

Help Your Child Get ORGANIZED



In order to keep up with everything, high school students need to have good organization skills.

Use this information to help your child be a more organized, successful student.

▶ Planner

Encourage your child to take his/her planner or assignment notebook to every class, and to use it to record assignments, tests, quizzes, and anything else he/she needs to remember. When used correctly, a planner is a great organization tool.

▶ Three-Ring Notebooks

Using a three-ring notebook with tabs for different classes is a great way to keep notes organized. Handouts can easily be inserted, and if your child misses a class, he/she can copy someone else's notes and insert them where they belong.

▶ Folders

Purchase a different colored pocket folder for each class. Encourage your child to use these folders for current assignments, returned assignments, and graded tests.

▶ Home File

Create a home file to store anything your child wants to keep or may need later—returned tests, essays, artwork, etc.

▶ Teacher Websites

Encourage your child to bookmark teacher websites and/or progress books to make it easy to check grades.

Discuss TIME MANAGEMENT

With good time management, students have less stress and more free time. They also feel more in control of their lives.

Go over these tips with your child and encourage your teenager to use his/her time wisely.

1 Use time in school

Encourage your child to use any free time in school to get started on homework—there will be a lot less to do at night.

2 Develop a study plan

Some students want to get their homework done right after school; others want to take a break and do their homework later. Help your student determine the best time for him/her to do homework.

3 Make a weekly schedule

Encourage your child to take time each Sunday night to plan out the coming week, making sure that he/she has enough time to do everything that's scheduled.

4 Make good use of extra time

Help your child identify times during the day that are wasted. Discuss how he/she can use these times more effectively.

5 Limit time wasters

Social media, TV, video games—these can all be huge time wasters. Talk to your child about scheduling short periods of time for these activities.



Encourage Good STUDY HABITS

Most high school students have a significant amount of homework, and a lot more reading to do. Having good study habits is therefore very important.

Everything Counts Now

When a student becomes a freshman, everything starts to “count.” Freshman courses, grades, and credits all become part of a student’s transcript, and freshman grades are used to calculate a student’s GPA.

Make sure your student understands the importance of doing his/her best—right from day one.

While some students have developed good study habits by the time they get to high school, many still need assistance and support. If your child’s study habits have room for improvement, use these tips to help your child become a better student.

1. Help organize and prioritize homework

- Before starting on homework, have your child decide exactly what needs to be done, and the order in which he/she is going to do it. For example:

Read short story for English

Do Algebra problems on page 15

Answer Science Review questions

- If your student has a lot to do, help prioritize the work to make sure there’s enough time for the things that are the most important.

2. Help break large assignments down

Large assignments can seem overwhelming, and sometimes students need help figuring out where to begin. Show your student how to break large assignments and projects down into smaller, more manageable tasks.

3. If your child has a question or problem...

Encourage your child to talk to the teacher either before or after class whenever he/she has a question or problem.

Teachers are generally happy to help, but students need to let their teacher know they need it.

4. Be available to help—but don’t do your child’s work

All students need encouragement and support, and many need a little extra help from time to time. Be available to help if your child gets stuck, needs someone to listen to a speech, look over an essay, or help review for a test. However, don’t give more help than is wanted, and don’t do the work yourself.

If something doesn’t get done, don’t come to the rescue. If you do, your teenager won’t feel the need to be responsible in the future.



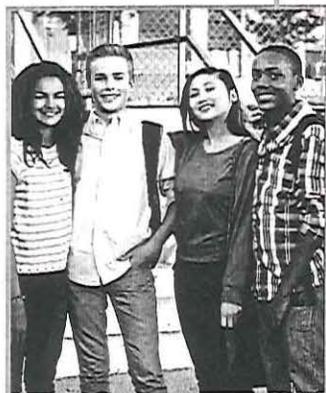
Monitor Progress

It’s important for students to be successful in their classes, and for them to feel competent and capable. If you see your child struggling in a class or spending an excessive amount of time on homework, contact the teacher and discuss your concerns.

The SOCIAL SCENE

Friends are very important to high school students, and now that they're in a new environment, teenagers often have some apprehensions regarding the social scene.

Here are some things you can do to help your child feel good about this very important aspect of high school.



❑ Encourage after-school activities

Extra-curricular activities are a great way for teenagers to meet other students with similar interests. Being part of a team, club, or group also gives students a sense of belonging.

❑ Maintain family activities

While being with friends is very important to high school students, doing things with their parents and families provides them with a much needed sense of security.

Spend one-on-one time with your child, plan family outings, and eat dinner as a family as often as possible. During dinner, turn off the TV, silence all phones, and talk about your day.

❑ Build self-esteem

Students with a positive self image are less influenced by peer pressure and less affected by social concerns. Foster your child's strengths through family activities, developing his/her interests and skills, church activities, volunteering, etc.

❑ Expect friendship shifts

In high school, friendships often shift and change—a best friend in middle school may now have new interests and be making new friends. Encourage your child to keep his/her "old friends," and to work on making new ones.

❑ Discuss bullying

Bullying can sometimes be a problem in high school. If your child ever mentions anything about being bullied or harassed in school or online, find out exactly what has happened, and talk about how to best deal with the situation. You may also want to discuss what's happened with the school counselor or principal.

❑ Promote independence

If your teenager has a question or problem, try to help your child figure out how to take care of it on his/her own. Being able to get their questions answered and their problems resolved helps students gain confidence, and it gives them a sense of empowerment.

You want your child to become more independent and self sufficient; however, it's important for your teen to know that you are always available if he/she ever needs your help.



Final Thoughts

High school students have a lot to deal with, and high school can be stressful at times. More than anything, your teenager needs encouragement, support, and lots of hugs.