

Kell High School

10 Back-to-School Tips for Parents of High-School Students

Start a successful school year—and keep it going!

1. **Your high-school student should be thinking about her future.** *Will I go to college? Should I try to find a job? What should I do?* Listen and support him/her, and have an open mind about the endless possibilities.
2. **If your high-school student has a job, then help him/her manage their money and time.** Help them to create a budget, and have a savings plan.
3. **At this stage, most kids will be getting their driver's license and many will be driving to school. Take time to help them learn by taking them driving.** Be supportive, clear, and direct when discussing safety on the road.
4. **When your high-school student gets his/her driver's license, have clear rules as to when, how, and with whom she drives.** Give him/her clear guidelines. "You will not be texting while driving," and "Always buckle up when driving!" Make sure they know that driving is a great responsibility and privilege.
5. **Help your high-school student manage stress.** Find time for the whole family to get physical and let off some steam.
6. **Find time to have dinner together.** During dinner, make sure everyone has a chance to share the highlights of their day and how they may do things differently tomorrow.
7. Your teen may be working hard to balance extra-curricular activities and school activities this year. **Help your teen become a master time manager by standing your ground and enforcing at-home chores and family responsibilities.**
8. **Remind your child that although ACT and SAT results are important to post-secondary schools, achievement as a well-rounded student counts just as much.** Students' GPAs, extracurricular activities, application essays, and volunteer experiences are all important factors in demonstrating success in school on college applications.
9. At the same time, don't forget that standardized test scores are also an integral part of the application. **Whether your child is struggling or doing well in school, consider enrolling him in a test-preparation course.**
10. **At this age, friendships and romance become more important while cliques become less so.** Set clear rules and guidelines about dating relationships. Your teen should have a curfew that is enforced, and you should monitor your teen's mood and behavior to ensure that dating is not affecting academic performance. It is important for parents to be viewed as approachable while still maintaining their parental authority.

Submitted by: Kim Evans
CCSD School Social Worker

