on too much. Establish a reasonable schedule together.



Be Active: Parent Support Still Matters Cont.

- Be involved at school.
- When you have question or concern, know who to contact:
 - Contact teachers for issues related to a class, such as progress updates, concerns about homework, etc.
 - Administrators will help with choosing courses, future education, social or emotional problems, school rules or policies, discipline and attendance.
 - To discuss extracurricular activities, contact the staff member in charge.

Be Active: Parent Support Still Matters Cont.

■ Be involved at school:

- Stay in touch with teachers. Check your child's grade on-line regularly.
- Stay informed: Be familiar with the school policies, read the student handbook with your teen, check out the school's website, listen to all tele-parent calls received.
- Attend Events at school.
- Consider Volunteering



Help Your Teen Make Wise Choices

- Good Communication is Important!
 - Spend quality time together.
 - Find times to talk, be a good listener, and avoid interrupting, ask open-ended questions that can't be answered 'yes' or 'no'.
 - Talk during meals, in the car, while watching TV together.
 - Things to discuss: lunch activities, class work, activities, ideas and views.

Help Your Teen Make Wise Choices Cont.

- Talk about risky and responsible behaviors. Discuss:
 - Risks of sex, unsafe driving, and using alcohol, tobacco, and other drugs.
 - Responsible behaviors, such as choosing friends wisely, resisting harmful peer pressure and helping with chores at home.
 - Talk about values, such as honesty, reliability, and respect.

Help Your Teen Make Wise Choices Cont.

- Encourage your teen to talk to other trusted adults. Possible mentors include: Relatives, teachers or other school staff, and/or community members.
- Mentors can share experiences and useful information, such as:
 - Strategies for school success.
 - Education after high school, and ways to pay for it.
 - Work or volunteer opportunities.
 - Careers.
 - They can also write reference letters for college or work.

Help Your Teen Make Wise Choices Cont.

■ Other important things:

- Get to know your teen's friends and their parents. Know who your teen will be out with and encourage them to invite friends over
- Discuss the reasons for rules and the consequences for breaking them—'because I said so' isn't always the best answer.
- Be a good role model.
- Emphasize good school attendance.
- Watch carefully for signs of a problem, such as: Lack of interest in hobbies or friends and drastic mood swings.

Help Your Teen Make Wise Choices Cont.

■ Encourage Healthy Habits:

- Good nutrition is important. Make sure your teen eats breakfast daily, drinks plenty of water, and eats well balanced meals.
- Regular exercise. Teens need at least 60 minutes of moderate to vigorous physical activity daily.
- Other healthy habits: getting plenty of sleep, having good hygiene, etc.



Provide Guidance



■ Identify Your Teens Interest:

- Discuss things your teen enjoys, does well, or wants to learn more about.
- Talk to your teen about jobs that may be appropriate based on his/her interests.
- Help your child pick courses that can prepare him/her for her future job.



Provide Guidance Cont.

■ Set Specific Goals

- Short Term Goals: Weekly homework, etc..
- Medium Term Goals: Graduating with a specific GPA
- Long Term Goals: Having a certain job by the age of 25. These skills will set the stage for success for high school and beyond
- Make sure goals are achievable and have manageable deadlines.

Goals



1. _____

2. _____

3. _____

Provide Guidance Cont.

■ Make an Action Plan:

- Research college admission requirements and decide which courses to take during each year of high school
- Create a schedule of activities, including: dates college application are due, test dates for college admission tests or applying for summer work.



Help Plan the Future



- High School courses are more challenging and grades are more important. It's important to consider:
 - Graduation requirements
 - College or trade school admission requirements
 - Electives in areas of special interest
 - Your teen's ability level

Help Plan the Future

- Talk to your teen about the possibilities after high school, including:



- Degree programs at a 4-year college
- Degree or certificate programs at community colleges or technical schools
- Internships or apprenticeships
- Military Service



Help Your Teen Make the Most of High School

- Help him or her make wise choices, plan well, and set goals.
- Stay involved in your teen's life at home and in school.
- Have good communication about school, friends, home and activities.
- Help your teen take an interest in his or her own success!

Thank you for all that you do as a parent! You make a difference!

If you have specific school site questions, please contact the school your child attends. Thank you!

Informational Websites:

- www.6decisions.com/teens
- www.collegeboard.com
- www.FAFSA.ed.gov

