

Keep your teen organized and focused

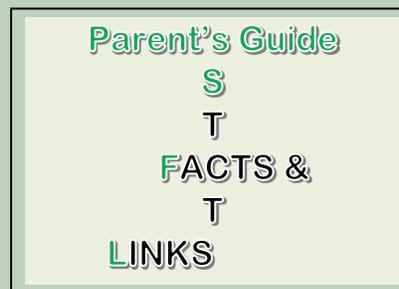
Parents can play a vital role in helping teens succeed in school by being informed and lending a little support and guidance. Even though teens are seeking independence, parental involvement is an important ingredient for academic success.

- Discuss with your teen his/her plans for the school year.
- Discuss with your teen his/her readiness to return to school

Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. But this is not usually explicitly taught in high school, so teens can benefit from some parental guidance with organization and time-management skills.

For more information:

<http://kidshealth.org/en/parents/school-help-teens.html#>



April

Practicing the Leadership Skills

Colleges place a strong emphasis on leadership, as any high school senior who is filling out applications can tell you. We watch movies and read books about leaders. It borders on a national obsession (Baskin, 2012).

- Talk to your teen about getting involved in activities that help teach leadership.
- Discuss with your teen the importance of practicing the leadership skills he/she has learned

Leading is more about learning specific skills than possessing inherent qualities. In this way, being a leader is like being an athlete. Certainly, some children are born with attributes that aid in athletics, such as size and quick reflexes. But success in athletics requires thousands of hours of practice to acquire the skills needed for success. Regardless of genetics, there is no substitute for practicing forehands and backhands if one wishes to excel at tennis. Ultimately, success has much more to do with the skills honed through practice than genetics.

For more information: <https://www.psychologytoday.com/blog/smores-and-more/201212/teaching-teens-lead>

The Importance of Getting an Education

Today's economy calls for critical skills that go beyond the basics. To ensure the economic strength of our country, students must graduate high school ready for college, careers, and life. The U.S. Department of Education has invested more than \$1 billion in early education; implemented strategies that improve achievement and close opportunity gaps and awarded billions of dollars through such grant programs as Race to the Top, Investing in Innovation, and School Improvement Grants; and expanded college access and affordability for families (U.S. High School Graduation Rate Hits New Record High, 2015).

- Discuss with your teen the importance of getting an education.
- Discuss with your teen the disadvantages of dropping out of school.

For more information: <https://www.ed.gov/news/press-releases/us-high-school-graduation-rate-hits-new->

Your Teen's Actions and Reactions

They say you never escape high school. And for better or worse, science is lending some credibility to that old saw. Thanks to sophisticated imaging technology and a raft of longitudinal studies, we're learning that the teen years are a period of crucial brain development subject to a host of environmental and genetic factors.

This emerging research sheds light not only on why teenagers act the way they do, but how the experiences of adolescence—from rejection to binge drinking—can affect who we become as adults, how we handle stress, and the way we bond with others (JUSKALIAN, 2016).

- Discuss with your teen how the actions they are doing now will affect their life in the future.
- Discuss with your teen that the way they treat people now will affect that person in the future.

For more information: <http://www.newsweek.com/how-teen-experiences-affect-your-brain-life-69099>