

10

WAYS TO HELP YOUR TEEN SUCCEED ACADEMICALLY



1. TALK ABOUT SCHOOL

Talk with your teen every day so they know that what goes on at school is important to you. When teens know they can talk openly with their parents, the challenges of high school can be easier to face.

2. MEET WITH TEACHERS AND COUNSELORS

Attending school events such as open houses, back-to-school nights, or parent-teacher conferences helps you to stay informed and to understand what is expected. Teens do better in school when parents support their academic efforts.

3. TAKE ATTENDANCE SERIOUSLY

Teens should miss school only if they are sick. Otherwise, it's important that they arrive at school on time every day, because having to catch up can be stressful and interfere with learning.

4. MODEL GOOD BEHAVIOR

Displaying an interest in learning new things even though you are no longer in school can help you understand the importance of continuous learning in having a more interesting and enjoyable life.

5. GET INVOLVED

Volunteering at the high school is a great way to show you're interested in your teen's education. Some teens like to see their parents at school or school events, but others may feel embarrassed by it. Follow your child's cues about what works for you both.

6. KNOW THE DISCIPLINARY AND BULLYING POLICIES

All schools have rules and consequences for student behavior. Your teen should be aware of what's expected at school and know that you'll support the consequences if expectations aren't met. It's easiest for students when school expectations match the ones at home.

7. BUILD ORGANIZATIONAL SKILLS

Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. Students can benefit from parents' help with organizing assignments and studying.

8. DEVELOP GOOD TIME MANAGEMENT

Creating a calendar will help your teen recognize upcoming deadlines and plan their time accordingly. Also, helping your teen organize their time commitments outside of school, such as extracurriculars, work, social life, and volunteering, can keep them from being stretched too thin.

9. HELP THEM WITH STUDYING

When there's a lot to study, help your teen to break down tasks into smaller chunks and stick to a studying schedule so they're not studying for multiple tests in one night.

10. SUPPORT HOMEWORK EXPECTATIONS

During high school, homework gets more intense, and grades become critical for those college-bound. Make sure your teen has a quiet, well-lit, distraction-free place to study that's stocked with supplies. Distraction-free means no phone, TV, or online activity other than homework-related resources.



A PARENT'S ROLE

Following the steps on this card is good way to work with your child to help them do well in school. Of course, every situation has its own details, so if you need additional help to put your child in the best position to succeed, you can talk with education or counseling professionals. Many parents share the same concerns about their children's academic achievement, so there are many resources available to help you.

School can be stressful for both parents and children, but working with your teen can improve more than their academic performance. It can help your overall relationship with them. Remember the three pillars of helping your child thrive: understanding, communication, and involvement.

**YOU CAN HELP YOUR CHILD
ON THE PATH TO SUCCESS.**

ADDITIONAL RESOURCES

U.S. Department of Education

www2.ed.gov/parents/academic/help/edpicks.jhtml

National Parent-Teacher Association

www.pta.org/docs/default-source/files/family-resources/2018/family-guides/familyguide-helping.pdf