



## Growing Up: 7th Grade

**Be available to help your seventh grader deal with tough issues.**

### Bullying

If your child ever complains about being bullied or harassed, find out exactly what has happened and discuss how to best deal with the situation.

Students are often reluctant to tell their parents they're being bullied. If you have reason for concern, ask your child if someone is causing problems for him/her at school or online.

### Peer Pressure

At some point, your child may have to make a choice regarding smoking, vaping, alcohol, and/or drugs. Make sure your child knows where you stand on these issues—and that there will be consequences for tobacco, alcohol, or drug use.

### Puberty

Your child has likely noticed physical changes in him/herself and in peers.

Emphasize that everyone grows at their own pace, and that your child's pace, whatever it may be, is just right for him/her.

*"The child supplies the power but the parents have to do the steering." Benjamin Spock*



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Support Your Child

# 7th Grade



Parent Involvement Guide

# Welcome to Seventh Grade!

There's a lot going on in seventh grade. The classes are harder and students are expected to do more on their own. There's more homework, the social scene is more complex, and students are dealing with changing bodies.

Your child will learn a great deal this year, but seventh grade is about more than academics. In seventh grade, students develop important social skills as they continue on their journey toward adolescence.

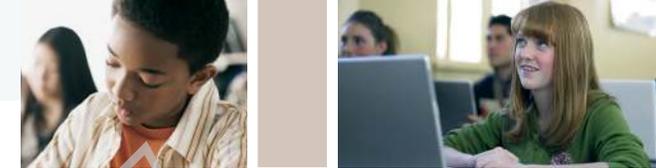
In this guide you will find information that will help you help your child have a successful seventh grade year. Included in this guide are:

- ▶ tips to help your child succeed in his/her classes.
- ▶ ways to encourage safe, responsible technology use.
- ▶ tips for communicating effectively with your child.
- ▶ advice for tackling tough subjects, such as bullying, peer pressure, and puberty.

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



## Succeeding in the Seventh Grade



### Academic Success

**Seventh graders are becoming more independent; however, they still need lots of guidance and support. Here are some things you can do to help your seventh grader succeed in school.**

#### Improve Organization

- ▶ Encourage your child to use a planner to record homework assignments, test dates, and anything else he/she needs to remember. If your school doesn't provide planners, purchase one.
- ▶ Most students have lots of papers—homework, notes, handouts. Encourage your child to have a place for each paper (folder, file, or notebook).
- ▶ Have your child get everything ready for the next day before going to bed.

#### Monitor Progress

- ▶ Make sure your child gets off to a good start in all of his/her classes. Also, make sure that you see all interim/midterm reports and report cards.
- ▶ 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.

#### Provide Support

- ▶ Expect your child to do homework on his/her own, but be available to help (e.g., read over a paper, listen to a speech, help study for a test).
- ▶ 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 tasks.
- ▶ Provide encouragement and celebrate your child's successes!

### Using Technology

**Here are some tips to help ensure that your child has a positive, healthy relationship with technology.**

- ▶ Know what devices your child is using, and how frequently he/she is using them. Insist on transparency.
- ▶ Discuss what information is appropriate for social networking sites, and what information is appropriate for your child to view and share online.
- ▶ Tap into your seventh grader's interests. Ask your child to show you some websites that are popular, and to share some of his/her favorite sites with you. This is a great way to stay connected, keep up on technology, and bond with your child.
- ▶ If you need assistance with parental controls, contact your phone and/or internet provider, or search online for "parental controls."
- ▶ Discuss the importance of being respectful and kind to others online—and make sure your child understands that when you send a message or photo, *you can never get it back.*

#### Set Times to "Unplug"

Insist that all communication devices be turned off and put in a basket during dinner and other family times.

To ensure that your child gets a good night's sleep and isn't on the phone late at night, require that all phones be plugged in for recharging in a central location (e.g., your bedroom) an hour before bedtime each night.



## Growing Up: 8th Grade

**Communicating with middle school students can be difficult, but because it's so important, parents need to make the extra effort.**

### Timing is Important

Be available to listen when your child wants to talk. Also look for times when your child is likely to be open to conversation (e.g., right after getting home from school or before going to bed).

### Don't Overreact

Middle schoolers often say things for shock value or to "test the waters." In these situations, it's best to just listen and stay calm. ("So, tell me why you want to dye your hair green.") If you consistently have a calm demeanor, your child will be more likely to approach you about more serious topics and concerns.

### Have One-On-One Time

Spend time together doing something you both enjoy, such as cooking, shopping, working on a car, watching a game, or going out for ice cream. These are great ways to spend quality time with your child, and they provide excellent opportunities for conversation.

*"The most important thing in communication is hearing what isn't said."* Peter Drucker



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Support Your Child

# 8th Grade



Parent Involvement Guide

## Building Self-Esteem

**Students with a positive self-image are less influenced by peer pressure and media messages. Here are some ways you can help build your child's self-esteem.**

- ▶ Reassure your child that the physical changes he/she is going through are normal. Help choose clothes that are flattering and in style, and look for ways to help your child feel good about him/herself.
- ▶ Discuss the concept of self-esteem and how this isn't about "being full of yourself." It's about liking who you are, and not feeling the need to change for anyone else.
- ▶ Talk about how media images of attractiveness are often digitally altered, and how on social media, we often see only images of the happiness in other people's lives—not the full texture of real life.
- ▶ Teach your child the importance of taking the time to step away from life's stresses and do something that brings happiness and calm—taking a jog or a hot bath, listening to music, or working on a hobby.
- ▶ Try to relate to your child's concerns and insecurities, even if they seem minor or exaggerated to you.
- ▶ Help your child find something he/she is good at and enjoys (e.g., music, art, sports). Encourage your child to pursue and develop his/her interests and talents.

# Welcome to Eighth Grade!

Eighth grade is a very important year. Students have tougher classes, a budding social life—and of course, high school is just around the corner. With all that's going on, eighth graders need their parents' support and guidance.

Your child will learn a great deal this year, but eighth grade is about more than academics. In eighth grade, students are maturing mentally, physically, and emotionally. They are also preparing for high school.

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

- ▶ tips to help your child succeed in school.
- ▶ ways to encourage safe, responsible technology use.
- ▶ ways to boost your child's self-esteem.
- ▶ tips on connecting and communicating with your eighth grader.

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



## Succeeding in the Eighth Grade

### Academic Success

**Here are some ways that you can help your eighth grader succeed in his/her classes.**

#### Improve Organization

- ▶ To help your child keep on top of everything he/she needs to do, encourage your student to use a planner every day to record assignments, tests, etc.
- ▶ Most eighth graders have lots of papers (e.g., notes, homework, handouts). Help your child set up a system for organizing his/her papers. Remind your student that papers should never be stuck loose in a book, locker, or backpack.

#### Monitor Progress

- ▶ Make sure you see all interim/midterm reports and report cards. If your school provides grades online, check them regularly.
- ▶ Encourage your student to speak up if he/she has a question or needs help. If you see your child struggling in a class, contact the teacher. If your child is having a difficult time with several classes or with school in general, talk to your child's counselor.

#### Provide Support

- ▶ It's important for your child to be responsible for his/her own academic progress. Expect your child to complete assignments and study for tests on his/her own, but always be available to help.
- ▶ To ensure that everything is going well, talk to your child about what's happening in school and with friends—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 show a genuine interest in what your child is learning.

### Using Technology

**Today's youth are often more tech-savvy than their parents, but young people still need their parents to provide guidelines and set limits.**

#### Ways to Help at Home

- ▶ Discuss what information is appropriate for social networking sites, and what information is appropriate for your child to view and share online.
- ▶ Have a dialogue about how much time your child can spend using technology (e.g., social media and video games), but know that you have the final say.
- ▶ If you don't entirely trust your child to be transparent with you about his/her online habits, check out the parental control features on your computer's browser and your child's phone.
- ▶ Discuss the importance of being respectful and kind to others online, and make sure your child understands that when you send a message or post a photo, *you can never get it back.*
- ▶ Be a good role model. We adults give up the right to lecture young people about their technology use if we don't exhibit the same self-control we're expecting of them.

#### Set Times to “Unplug”

Insist that all communication devices be turned off and put in a basket during dinner and other family times.

To ensure that your child gets a good night's sleep and isn't on the phone late at night, require that all phones be plugged in for recharging in a central location (e.g., your bedroom) an hour before bedtime each night.





## Growing Up: 9th Grade

**Be involved, and provide your ninth grader with lots of encouragement and support.**

### Communicate

Be available to listen when your child wants to talk, and look for times when he/she is most likely to be open to conversation (e.g., when you are fixing dinner or driving in the car).

Talk to your child about what's happening in school and with friends. Pay attention not only to the words your child uses, but also to your child's body language, attitude, and mood.

### Bullying

If your child ever mentions being bullied or harassed in school or online, find out exactly what's happened, and talk about how to best deal with the situation.

If you ever have reason for concern, ask your child if someone is causing problems for him/her at school or online.

### Build Self-Esteem

Spend one-on-one time with your child, celebrate your child's accomplishments, and encourage your child to pursue his/her hobbies and passions.

*"Children are likely to live up to what you believe of them."* Lady Bird Johnson



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Support Your Child

# 9th Grade



Parent Involvement Guide

# Welcome to Ninth Grade!

Starting high school is a big step. High schools are usually larger, the coursework is more difficult, and the grades are more important. Students also go from being the oldest kids in the school to being the youngest. With all that's going on, ninth graders need the support of their parents.

Your child will learn a great deal this year, but ninth grade is about more than academics. In ninth grade, students develop the academic and social skills necessary to succeed in high school, and beyond.

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

- ▶ Tips to help your ninth grader develop important academic skills.
- ▶ Ways to encourage healthy, responsible technology use.
- ▶ Tips to support your child's social growth.
- ▶ Advice on communication, bullying, and building self-esteem.

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



## Succeeding in the Ninth Grade



### Academic Success

**Most ninth graders have a significant amount of homework, and a lot more reading to do. Having good study habits is therefore very important.**

#### Developing Habits for Success

Help your child develop habits that will enable him/her to be successful in the ninth grade, and beyond.

- ▶ Insist on regular attendance.
- ▶ Encourage your child to use a planner every day to keep track of assignments, tests, etc.
- ▶ Help your ninth grader set academic goals.
- ▶ Encourage your student to use any extra time in school to get started on homework.
- ▶ Help your child develop a good morning and nighttime routine.
- ▶ Make sure your child gets enough sleep.

#### Everything Counts

When a student becomes a freshman, everything starts to "count." Freshman courses, grades, and credits all become part of a student's permanent record, and freshman grades are used to calculate a student's grade point average (GPA).

Make sure your student understands the importance of doing his/her best this year.

#### Monitor Progress

It's important for ninth graders to be successful in their classes, and for them to get their high school career off to a good start.

If your child is struggling in a class or spending an excessive amount of time on homework, contact the teacher and discuss your concerns.

### Using Technology

**Today's youth are often more tech-savvy than their parents, but young people still need their parents to provide guidelines and set limits.**

- ▶ Pay attention to your child's technology use and have ongoing conversations with your teen about what is appropriate (and inappropriate) to share and view online.
- ▶ Ask your child to show you some websites that are popular, and to share some of his/her favorite sites. This is a great way to stay connected, keep up on technology, and bond with your child.
- ▶ Find websites that support your teen's interests and passions—and sites that will help your child prepare for a career and/or college.
- ▶ Remind your child to never put anything online that he/she wouldn't want a parent, teacher, or college admissions officer to see.
- ▶ Discuss the importance of being respectful and kind to others online.

#### Set Times to "Unplug"

Insist that all communication devices be turned off and put in a basket during dinner and other family times.

To ensure that your child gets a good night's sleep and isn't on the phone late at night, require that all phones be plugged in for recharging in a central location (e.g., your bedroom) an hour before bedtime each night.



## Growing Up: 10th Grade

**Help your child identify and pursue his/her interests and passions—and to begin planning and preparing for the future.**

### Explore Careers

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. Talk to your child about how a particular talent, skill, or personality trait can be a valuable asset in the right career field.

Choose a subject your child likes, and together explore the careers related to that subject. For information on specific careers visit [bls.gov/ooh](http://bls.gov/ooh).

### Discuss Education Options

Most careers today require education and/or training beyond high school. While some careers require four years of college, others require one or two years of additional education.

Whether it's a four-year college, two-year college, or career/trade school, encourage your student to continue his/her education beyond high school. *While there are many factors that determine the kinds of opportunities a student will have in life, the biggest determining factor is education.*

***"We cannot always build the future for our youth, but we can build our youth for the future."***

Franklin D. Roosevelt



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## Encourage Safety and Responsibility

**Your teen and many of his/her friends may soon be getting a driver's license, and with it, an increase in freedom. Now is the time to discuss road safety, and the importance of making good choices.**

- ▶ Have rules regarding acceptable social activities. When your child is out with friends, require regular check-ins, and let your teen know that you expect him/her to behave responsibly.
- ▶ Talk to your child about the dangers of alcohol, drugs, smoking, and vaping. Make sure your child knows where you stand on these issues, and that there will be consequences for tobacco, alcohol, or drug use.
- ▶ When your child starts driving, provide specific driving rules and guidelines (e.g., one friend in the car at a time, no phone calls, no texting).
- ▶ Make it clear that your child is to never get into a car if the driver is under the influence of alcohol or drugs—and that you will pick him/her up anywhere, anytime, lecture-free.

*Adolescents need their parents to make rules and set limits. Knowing that they have a parent who cares enough to make sure they "stay on track" gives adolescents a much needed sense of security.*

Support Your Child

# 10th Grade



Parent Involvement Guide

# Welcome to Tenth Grade!

After all the fuss of getting adjusted to high school, sometimes tenth graders are expected to just sail along on their own. It is, however, important for parents to stay involved, make sure their child is succeeding in their classes, and provide guidance and support.

Your child will learn a great deal this year, but tenth grade is about more than academics. In tenth grade, students continue to grow and mature, both socially and physically.

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

- ▶ tips to help your child succeed in school.
- ▶ tips to encourage safe, responsible technology use.
- ▶ ways to help your teen stay safe as he/she becomes more independent.
- ▶ tips for helping your tenth grader plan and prepare for the future.

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



## Succeeding in the Tenth Grade



### Academic Success

**Here are some ways that you can help your tenth grader succeed in his/her classes.**

#### Help Set Academic Goals

Goals give students something positive to work toward. At the beginning of each grading period, help your child set some academic goals. These could be grades your child wants to earn, or goals such as having all homework done by 9:00 each night.

#### Make a High School Plan

To ensure that your child takes all the courses he/she needs and wants to take, make a list of the courses your student plans to take each year in high school. Consider graduation requirements, college recommended courses, and your child's interests. If you have questions, talk to your child's counselor.

#### Monitor Progress

Make sure your child gets off to a good start in all of his/her classes. See all interim/midterm reports and report cards, and contact the teacher if you see your child struggling in a class. If your child is having problems with a number of classes, or if you have other concerns, contact your child's counselor.

#### Provide Support

Provide encouragement and support, and show a genuine interest in what your child is learning.

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. Always be available to help or step in if you see there's a problem.

### Using Technology

**Today's youth are often more tech-savvy than their parents, but young people still need their parents to provide guidelines and set limits.**

#### Ways to Help at Home

- ▶ Remind your teen to be respectful and kind online and to never post anything that he/she wouldn't want a parent, teacher, or college admissions officer to see.
- ▶ Have ongoing conversations with your teen about what is appropriate (and inappropriate) to share and view online.
- ▶ If your child plays video games, sites such as [www.common SenseMedia.org](http://www.common SenseMedia.org) can help you determine if a game is appropriate.
- ▶ If you don't entirely trust your child to be transparent with you about his/her online habits, check out the parental control features on your internet browser and your child's phone.
- ▶ Be a good role model. We adults give up the right to lecture if we don't exhibit the same self-control that we're expecting of our children.

#### Set Times to "Unplug"

Insist that all communication devices be turned off and put in a basket during dinner and other family times.

To ensure that your child gets a good night's sleep and isn't on the phone late at night, require that all phones be plugged in for recharging in a central location an hour before bedtime.



## Growing Up: 11th Grade

**As your teen gets closer to graduation, it's important that you prepare your child for life on his/her own.**

### Life Skills

- ▶ Make sure your teen knows how to do laundry, iron a shirt, and sew on a button. Discuss car maintenance, insurance, and anything else you feel your child should know as he/she gets ready for adult life.
- ▶ Teach your teen some cooking fundamentals, and how to prepare a few simple, healthy dishes.
- ▶ Encourage independent problem solving. Being able to get their own problems resolved helps teens gain confidence and become more independent.

### Financial Literacy

- ▶ If your teen has money from you or a part-time job, help create a budget to monitor spending.
- ▶ Have your teen "shadow" you as you pay bills. Discuss the different bills you pay and how you pay them (e.g., online, by check, autopay).
- ▶ Discuss the ins and outs of credit and debit cards, credit scores, and interest rates.

***"Parenting is providing the conditions in which a child can realize his or her full human potential."***

Gordon Neufeld



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Support Your Child

# 11th Grade



Parent Involvement Guide

## College on the Horizon

**If your student is thinking about going to college, the junior year is the time to investigate college options, take college tests, and make college visits.**

### College Options

Knowing what your student is looking for in a college will help you find a school that's a good fit. When looking at college options, consider the following: size, location, academic programs, admission requirements, and cost.

To help your student find the colleges that meet his/her criteria, go to [bigfuture.collegeboard.org](http://bigfuture.collegeboard.org).

### College Tests

All college bound juniors should take the ACT and/or SAT in the spring. For information on these tests go to [act.org](http://act.org) (ACT) and [collegeboard.org](http://collegeboard.org) (SAT). For advice on which test(s) your child should take, talk to your child's counselor.

### College Visits

Making a college visit is the best way to find out if a college is going to be a good fit for your child. Visit college websites and check out their visitation options. Try to schedule your visit when school is in session, so that you can see what the campus is like when it's in "full swing."

***College is an investment in the future!***

# Welcome to Eleventh Grade!

The junior year is an exciting and busy year. Students are well on their way to graduating, and they are beginning to seriously think about life after high school. Juniors need their parents to help them stay focused on academics and plan for their future.

Your child will learn a great deal this year, but eleventh grade is about more than academics. This year, students start taking real steps toward figuring out, and working toward, their lives after high school.

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

- ▶ tips and advice on how you can support and encourage academic success.
- ▶ ways to support your teen as he/she starts thinking about a career and college.
- ▶ tips for building life skills and financial literacy.

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



## Succeeding in the Eleventh Grade



### Academic Success

**Here are some ways that you can help your junior succeed in his/her classes.**

#### Monitor Academic Progress

- ▶ Make sure your teen is on track to graduate on time. If you have any questions or concerns regarding graduation requirements (i.e., courses, credits, state tests), talk to your child's counselor.
- ▶ Your junior probably doesn't need a lot of oversight from you when it comes to schoolwork, but you should continue to monitor his/her academic progress (e.g., see all report cards and midterm reports).

#### Help with Time Management

- ▶ Juniors often have a lot to keep track of. Encourage your child to use a planner to record assignments, tests, etc., and to use a wall calendar to keep track of major events, after school commitments, and project deadlines.
- ▶ Monitor activities and jobs. Make sure your child isn't spending too much time on social networking sites, playing video games, or watching TV. If your teen has a part-time job, insist that he/she not work too many hours or work too late.
- ▶ Encourage your child to set aside time to relax, to periodically unplug from technology, and to get plenty of sleep.

#### Provide Support

- ▶ 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.

### Plan for the Future

**Most careers today require education and/or training beyond high school. Help your teen plan and prepare for the future by exploring the following educational options:**

- ▶ **Four-year colleges** offer numerous majors and programs. A four-year education (bachelor's degree) can open doors and prepare students for a wide variety of careers.
- ▶ **Two-year colleges** (community colleges) provide affordable, career-oriented one- and two-year programs. Students can also transfer credits from a community college to a four-year college.
- ▶ **Career and trade schools** offer short-term training for numerous careers (e.g. cosmetology, dental assisting). Career and trade schools can be expensive, and not all of them are reputable.
- ▶ **The military** offers qualified applicants free job training in over 2,000 job specialties.
- ▶ **Apprenticeships** offer training in the skilled trades (e.g. carpentry, roofing) through classroom instruction and on-the-job training.

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

If your child is looking for information to help him/her choose a career or college major, one of the best resources is the *Occupational Outlook Handbook*. [www.bls.gov/ooh](http://www.bls.gov/ooh)



## 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

# 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](http://act.org) and for the SAT at [collegeboard.org](http://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](http://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](http://bigfuture.collegeboard.org) and [act.org](http://act.org). Encourage your child to also ask his/her school counselor for advice.

