



TIPPECANOE VALLEY HIGH SCHOOL



Viking News

March/April Newsletter 2017

I just wanted to thank everyone that came to the FFA Appreciation Dinner and let you know that our FFA Seniors, during our auction, raised \$1500.00 for the Kurt Miller Memorial Fund and another \$2000.00 to donate to the Chad Tucker Family to help with medical bills. Very proud of our kids.

FFA Sponsor, Mike Jones

A few words from our Social Studies Department

Over the coming weeks, our world history class will be studying the causes and effects of the political, social, and technological revolutions that spread from Europe throughout the west between 1700 and 1850. Next we will look at the causes of the French Revolution and the changes in government and society that resulted. Finally, we will explore the widening circles of reaction to the American and French Revolutions.

In the weeks ahead, your child may wish to share what he or she is learning with you. Please participate in your child's educational experience through discussion and involvement.

Sincerely, Mike Miller
Director of World History Studies

Economic students have been involved in learning about and investing in the stock market. They have recently conducted surveys on teen and adult consumer spending habits.

Sociology students have been discussing teen issues and dating habits.

-Duane Burkhart, Psychology and Econ Teacher



Senior DC Trip

There will be a student and parent meeting on Tuesday, March 28th @ 7pm in the lecture room. All participants and a parent need to attend.



Don't miss this year's TVHS Musical production of the Sound of Music!

March 23rd- 7pm Show

March 24th- 7pm Show

March 25th- 2pm Show

7pm Show

Tickets are \$5.00 per person



Athletic News

Winter Sports Awards will be Tuesday, March 7th at 7pm in the HS commons.

The public is welcome to attend.

First Official Practice for Spring Sports:

March 6th- Softball

March 13th- Baseball, Track, Boys Golf, and Girls Tennis

A physical and all Athletic paperwork must be on file before the athlete can participate.



Parents are cordially invited to participate in the TVHS School Improvement Team

April 14, 2017 @ 3:50pm

Meetings will be held at TVHS in room 117.

This is a great opportunity to learn about school operations, meet with teachers and administrators, make constructive comments, and ask important questions. Student Council members will also be present at these meetings.

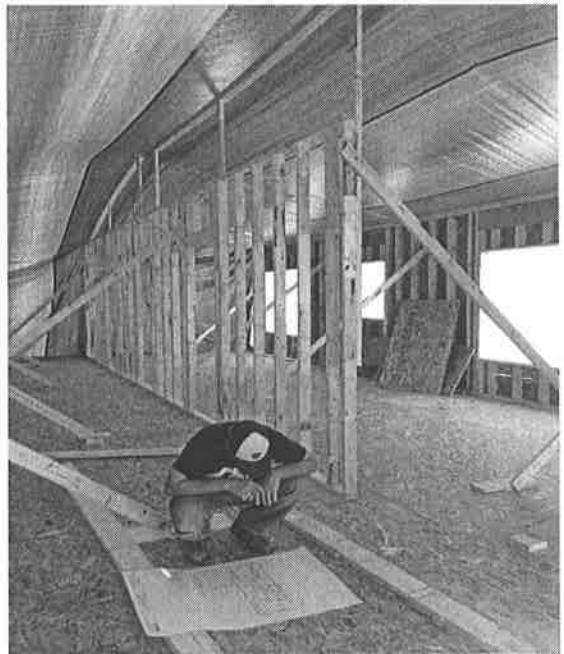
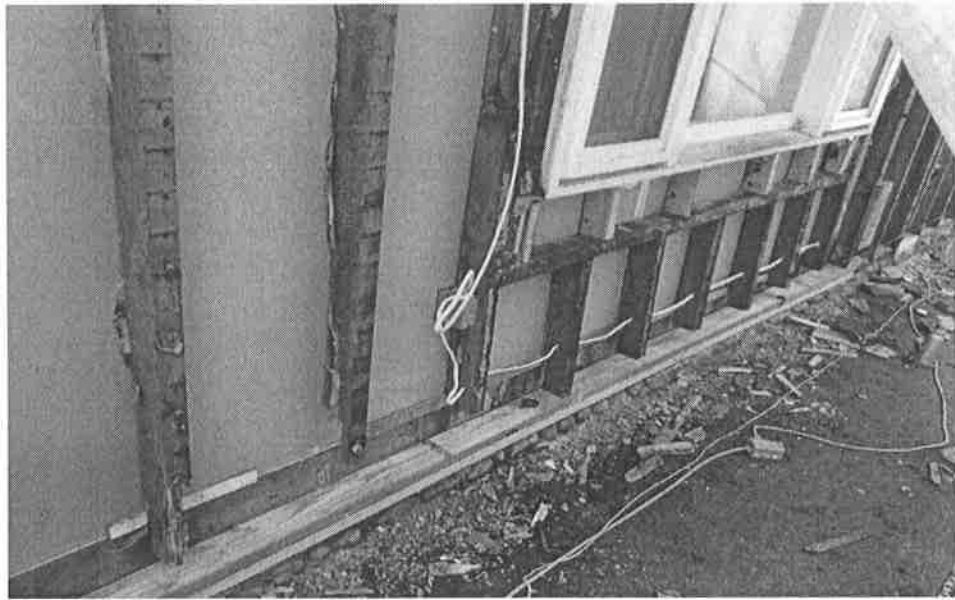
Parents are always encouraged to ask questions of TVHS Staff. Please visit our website for contact information.



The Tippecanoe Valley Building Trades classes are working on a remodel/ build-on addition for Chris and Travena Pettit this year. It was once a one story home at the east end of the Mentone Youth League complex. With some help from JH Construction, the students have transformed the Pettit's home into a two story 5,175 square foot home. Students have had the opportunities of seeing both the remodel aspects and new construction side of working on and building the home. Before the school year, the home owners had the south addition of their home removed and the concrete crew had started about the time school had. Students had to remove and rebuild the old portion of the home from the outside, not the inside. This meant removing old metal and wood siding that exposed rotten and termite damaged wood. We started off rebuilding the outside walls from the foundation up, not only to replace damaged lumber but to also try and replumb the walls. They built the additional space on to the south of the home to mate and line up with the existing home, a two car garage to the south east, and a second story above it all. Students have installed windows, doors, drain lines, and furnace duct-work. Elliot's Heating and Cooling are providing the furnaces and the students are installing the duct work. Students also installed garage doors and built some interesting features in the home, including a sliding wall set up and hidden rooms. We have yet to start on any outside features such as the front porch, siding, or soffit. We hope to finish inside items such as water lines, vent lines, and the second furnace before moving outside. There is a lot left to do, but the students have done such a great job this year and should be more than proud of themselves for what they have accomplished.

The home features three bedrooms, four full bathrooms, a school room, a craft room, office space, and many other unique areas. It had 1,172 square foot existing in the home on the first floor. Students built on 708 square feet to the first floor and added a 659 square foot garage. The second story (all living space) is 2,636 square feet. The total living space is 4,516 square feet. The total for the home and the garage brings you to 5,175 square feet.





Important Immunization Information
2017-2018 school year

In the next 6 months it will be time to think about updating your child's immunizations for next school year. Since all required immunizations have to be done by the first day of school in August, it's easier to work on getting caught up now and avoid the last minute crunch time.

Since 2014, all 12th grade students have been required to have 2 doses of MCV4 (meningococcal) vaccine. The 2nd dose is recommended after age 16 so it can be done before the senior year of high school.

Other vaccines that are "recommended" for the 2017/2018 school year are Hepatitis A and Men B (meningococcal B). Please talk to your health care provider to find out more about these.

Please consider getting the 2nd dose of MCV4 done now if your child is 16 and hasn't had it yet. It will be required for all 12th graders. Any exemption to immunizations must be filed by the first day of school and only religious or medical reasons are acceptable in Indiana.

If you need a copy of your child's current shot record and/or have questions please call the HS nurse—Debbie Potter RN, (574) 598-2100.

Varsity Baseball

Mar 24	No. Miami Scrim	H 4:45
30	Fairfield	T 5:30
Apr 8	Triton DH	T 10:00
12	Warsaw	H 5:00
15	Bremen	T 11:00
17	Pioneer	T 5:00
19	North Miami	T 5:00
20	SB Adams	H 5:30
22	Taylor (DH)	T 10:00
24	Whitko	T 5:00
25	Culver Academy	H 5:00
26	Maonaquah	H 5:00
29	Glenn DH	H 10:00
May 1	Southwood	H 5:00
3	Northfield	H 5:00
5	Argos	T 5:00
8	Manchester	H 5:00
10	Wabash	H 5:00
13	Culver Acad Tmry	T 10:00
15	Rochester	T 5:00
17	Peru	T 5:00
20	Twin Lakes Tmry	T 10:00
23	Winamac	H 5:00
24	Sectional	

Varsity Softball

Mar 18	Warsaw Scrimmage	T 11:00
27	Northwood	H 5:00
28	Argos	T 5:00
Apr 10	Triton	T 5:00
13	Winamac	T 5:00
14	Plymouth	H 5:00
15	Glenn (DH)	T 11:00
18	Culver Academy	H 5:00
19	North Miami	T 5:00
21	Culver	T 5:00
22	Adams Central DH	H 10:30
24	Whitko	T 5:00
25	Pioneer	T 5:00
26	Maonaquah	H 5:00
29	Valley Try.	H 9:00
May 1	Southwood	H 5:00
3	Northfield	H 5:00
8	Manchester	H 5:00
10	Wabash	H 5:00
11	Marion	T 5:30
13	Central Noble (DH)	H 10:00
15	Rochester	T 5:00
17	Peru	T 5:00
19	Warsaw	T 5:00
22	Sectional	

JV Baseball

Apr 10	North Miami	H 5:00
11	Triton	H 5:00
14	Goshen	H 5:30
17	Rochester	T 5:00
19	Peru	H 5:00
21	Culver Academy	H 5:00
25	Maonaquah	T 5:30
28	Whitko	H 5:00
May 1	Caston	T 5:00
4	Huntington No.	H 5:00
6	Manchester (DH)	T 10:00
9	Plymouth-C ³	T 5:30
11	Maonaquah	H 5:00
12	Wabash	H 5:00
16	Rochester	H 5:00
18	Whitko	T 5:00
20	Wawasee Try.	T 10:00

JV Softball

Mar 27	Northwood	T 5:00
Apr 11	Whitko	T 5:00
12	Warsaw	H 5:00
13	Winamac	T 6:30
14	Plymouth	T 5:00
17	Rochester	T 5:00
18	Culver Acad.	T 5:00
19	Manchester	H 5:00
25	Maonaquah	T 5:30
28	Oak Hill	H 5:00
May 4	Northfield	T 5:00
11	Whitko	H 5:00
12	Peru	H 5:00
16	Rochester	H 5:00
19	Southwood	H 5:00

Golf

Apr 13	Rochester/CMA	H 4:30
15	Rochester JV Try.	T 7:30
15	MC Marquette Try	T 12:00
17	Knox	T 5:30
20	North Miami/Caston	T 4:30
22	Plymouth JV Try.	T 9:00
22	Whitko Inv.	T 9:00
25	Culver	T 4:30
29	Rochester Inv.	T 7:30
May 3	Wawasee	T 4:30
6	LaVille Inv.	T 8:00
8	Whitko	H 4:30
13	TRC	TBA
16	Northfield/Wabash	T 4:30
18	Manchester/Whitko	T 4:30
22	Warsaw Invite	T 4:15
25	Bremen/Triton	T 4:30
27	LaVille Inv.	T 1:30
Jun 2-3	Sectional @ Warsaw	TBA

*Home matches @ Round Barn
Golf Course in Rochester.

Track

Mar 14	Culver Academy*	T 5:00
21	Northwood*	H 5:00
Apr 11	Whitko/N. Miami *	T 5:00
13	Manchester*	H 5:00
18	Northfield/Wabash*	T 5:00
21	North Miami Relays*	T 5:30
24	Caston *	H 5:00
28	Glenn Invite	T 5:00
May 2	Rochester/Triton*	H 5:00
4	Culver*	T 5:00
9	TRC @ IN Wesleyan*	T 5:00
16	Sectional -G @ Rochester	5:00
18	Sectional-B @ Plymouth	5:00

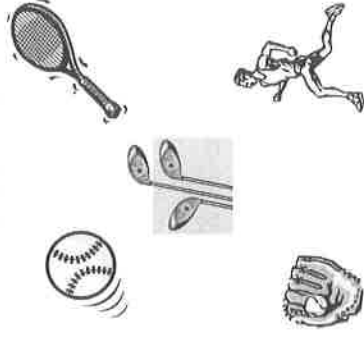
*Denotes Boys & Girls

Tennis

Apr 12	Triton	T 5:00
13	Knox	H 5:00
20	Whitko	H 5:00
22	Bremen Try.	T 10:00
25	Peru	T 5:00
26	Glenn	T 5:00
27	Maonaquah	H 5:00
29	Wabash Tmry	T TBA
May 1	Rochester	H 5:00
2	Wabash	H 5:00
8	Manchester	T 5:00
9	Bethany Christian	T 5:00
11	Southwood	T 5:00
15	Northfield	H 5:00
17-20	Sectional @ Warsaw	TBA

Tippecanoe Valley High School

2017 Spring Sports Schedules



Schedule is Subject to change

HEADS*UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

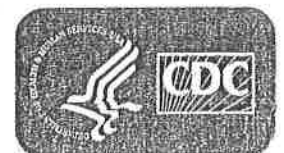
KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
 Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



TVAC SUMMER SWIM



TIPPECANOE VALLEY AQUATIC CLUB (TVAC)

Looking for something to do this summer? Not sure if you are interested in swimming??

Summer swim with Tippecanoe Valley Aquatic Club is a great opportunity to start conditioning for the upcoming fall season or decide if you are interested in swimming in the upcoming fall season.

Summer Swim with TVAC – Here is what you need to know:

- First Practice is Monday May 1st from 6:00 – 7:30 (an open house will be held during this practice)
- Requirement: MUST be able to swim the length of the Pool (dog paddle ok).
- Only 3 nights a week in May- June- July
- 1 – 2 Swim meets per month (2 outside meets)
- Cost: \$50.00 per swimmer plus a USA Swim Card (\$35.50) if needed (reduced lunch holders can get card for \$7)

Current card holders do not need a swim card

If you have any questions feel free to contact by phone or text:

Coach Tom Alexander - 574-328-0462 or Jen Becker (club president) 574-847-9947

We look forward to seeing you



JR & SR NEWS

TVHS Guidance Office

Student Success through Character, Education, Leadership, & Literacy.

March, 2017

CASH for COLLEGE

LearnMoreIndiana.org

All College & Technical School bound students: **FAFSA is due March 10th!**

Completing the FAFSA is the first step towards paying for college and becoming eligible for scholarships from the government and from your college.

March 10 is Indiana's FAFSA filing deadline. You must have submitted the FAFSA by this date. Please log back in to your FAFSA account at **FAFSA.gov** and ensure that your FAFSA has been submitted (not just completed). If you have not already obtained an FSA ID (to sign the FAFSA electronically), or if your parent(s) still need an FSA ID, visit **fsaid.ed.gov**.

Stuck? The U.S. Office of Federal Student Aid has a helpful list of frequent questions about the FAFSA at **fafsa.ed.gov/help.htm**. Still stuck? Let us know, and we'll help you out.

Remember, even if you submit the FAFSA by the March 10 deadline, you have until **May 15** to make final corrections. That means if you used estimated tax information or if other information has changed (such as your address or email), you'll need to log back in and make changes.

Congratulations on starting your college journey!

Youtube video: How to create your FSA ID for the FAFSA:

<https://www.youtube.com/watch?v=ILi0q7hkFns>

All Senior 21st Century Scholars must have their FAFSA and Scholar Track items submitted by March 10th to remain eligible for the scholarship.

- Visit scholars.in.gov for details!

In this issue:

Special points of interest:

- FAFSA Tips
- Financial Aid opportunities
- Transcript Requests
- Testing Dates
- Parent Teacher Conferences

Visit our guidance website :

<http://tvhs.tvsc.k12.in.us/>

- College Admissions Tips
- Financial Aid Resources
- Access to College & Career Assessments
- Tutoring Resources
- Guidance Office Announcements
- Testing Dates
- Transcript Request

SAT & ACT TESTING INFORMATION 2017

- **ALL COLLEGE BOUND JUNIORS WILL NEED TO REGISTER FOR THE SAT OR ACT THIS SEMESTER**
- **STUDENTS ENROLLED IN FREE & REDUCED LUNCH, THE 21ST CENTURY SCHOLARS PROGRAM, AND JAG QUALIFY FOR REGISTRATION FEE WAIVERS. STOP BY THE GUIDANCE OFFICE FOR MORE INFORMATION.**

SAT TEST DATES SPRING SEMESTER 2017

<u>TEST DATE</u>	<u>REGISTRATION DEADLINE</u>
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May 6th	April 7th
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June 3rd	May 9th
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August 26th	July 17th
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FREE SAT TEST PREP RESOURCES: <http://sat.collegeboard.org/practice/>

Stop by the guidance office for information on free SAT test prep apps!

ACT TEST DATES SPRING SEMESTER 2017

<u>TEST DATE</u>	<u>REGISTRATION DEADLINE</u>
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April 8th	March 3rd
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June 10th	May 5th
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FREE ACT TEST PREP RESOURCES: <http://www.actstudent.org/testprep/>

Accuplacer Testing Window: February 13th-March 31st

ISTEP Part I: February 27th-March 10th

ISTEP Part II: April 17th-May 5th

AP Calculus AB Exam: Tuesday, May 9th, 7:45AM Room 117

Algebra & English ECA: April 24th- May 12th

Get Ahead!

Scholarship Opportunities are available now!

Visit online resources:

www.indianacollegecosts.org

www.fastweb.com

www.collegeboard.com

Fulton County Community Foundation Scholarships:

<http://nicf.org/fulton/scholarships.html> Due: March 3rd

Kosciusko County Community Foundation Scholarships:

<http://kcfoundation.org/scholarships/> Due: March 15th

Check out the guidance office for these scholarship opportunities:

Scholarship Field

Due Date

PC's for Youth (free computer for students who qualify) All year

Questa Scholars

May 1st

LOCAL SCHOLARSHIP LISTINGS ARE ALSO POSTED ON THE

GUIDANCE WEBSITE UNDER THE ANNOUNCEMENT TAB

Questa Scholars Program: Committed to Increasing College Attainment and Talent Retention in Northeast Indiana.

The average Indiana student graduates with \$27,001 in college debt. Questa Foundation wants to relieve the financial burden of a college education for middle income families. The Questa Scholars Program allows students to borrow up to \$20,000 for college over four years (\$2,500 a semester). When a Questa Scholar graduates with a 2.75 or higher GPA and chooses to live and work in one of the 11 counties of northeast Indiana (Adams, Allen, DeKalb, Huntington, LaGrange, Kosciusko, Noble, Steuben, Wabash, Wells, and Whitley) for 5 years after college graduation, Questa Foundation will forgive up to 50% of the loan on a graduated scale over five years.

Applications are available for students residing in Kosciusko County on the Questa Foundation website: www.questafoundation.org for detailed application information. A completed FAFSA is required. Select colleges will offer an additional 25% loan forgiveness through partnership with Questa:

- Grace College
- Indiana Tech
- Huntington University
- Indiana Wesleyan University
- Manchester College
- IPFW
- Trine University
- Ivy Tech

Applications are due May 1st

www.questafoundation.org

Parent Teacher Conferences will be hosted at TVHS on Thursday evening, March 9th from 4:00-8:00PM. Reserve your appointment today by filling out the attached form and returning to the Guidance Office. For questions, contact 574-598-2100.

Transcript Requests

Visit www.parchment.com for transcript requests

PARENT/TEACHER CONFERENCES

Parent/Teacher Conferences will be held on **Thursday, March 9, from 4:00-8:00 p.m. by appointment.** This provides an excellent opportunity for parents to meet teachers and discuss your student's progress in school. Conferences will be held at **10 minute intervals.**

Please fill out the form below indicating which Teacher(s) and/or Counselor you wish to have a conference with. When the conferences are scheduled, we will send them home with your student.

RETURN even if you **do not** wish to schedule a conference at this time.

Meet with your student's Counselor: Questions about your student's schedule for next year? Request a conference with your student's School Counselor below. Your School Counselor will be available to discuss your student's graduation plan, career technical/AP/dual credit course opportunities, and scheduling options. **Miss Tillman** will be available to assist Senior parents and students with their applications and college planning questions. Please indicate below if you are interested in the college application opportunity.

STUDENT NAME: _____

STUDENT NAME: _____

GRADE: _____

GRADE: _____

TEACHER'S NAME with whom you wish to meet:

TEACHER'S NAME with whom you wish to meet:

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

6. _____

6. _____

7. _____

7. _____

_____ I would like a conference scheduled on **Thursday, March 9, 2017.**

_____ I would like to request a conference with my student's School Counselor

_____ I do not wish a conference at this time

Parent Signature _____ Phone # _____

Please return this form to the Guidance Office by Friday, March 3.

MACHINING

1. *Machine Tool Technology - Certificate (CT) – 18 Credit Hours*

The Certificate in Machine Tool Technology, CNC Production Machinist Concentration (CT) is an academic program that consists of 18 credit hours and offers the student a good grounding in machining, print reading, CNC machine setup and operation, multi-axis setup and operation, and familiarizes the student running CNC in a production environment. This program normally takes about two semesters to complete for students attending full-time. The program is currently being offered to WACC students that attend Precision Machining I at the Warsaw Area Career Center and Precision Machining II at Ivy Tech's Orthopedic & Advanced Manufacturing Training Center (OAMTC).

2. *Machine Tool Technology - Technical Certificate (TC) – 31 Credit Hours*

The Technical Certificate in Machine Tool Technology, CNC Production Machinist Concentration (TC) is an academic program that imbeds the 18 credit hours in the above Certificate (CT) and adds 13 additional credit hours in Technical Math and Technical Communications courses to satisfy the General Education requirement, then adds metrology, lean manufacturing and student success. There are 4 NIMS certifications built into the coursework, and this program takes about one year to complete for students attending full-time.

3. *Machine Tool Technology - Associate of Applied Science (AAS) – 60 Credit Hours*

The Associate of Applied Science in Machine Tool Technology (AAS) is an academic program that consists of 60 credit hours (with the first 31 credits earned in the above TC). This program adds 3 additional General Education requirements, and then the student can choose one of two different paths for the electives offered at the Warsaw campus.

a. One path of study would be for Tool and Die/Moldmaking, and the electives would be:

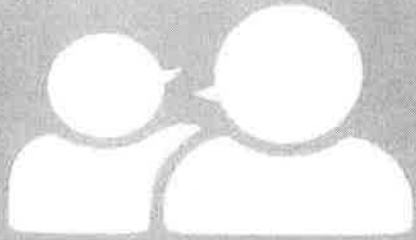
- MTTC 206 Tooling Design I
- MTTC 207 Tooling Design II
- MTTC 225 Introduction to Moldmaking
- MTTC 243 Tool and Die Making I

b. The other path would be in CNC Technologies. These electives are geared for someone desiring a career in programming, advanced CNC set-up, Engineering Tech, etc.

- MTTC 209 CNC Programming II
- MTTC 210 Interactive CNC
- MTTC 217 Introduction to Swiss Lathe
- MTTC 220 CAD/CAM I
- MTTC 221 CAD/CAM II
- MTTC 235 5 Axis Milling
- MTTC 237 Multi-Axis CNC I
- MTTC 238 Multi-Axis CNC II

The AAS normally takes about one additional year to complete (two years total, including the 31 credits earned in the TC) for students attending full-time. There are up to 9 NIMS certifications built into the coursework.

- Measurement, Materials and Safety
- CNC Operator and Setup – Turning
- CNC Operator and Setup – Milling
- Job Planning, Benchwork and Layout
- Conventional Turning – Chucking
- Conventional Turning – Between Centers
- Conventional Milling
- CNC Programming – Turning
- CNC Programming – Milling



SAY SOMETHING

**Two simple words
with the power
to save lives**

Schools ARE safe. But we can do better.



In 4 out of 5 shootings, the attacker told other people of his plans ahead of time.



70% of people who commit suicide tell someone of their plans, or give warning signs.



7% of students in grades 9-12 reported not going to school 1 or more days in the previous 30 days because they felt unsafe.

The good news? You, your school and your students can make a difference in preventing this.

Say Something

Say Something is designed to help students recognize the signs of potentially violent or at-risk behavior in their peers through all forms of communication, particularly social media, and intervene by telling a trusted adult.

Students are the eyes and ears of a school - they know what's going on with their friends and have the power to look out for each other.

Say Something teaches students how to:

1.

LOOK

LOOK for Warning Signs. Signals & Threats.

2.

ACT

ACT Immediately. Take It Seriously.

3.

SAY SOMETHING

SAY Something to a Trusted Adult.



To register your school or community organization to Say Something, please visit our website or email us.

Website | sandyhookpromise.org

Email | programs@sandyhookpromise.org

Follow us on

A violence prevention program from **Sandy Hook PROMISE**

10 Myths About College

Myth 1

It's better to get good grades than take challenging courses.

Sure, grades are important. However, colleges seek out students who challenge themselves academically and demonstrate intellectual curiosity. They don't want applicants content with taking the easy route. Admissions officers appreciate drive and determination. Applicants who display even moderate success in advanced classes will likely prove that they are ready to tackle college level courses.

Myth 2

Standardized tests (SAT, ACT, etc.) are more important than your grades.

While admissions officers certainly consider SAT and/or ACT scores, standardized tests don't typically hold more weight than your GPA. Colleges realize that grades are a better predictor of how you'll fare in the classroom. In fact, there are a growing number of test optional schools. The one caveat: some larger state institutions rely on quantitative data to determine an applicant's eligibility.

Myth 3

If you do poorly in ninth and/or tenth grades, you won't be able to get into a selective college.

Fear not; a poor showing early on in high school will not automatically land you in the rejection pile. Indeed, colleges can be sympathetic when it comes to rough starts. Students can overcome bad grades if they show marked improvement throughout their high school tenures. However, don't wait until senior year to start hitting those books. By then it'll be too late!

Myth 4

Extracurricular activities will compensate for poor grades.

Colleges certainly want well-rounded students. After all, they recognize that plenty of life and learning takes place outside the confines of a classroom. And they definitely look for candidates who will help contribute to a vibrant campus. That being said, academics are still a top priority. All the club memberships in the world won't excuse a low GPA.

Myth 5

You must decide on a career/major before you select a college.

College is all about exploration – both academic and personal. While it's good to have an idea of the disciplines and industries that interest you, there's absolutely no need to commit to anything before you even enroll. Aside from a small percentage of undergrads, most students don't usually declare a major until their sophomore years. And, even then, they are liable to change their minds.

10 Myths About College

Myth 6

You should attend the most prestigious college that accepts you.

Don't make the mistake of equating "prestige" with "best." The highest rated university in the country might not actually prove to be a good fit for you. Instead, when you research colleges, look beyond mere rankings and ratings. Ask yourself important questions such as whether or not there are programs that interest you. Are there a lot of core and/or distribution requirements? Do those hold appeal? What's the teaching style like at a particular school? How competitive are the students? The happier you are at a college, the more likely you'll succeed.

Myth 7

You have a better chance of getting into graduate/professional school if you attend a university that offers that particular degree.

Simply attending a university that also has law, medical, etc. schools does not guarantee acceptance. In fact, most graduate programs do not give preferential treatment to applicants who received a bachelor's degree from the institution at large. If you think you might ultimately want to attend grad school, your best bet is to earn great grades (especially within your major) and take a challenging curriculum.

Myth 8

Liberal arts colleges do not have good science programs.

Contrary to the name, liberal arts colleges frequently offer robust science programs. While the number of science majors and available classes might be lower than a large university, undergrads can definitely receive a strong science education. And though more research might be conducted at a bigger school, small class sizes (at a liberal arts college) help to ensure lots of hands-on time in the lab and close professor relationships.

Myth 9

Only the best students receive financial aid.

Colleges strive to be affordable for all of their accepted students, no matter where you fall within the pack. After all, they've granted you admission so it stands to reason that they'd like you to be able to enroll. The only time academic success comes into play is when students apply for merit-based scholarships. In those situations, grades and intellectual achievements will definitely be considered.

Myth 10

State schools provide more financial aid than private colleges.

Public schools receive subsidies from their respective state governments and this allows them to maintain a lower sticker price. However, this doesn't necessarily translate to larger aid packages as well. In actuality, many state institutions are more likely to offer only loans to undergraduates who do not demonstrate a high need. Really, when it comes down to it, it's difficult to predict the kind of financial aid you'll receive. Sometimes the best option will come from a state university and sometimes it will come from a private college.

What is the Valley Hometown Fund?

The Valley Hometown Fund is an effort to raise awareness and funds for community and educational needs in the Tippecanoe Valley School Corporation, while re-cruiting alumni to re-engage in their hometowns. It is not a separate non-profit corporation with its own overhead expenses; the Northern Indiana Community Foundation has graciously offered to serve as our fiscal agent, so that all contributions to this effort are tax-deductible, and go entirely to support projects in the community.

and let them know that our hometowns value them, and we hope they value their hometowns!

Our hometowns are typical of the majority of communities in Indiana and the Midwest. They still have their charms, virtues, and assets, but they are not growing. The loss comes when young people leave for college and do not return, and are not replaced with an influx of other young people. Our hometowns are losing businesses, population, social capital, and tax base. But we can do something about it.

It is not an "alumni association!" We're not charging dues. From time to time you may be invited to make a voluntary contribution of your time, talent, and treasure; but our goal is to reach as many people as possible,

Many of those who have moved away have an affinity for their hometowns and would respond to requests to assist and give back ... but they have not been asked.



What have we done so far...



The Valley Home Town Advisory Board gave \$710.00 to the Pioneer Day at the local one room school house Prill School (left) and \$550.00 to the local food bank Helping Hands (right). Not pictured are the Little Free Libraries \$450.00, Akron Youth league \$440.00, and Boomerang Backpacks \$350.00!



Valley Hometown Fund Grant Monies at work in our hometowns!



How can I get involved...

Mentoring

Our alumni can be...

- ◆ Mentors/e-mentors
- ◆ Providers of internship opportunities for students.
- ◆ Volunteers
- ◆ Instructors for community adult education

Entrepreneurship

Our Alumni can be....

- ◆ Advisors/ Mentors for local entrepreneurs
- ◆ Angel investors to invest in start up companies.

Philanthropy

Our alumni can be donors to an annual appeal to create both a permanent and a revolving fund with the local community foundations, using the "giving circle" model.

High School YEARS

Working Together for Lifelong Success



Short Clips

Recognize progress

Giving rewards like money or presents for grades sends the message that the only reason to achieve is to earn a “prize.” Instead, use heartfelt praise and encouragement to boost your teen’s confidence and success. Remember to acknowledge his efforts, too. He’ll be more inspired to achieve his goals if he sees that you notice his progress.

Gear up for safety

Does your teenager know that it’s safe and stylish to wear the proper sports gear? She can check with her coach about the equipment she needs for school or rec sports. For casual games or activities, have her look online to find what’s recommended. The professionals in every sport wear protective clothing, and so should your high schooler.

Hang a map

Maps make great decorations—and they’re a good springboard for discussing people, places, and cultures. Suggest that your teen hang a map in his room or a hallway of your home. Then, he could add colored pushpins or “sticky flags” to highlight places he learns about, hears about, or visits.

Worth quoting

“We make a living by what we get.
We make a life by what we give.”
Winston Churchill

Just for fun

Q: What breaks when you say it?

A: Silence.



“Yes, I’m responsible”

Spark your high schooler’s spirit of independence by encouraging her to develop habits of personal responsibility. Here are some strategies.

Offer choices

Your teen may not realize everything it takes to keep a household going, so involve her in decisions about weekly chores. Get together one night a week to make a to-do list and assign jobs. Her duties might be vacuuming the house, taking out the trash, and emptying the dishwasher, while her little brother has a different set. She’ll see how her responsibilities fit into the big picture and that her help really matters.

Don’t run to the rescue

It’s normal for parents to want to help their kids. But your teenager will become more capable when she sees the logical consequences of her actions. If she forgets her costume for a school-play dress



rehearsal, for instance, she will have to rehearse without it. She’ll learn that sometimes it’s painful or annoying if she neglects a responsibility—and she will be more likely to remember next time.

Ready, dressed, go

Your high schooler can take responsibility for her own day from the start. Rather than running out the door in crisis mode, she could take 15 minutes the night before to get ready. Suggest that she think about what trips her up in the morning (packing her backpack, choosing an outfit) and then handle it before bedtime. 👍

Reading into a topic

In high school, your teen will read more nonfiction—or what his teachers call *informational text*—than when he was younger. These tips can help him read more deeply in textbooks, magazines, reference materials, autobiographies, and other nonfiction material.

Start at the back. For textbooks, he might begin by reading the review or the discussion questions at the end of the chapter. That will give him a preview of what he should read for—and what he will learn.

Share and discuss. Encourage your high schooler to share facts or ideas that he finds fascinating. Ask open-ended questions to help him dig into what he reads and use the information for class discussions or written assignments. 👍



Encourage critical thinking

When your teen thinks critically, he's able to evaluate information, offer informed opinions, and make better decisions. Try these tips together to improve how he reasons, reflects, and questions information.

Present a problem. Take turns tossing out thought-provoking questions or scenarios over dinner. Should shoes cost more in bigger sizes? If you find a \$100 bill in the school cafeteria, what should you do with it? Why do movie stars earn so much more money than firefighters? Your teenager will get a chance to think through his beliefs and debate yours.

Research the facts. Your high schooler isn't wrong for thinking his team will win the Super Bowl, but can he



explain how he came to that conclusion? Did he research the players and analyze their skills? What sources did he use? Following these steps will help him learn to back up his positions.

Rethink personal biases. Critical thinkers consider other points of view. Before your child makes a decision, suggest that he run his ideas past someone who doesn't always agree with him. He'll start to think beyond his own experiences and biases. 👍



Q & A How to pay for college

Q Our daughter wants to go to college, but I can't imagine how we would ever pay for it. What should we do?

A First, encourage your daughter to consider a range of cost-saving options. She might attend community college for two years before transferring to a four-year school. She could live at home. Or she can look at lower-priced schools, such as public colleges or ones located closer to home to cut down on transportation costs.



Then, get set up to find financial aid. To apply for federal student aid (grants, loans, and work-study programs), file the Free Application for Federal Student Aid (FAFSA) right after January 1 of your child's senior year.

Also, talk to your teen about applying for scholarships. There are many available, and small ones can add up. Have her ask her school counselor for ideas. 👍

Make the most of winter break

Winter break can be fun *and* productive. Share these choices with your teenager.

Renew your room

Instead of simply cleaning her room, maybe she'd like to rearrange it completely. Moving furniture around and coming up with new organizational systems will allow your child to put her own stamp on her space—and get off to a fresh start for the new year.



Find a new hobby

Encourage your high schooler to follow her passions. Maybe she'll teach herself new meditation techniques, learn cake decorating, or get into painting. Developing her own interests might lead to a career or just give her different ways to relax.

Do good

The holiday season, when people are in a giving mood, is a good time to begin a community service habit. Suggest that your teen check with organizations like Goodwill, the Salvation Army, or the Red Cross about volunteering during—and after—winter break. 👍

Parent to Parent Too much social media?

I noticed that the more our son Jeff was on social media, the sadder he seemed. He was either bummed about not being invited to a party or upset that his posts didn't get many "likes."

I talked to other parents and found out it wasn't my imagination. Feeling sad from being on social media is actually common. In fact, I've felt it myself. Together, Jeff and I came up with some ideas.

First, we're each going to set aside daily Facebook-free time. Then, I decided to delete the Facebook app from my phone so I wouldn't be tempted to look at it constantly. Finally, we thought of "hiding" friends who tend to post things that bother us.

It's difficult to stay away from social media these days, but Jeff and I are both going to try to limit our exposure—and increase our happiness. 👍



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Short Clips

Express appreciation

Thank-you notes are a sincere and inexpensive way for your teen to show appreciation. Suggest that she take the time to write them to family members, a potential employer who interviewed her for a job, and even one of her teachers. Maybe she could try writing one a month and make it a habit.

Read what you eat

Just because a box says the food inside is "healthy" doesn't mean it is. Encourage your high schooler to read the ingredient lists on packaged foods first. Share this easy rule: Only eat products with ingredient names he can read and understand. Chances are that if he doesn't recognize the word, it's not a natural or healthy ingredient.

Guesstimate, estimate

Being able to estimate helps your teenager make good decisions on purchases, mileage, and more. Help her practice when you stop for gas: "We have \$20, and gas costs \$2.39 a gallon. About how many gallons can we buy?" Or have her estimate the number of miles you could drive on \$20 worth of gas. The more she tries, the better she'll get at estimating.

Worth quoting

"It is better to fail in originality than to succeed in imitation." *Herman Melville*

Just for fun

Q: Why did the boy cut a hole in his umbrella?

A: So he'd know when it stopped raining.



Study with a goal

The new year is the perfect time for fresh beginnings. Encourage your teen to think about his study routine and to consider approaches like these for setting—and achieving—his study goals.

Be realistic

Recommend that your child set specific, realistic goals. "I'm going to take good notes in science class, review them daily, and find a tutor" is more doable than "I'm going to do well in science this term!" By keeping his goals realistic, he'll be more likely to stick to them and succeed.

Plan carefully

Many of the world's most successful people plan their days down to the hour. Instead of simply planning to study "in the afternoon," your teen might first consider how much studying he has to do and how long it will take. Then, he could break study time into 15-minute chunks.



Let him know it's okay if he strays from the schedule at first. It's part of learning how to manage his time effectively.

Minimize distractions

It's crucial for your high schooler to be able to focus on his studies. He might set a goal to cut down on distractions. For instance, just 15–20 minutes of aerobic exercise will increase his concentration. Or he could change his study location to a place that has fewer interruptions. 👍

Build character

The values that guide your child's choices can help her carve a successful life path. Nurture traits that will serve your teen throughout her life with these suggestions.

Consideration allows your high schooler to make fair decisions. When discussing family problems, for example, talk about how each suggestion may affect others. You might say, "If you use the car to drive yourself to school every day, how will that affect my getting to and from work?"

Citizenship puts your teenager on the road toward making a difference in the community. She could choose a cause to commit to, such as collecting donations for a homeless shelter or picking up trash at a nearby lake. 👍



Applying schoolwork at work

There are many ways for teens to take what they're learning at school and apply it on the job. Share these examples with your teenager so she'll see how what she's doing in class will benefit her in the workforce.

■ **Reading.** An employee manual may be required reading for your child at work. It will explain how to do a job, company policies, and more. Suggest that your teen use informational reading and critical thinking skills to apply what she reads to on-the-job situations. For instance, what procedures



are in place if she needs to find someone to cover her hours?

■ **Speaking.** When working directly with the public as a store clerk or hostess, your teen needs to communicate clearly and concisely. Remind her to practice now by looking people in the eye when she talks and confidently asking and answering questions.

■ **Math.** Many jobs will require your high schooler to use math. She may be asked to measure materials while working at a hardware store or craft shop. As a cashier, she'll need good number sense to check whether she input store coupons correctly. 👍

Teen suicide prevention

Suicide is a leading cause of death among teenagers. Here are warning signs to look for and ways to get help if you notice any.

Take your child seriously if he says things like "I won't be around much longer," or "I don't care about myself." Ask whether he's depressed or considering suicide.



Other red flags include giving away possessions or becoming obsessed with art and poetry about death. There could be major changes in his personality or his eating and sleeping habits. He might start neglecting his appearance, and his grades may suddenly fall.

If you're concerned, contact a mental health professional immediately—the school counselor or your pediatrician can recommend one. More information is available by calling the National Suicide Prevention Lifeline (800-273-TALK) or texting "START" to 741741 to reach the Crisis Text Line. 👍



Parent to Parent

Who are my teen's friends?

My daughter Julia made a lot of new friends this year. At first, I didn't know them, because she works part-time and stays busy with extracurricular activities.

I want to stay in the loop as much as I can in her life, but I also need to help her gain independence and trust me. So I took a few steps to learn about her friends.

First, I encouraged her to invite a couple of them over for family dinners. I also said she could bring along a friend for a weekend campout. We all had a blast eating, hiking, and just hanging out.

Now that I'm getting to know more of Julia's friends, it's easier to ask about what's happening in her life. I'm building a stronger bond with her *and* learning more about the people she spends time with. 👍



Q & A

Getting involved in school

Q I always attend meet-the-teacher night and open houses at my son's high school, but are there other ways I can get connected?

A Yes! There are several ways to be involved while your son is in high school.

You might volunteer to mentor or tutor teens. Or you could assist in a classroom, the computer lab, the library, or the

cafeteria. You might even help build sets for musicals and plays.

Also, attend school board meetings, principal luncheons, and PTA or PTO meetings, too. There may be opportunities like preparing grant proposals or organizing letter-writing campaigns for the school administration.

Do you have skills in a trade or technical program? Consider holding in-school workshops for students and their parents. That way, other parents can get involved, too! 👍



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Short Clips

Prepping for college tests

Before your teen takes the SAT or ACT, encourage a few dry runs. Practice tests will help him get comfortable with the format and timing when it comes to the real thing. He could check in his school guidance office and with colleges and universities. Also, free SAT and ACT practice tests and tips are online.

How's school going?

Your teenager may open up and talk about school if you get past yes-or-no questions. Try asking her *who, what, where, when, how, or why* questions, such as "Why do you think your school only requires one year of PE?" or "How would you solve the drop-out problem?"

Watch heavy backpacks

Carrying a heavy backpack can cause neck pain, back pain, or tingling hands. Your high schooler could avoid these symptoms by using a backpack with padded shoulder straps and a cushioned lower-back area. Suggest that he evenly distribute the weight inside—and leave any textbooks he doesn't need at home or in his locker.

Worth quoting

"I'm not afraid of storms, for I'm learning to sail my ship." *Louisa May Alcott*

Just for fun

Q: What do you do if your dog chews a dictionary?

A: Take the words out of his mouth!



Protect against underage drinking

Peer pressure can push teens toward drinking even when they know it's illegal. Your high schooler may feel relieved if you help her come up with a plan. Try these tips.

Just say no

Encourage your child to avoid events where she knows others will be drinking alcohol. If she finds herself at such a party, remind her it's best to be direct and simply say, "No." She can also leave a party early if she feels uncomfortable. Her ride wants to stay? Let her know you'll pick her up anytime from anywhere.

Offer alternatives

Role-play other options for situations she may face. For example, she might grab a soda or water first thing when she's out with friends. Then, if offered alcohol, she could say, "I already have something. I'm good." Another response



is to bring up a parent: "My mom can smell liquor from a mile away," or "My dad would ground me for eternity."

Host a home party

Following school or community events like a big game or a dance, consider hosting a party at your home. Have your teen make the guest list, pick a theme, come up with games, and manage setup and cleanup. She should also plan snacks and nonalcoholic drinks. You'll provide her and her friends with a supervised spot to have fun without alcohol. 👍

A historic escape

Use your high schooler's history studies as a way to take a family "trip" to a destination from the past.

First, talk about the time period he's studying in class, say the American Revolution. Now, plan together for your family to travel back in time.

Perhaps you'll pretend you're all camped at Valley Forge. Turn down the thermostat, bundle up, and light candles to recreate conditions soldiers braved through that brutal 1777-78 winter. Ask your high schooler to tell a few facts about what the military endured there and why it became an important site. Then, decide where you'll "visit" next. 👍



Motivated to reach the finish line

How can your high schooler motivate himself to tackle a challenging class or an involved project? These suggestions may help.

Look ahead. Talk about how a tough subject connects with his future goals or current hobbies. If your teen is interested in a journalism career, he might remember that getting a high school diploma is the first step to the college degree that he will need—and that means he will have to do well in his foreign language class. Plus, learning a second language may help him land a job with a foreign press service one day.



Adapt your focus. When it comes to delving into school projects, different methods work for different students. Your child can try several to see which provides the most motivation. For instance, he could dive right into more challenging parts first, leaving him energized to finish up with sections he can sail through. Or he might prefer getting simpler parts out of the way so he feels good about completing something. Then, that may spur him on to finish the harder parts. 👍

to finish the harder parts. 👍



Q & A Create an attitude of gratitude

Q Lately, it seems like my daughter takes more and more of what she has for granted. How do we shift that attitude?

A You're not alone. There's a remedy for that sense of entitlement: gratitude. You can guide your child toward a grateful lifestyle by helping her understand the value of what she has and by taking time as a family to be thankful and generous. Here are ideas:

■ Keep a gratitude board where your family jots down notes and hangs pictures of people or things they're grateful for.



■ Don't shy away from pointing out when she is being ungrateful. Consider holding off on purchases of "wants" like new clothes or makeup. 👍

Get the best price

Comparison shopping is a way for your teen to put her math skills to work in the real world. She'll also learn how to spend wisely. To help her make the best in-store or online purchases, encourage your child to:

- ✓ Look for sales. Shop clearance racks, advertised overstocked items, or end-of-aisle displays for bargains.
- ✓ Check prices at multiple locations, including outlets and big-box stores, and review advertising circulars. Compare with websites, too.
- ✓ Consider generic brands.
- ✓ Make secondhand an option. She might browse thrift stores, consignment shops, or yard sales. 👍



Parent to Parent Plan for screen-free time

I've noticed that our family is often together, yet not, because we always have screens in front of our faces. Our son, Clay, gets on his phone no matter where he is or what he's doing. We're not any better, finding ourselves on our laptop or reading texts even while we're watching TV. We're all addicted to screens!

So we decided to make some changes. First, we're going to set aside our

screens during meals. And we've told Clay that his phone needs to be off and put away while he's doing homework.

Then, for phase two of our plan, we will pick one evening a week to be completely screen-free. I'm hoping this means that we will spend more time talking and laughing together—like my family did when I was growing up. 👍



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Short Clips

Notice what's noteworthy

Your high schooler might try this note-taking plan to help her capture key ideas during class. Suggest that she pay special attention when the teacher makes comments like "This is important," writes information on the board, pauses to ask a question, or repeats an idea or a point. These are cues that the information is particularly noteworthy.

Teen-designed family time

Need some new and inexpensive family-time activities? Let your teenager come up with ideas—and he'll be more likely to join in the fun. Maybe he'll suggest an outdoor game night with "glow-in-the-dark" bowling. To make pins, put glow sticks in water bottles. Then, use a tennis ball to knock them down.

"Read aloud" with audiobooks

Audiobooks provide a nice way to enjoy books together, while also showing your child how to read smoothly and with expression. Many libraries now offer audiobooks that you can borrow for free. Consider downloading a few to listen to in the car or at home.

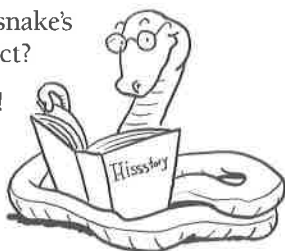
Worth quoting

"Why fit in when you were born to stand out?" *Dr. Seuss*

Just for fun

Q: What is a snake's favorite subject?

A: Hiss-story!



Get confident about standardized tests

When your high schooler takes a standardized test, being thorough and knowing a few key strategies can help him do well. Share this advice.

Take it all in

Remind your teen to read each question and all of its possible answers completely before marking his answer. Otherwise, he might go with the first correct option without realizing there's a choice like "All of the above" or "Both A and C."

Know when to guess

Have your child find out before the test whether there's a penalty for wrong answers. If not, he could use this idea when he is stuck on a multiple-choice question: Start by ruling out answers he knows are wrong, and guess from the remaining options. For true-or-false questions, remind him that he'll always have a 50 percent chance of getting the answer right.



Double-check answers

Encourage your teenager to double-check his math by calculating his answer in another way (for example, using addition to check subtraction and multiplication to check division). On a reading test, suggest that he reread passages to be sure he understood them and selected the best answer. And for essays and short-answer items, he should proofread carefully. *Note:* Some states now give untimed tests—if yours is one of them, point out that there's no excuse for not checking over his work! 👍

A winning resume

For the best shot at landing an internship or job, your teen needs a top-notch resume. Here are tips for the two main sections.

1. Experience. A resume lists current or previous jobs, volunteer work, and extracurricular activities. Encourage your child to be specific ("Operated cash register during peak hours" instead of "Worked checkout"). Employers will know whether she might be a good match for their exact needs.

2. Education. Your teenager can include courses that are relevant to the position she's applying for. If she wants a retail job, her marketing elective may help. She can also mention classes she completed at a community center—for instance, a babysitting or CPR course if she hopes to work with children. 👍



Walk in my shoes

It's important to help teens develop empathy—to step outside of themselves and care about and feel for others. Consider these suggestions.

Read and discuss. When your child reads a novel, encourage her to put herself in the main character's shoes. Perhaps the character is embarrassed because she loses her place during a speech. Can your high schooler think of a time she felt embarrassed? Help her think about how people featured in news articles feel, too. Share



stories with her about positive situations (winning an award), as well as negative ones (a natural disaster).

Ask and listen. Talk with your teenager about ways to express empathy. For example, if a friend comes to her with a concern, your child could ask questions like “How did you feel when that happened?” and “What do you want to do about the situation?” Then, she should listen closely to her friend's answers without interrupting. 👍



Q & A Make wrong answers work

Q My son won't raise his hand in class unless he's sure he knows the right answer. How can I help him see that wrong answers aren't something to be afraid of?

A Encourage your child to think of wrong answers as opportunities to learn. If he answers incorrectly, the teacher can help clear up

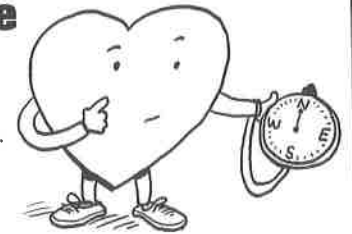


his confusion so he learns more. Also point out that his classmates don't know every answer either, so he doesn't need to feel embarrassed when he's wrong.

Once your son has the correct information, he will do better on his assignments, quizzes, and tests. Urge him to take a chance even if he's uncertain. He'll discover that wrong answers may actually benefit him—by showing him what he still needs to learn. 👍

Navigating the dating scene

Positive dating experiences now may set the stage for healthy adult relationships later. Use these guidelines to talk regularly with your teenager about dating.



- **Rules.** Set and discuss rules with your teen. For example, maybe he's only allowed to go on group dates for now. You might also require that he tells you where he is going and agree on a curfew for when he needs to be home.
- **Respect.** Your child needs to show respect for his date—and expect respect in return. That includes being considerate when he sees his date at school and not spreading rumors, even if they decide they're not right for each other.
- **Risks.** The pressure to experiment with sexual activity is real for both boys and girls, whether from peers or from dates. And teenagers may make decisions without considering the risks. Talk to your child about your values and expectations, as well as the consequences of having sex. 👍

Parent to Parent Speak each other's language

My daughter Charlotte really enjoys her French class. Yet even though she studies, she said speaking the language has been a struggle.

I mentioned this to my French-speaking coworker. She and her daughter Monique are learning English, and she suggested that our girls become conversation partners. So I invited them to our house for dinner. While my colleague and I chatted, our daughters got to know one another and started practicing each other's languages.

Now the girls talk regularly. In addition to having French-only and English-only conversations, they think it's fun to chat with Charlotte speaking French and Monique using English. They help each other by correcting their vocabulary and pronunciation. And sometimes they email, which lets them work on spelling.

Charlotte did better on her last French quiz, and she loves that she's helping Monique with her English. Best of all, they've become friends. 👍



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Short Clips

Positive body image

Does your teen feel that his body doesn't "measure up"? Kids this age are often self-conscious about their appearance. Encourage your child to see himself as more than his body shape. He could focus on how strong and healthy his body is, the things he can do, and what's unique and interesting about him.

World aware

Help your high schooler stay on top of local, national, and world events. Try reading a daily newspaper or watching the nightly news together. Or ask your teenager about news she's read online. You'll give her a larger view of the world—and may spur her to get involved in issues she cares about.

Excellent explanations

Clearly explaining things is a communication skill that will serve your teen well in school and at work. He might practice by giving his grandparents step-by-step directions for downloading and opening phone apps. Or he could describe the best bicycle route for a new neighbor to take to the park.

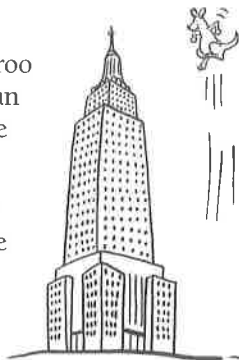
Worth quoting

"The two most important days in your life are the day you were born and the day you find out why." *Mark Twain*

Just for fun

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course—the Empire State Building can't jump!



Summer job search

As the school year winds down, encourage your teen to gear up for her summer job hunt. It can take time to find openings, complete applications, and go through the interview process. Share these ways to get started.

Work at it

Suggest that your high schooler treat the search itself like a job. She might set aside an hour each day for job hunting. Have her look online, as well as make calls to relatives, friends' parents, neighbors, coaches, and former employers and coworkers to see if they know of any prospects. She could also go store to store in shopping centers to see who's hiring or to fill out applications at department store kiosks.

Seek seasonal spots

Many types of businesses staff up for the summer. Possibilities include swimming pools, amusement parks, miniature golf courses, hotels, resorts, and tourist attractions. If your teen enjoys being with younger children, she might



ask neighborhood parents if they need summer babysitters. Or she can try for museum or park program positions. She'll earn money while teaching and learning new skills.

Boost chances

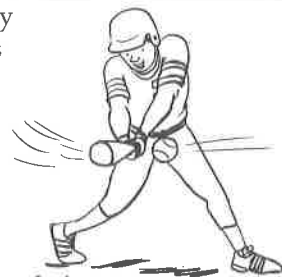
Preparation goes a long way toward impressing potential employers. To stand out from other applicants, your teenager should get to interviews early, dress neatly, and be ready to describe her strengths and weaknesses. In addition, suggest that she take a list of references (with correct phone numbers and email addresses). *Note:* She'll need to get permission from references ahead of time. 👍

Make science come alive

Drive home the real-world aspects of science class by helping your high schooler tie what he's learning to his everyday life.

Say he's studying the periodic table in chemistry class. He could print a copy and check off all the elements he identifies around the house. These might include aluminum in foil, titanium in a tennis racquet, lithium in batteries, or fluorine in toothpaste.

Or if he's taking physics, encourage him to find examples of it in the sports he plays. He can note that the force and direction of his baseball swing direct the ball's velocity and angle after it makes contact with the bat. Or in pole vaulting, he could observe that the faster he runs, the greater the kinetic energy that can be converted into a higher jump. 👍



How not to argue with your teen

If you find yourself arguing with your teenager, don't despair. It's a normal part of life with a teen. And the good news is that disagreements can be constructive ways to work out problems. The key is to keep them focused and under control. Here's how.

Stick to the issue. Say your high schooler wants to go on a beach weekend with friends. Talk about *only* that trip, and try not to bring up the past. Sticking to the request at hand will simplify the discussion and help you both remain calm.

Avoid criticism. Stay away from using "always" and "never" statements like "You *always* make bad decisions



when you're with this group" or "You *never* consider our feelings." These types of statements may make your teenager feel ashamed or hurt—and they don't solve the problem.

Tell your side. Try using "I" statements to put the focus on your feelings rather

than the blame on him. *Example:* "I get upset when I think you're ignoring the risks." Your honesty will make it easier for him to tell you his side. And open communication will help you reach a fair decision. 👍



Q & A Prepping for IEP meetings

Q My daughter's IEP meeting is coming up this month. How should we prepare?

A Getting ready ahead of time will help you feel more comfortable, and you'll be in a better position to help draft the best possible Individualized Education Program for your daughter. Keep these ideas in mind:



- Gather documents like report cards, test results, and her current IEP. (Ask her counselor for a copy if you need it.) You also could request a copy of the proposed IEP to preview it.
- Sit down with your daughter to go over this year's IEP. Write down any questions or suggestions you each have. For instance, maybe she feels that she needs more time to take math tests.
- Let your teen practice advocating for herself. She may think an online writing program would help her meet a goal. Role-play so she feels at ease speaking up during the meeting. 👍

Reduce stress

The end of the school year can be a particularly stressful time for high schoolers. Help your child tame any stress with these coping strategies.

Be healthy

A good first step is having your teenager clear her schedule of unnecessary activities. She should also eat nutritious foods, get plenty of rest, and plan fun time on weekends to give herself a mental break. Feelings of all-around wellness ease anxiety.



Be positive

If your teen works herself up with high-pressure thoughts like "I have to ace my history final," suggest that she rephrase her worry. *Example:* "I'll do my best on the final by studying a little every night." Spreading out the study time will let her feel more on top of her schedule.

Be relaxed

Finally, encourage your teenager to try relaxation exercises. Have her start with her head and, working her way to her toes, tense her muscles, hold for several seconds, then release. 👍

Parent to Parent

Why should I graduate?

My son, Joel, has dreams of starting his own lawn care business, which is great. The problem is that he wants to get started *now*—and doesn't think a high school diploma is important.

I told Joel that my own decision to drop out is one I regret, and it's one way I don't want to be a model for him. I explained that dropping out has limited my job

choices and my salary. If I had stayed in school, I might have a manager's job with benefits instead of working three part-time jobs. I also pointed out that the courses he takes in high school will give him skills to help him run a successful business one day.

In the meantime, talking to Joel gave me an idea. I realized that it's never too late, and I looked into getting my GED. Now Joel and I have made a pact: He's going to stay in school, and we're going to get our high school diplomas together! 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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