



Growing Up: 12th Grade

Your senior may be independent and self-sufficient; however, he/she continues to need your support and guidance.

Managing Stress

Senior year can be stressful. Rather than ignoring or minimizing stressors, remind your teen that disappointments and uncertainty help us grow—and that while change and uncertainty are a part of life, you will always be there to help in any way you can.

Encourage your child to develop healthy coping strategies to deal with stress (e.g., deep breathing, meditation, yoga, physical activity, talking to a trusted adult).

Changing Roles

As graduation nears, you will likely see your role as a parent begin to change. You will continue to be the primary influence in your child's life, but you will become more of a mentor and advisor.

You and your child will also begin to develop a new adult relationship—a relationship that's based on mutual respect, shared interests, and the bonds of family.

"There are two great things that you can give your children: one is roots, the other is wings."

Hodding Carter



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Support Your Child InfoGuide

Twelfth Grade

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686-19

Support Your Child

12th Grade



Parent Involvement Guide

Preparing for College

Use this information to help ensure that your college bound senior does everything he/she needs to do.

College Tests

Seniors who haven't taken (or want to retake) the ACT or SAT should register as soon as possible. Your teen can register for the ACT at act.org and for the SAT at collegeboard.org.

College Applications

- ▶ Insist that your child apply to one "safety school" (one that is sure to accept him/her).
- ▶ Be aware of deadlines. Remind your child that counselors need time to complete forms, prepare transcripts, and write recommendations.
- ▶ Make copies of all applications and note the dates they were submitted.

Paying for College

- ▶ Complete the FAFSA (Free Application for Federal Student Aid). **This is very important!** For information, go to www.fafsa.ed.gov.

If you are eligible for aid, the college financial aid office will put together a financial aid package for your student.

- ▶ Have an honest discussion with your child about college costs, and about how your child's education will be paid for.
- ▶ If you have questions or concerns about how to pay for college, talk to your child's counselor.

Welcome to Twelfth Grade!

The senior year is a very busy one for students, and often for parents as well. As you look ahead to graduation, encourage your teen to stay focused on academics, and help your child plan and prepare for the future.

Your child will learn a great deal this year, but senior year is about more than academics. This year, students start making important decisions about their future.

In this guide you will find information that will help you help your child have a successful senior year. Included in this guide are:

- ▶ Tips for helping your senior stay focused on academic success.
- ▶ Information to help you support your teen as he/she makes important career and college decisions.
- ▶ Advice on how to help your student manage stress.

Your involvement and support are key to your child's success!



Succeeding in the Twelfth Grade

Focus on Success

Here are some ways that you can help your senior stay focused on academics.

Combat Senioritis

With the end of high school in sight, it can be easy for students to fall into bad academic habits, slack off, or simply stop seeming to care. This phenomenon is often called "senioritis."

Remind your teen that senior grades affect GPAs, and that senior grades are included on final transcripts. If your child is thinking about college, remind your student that colleges often look at senior grades when making admission and scholarship decisions.

Monitor Progress

Double check that your student is on track to graduate. If you have any questions or concerns, talk to your child's school counselor.

Make sure that you see all interim/midterm reports and report cards to ensure that your child is staying focused on academics and succeeding in all of his/her classes.

Provide Support

Tell your teen that even though he/she is a senior and getting ready to graduate, you're still happy to read over a paper, listen to a speech, or help study for a test.

Regularly talk to your child about what's happening in school, and be a good listener. Pay attention not only to the words your child uses, but also to your child's body language, attitude, and mood.

Provide encouragement and support, and let your child know that you are always available to help.

Help Plan for the Future

Many seniors are still struggling with what to do after graduation. If your student is one of these students, help your teen consider his/her options and make a plan.

Examine Interests

Identifying interests, abilities, talents, and values is an important part of figuring out what's next, whether it's choosing a career path or a college major.

Consider questions such as: What subjects does your student do well in and enjoy? Does your child like hands-on activities, desk-type activities, or is he/she more of a "people person?" What natural talents does your teen have?

Consider Education Options

While there are many factors that determine the opportunities a student will have in life, the biggest determining factor is education. *Encourage your child to continue his/her education after high school.*

If your child is unsure about attending a four-year college, a two-year community college is a less expensive place to explore education and career interests. Other options to explore include career and trade schools, the military, and apprenticeships.

If your student is not sure about what to do after high school, encourage your child to research career and education options online at bigfuture.collegeboard.org and act.org. Encourage your child to also ask his/her school counselor for advice.

