



PARENT GUIDE

HIGH SCHOOL MINDSET (8) TAKEAWAYS:

- ALL GRADES COUNT in high school. Even “electives” count toward your GPA.
- Playing “catch-up” with your grades is MUCH harder and MUCH LESS FUN in high school.
- Follow the upperclassmen’s leads when it comes to how to conduct yourself (from a maturity standpoint).
- As an 8th grader, you have a responsibility to help the 6th graders to be successful.
- If you want to be respected as an older student, you must act like an adult when you want to make change.

TO CREATE CULTURE:

- Explain the differences that you see between middle school and high school behavior.
- Expect more self-discipline from your child, explaining that it will be a key to success in high school.
- Create opportunities for child to help the younger children, encouraging them to show leadership.

FOR ADULT GROWTH

- Learn more about the high school graduation requirements of your local school district.
- Just as we encourage students to help younger students, reach out to help new people at your workplace.



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BALANCING ACT (8) TAKEAWAYS:

- There are just so many elements in our life that we can become out of balance, or for some of us we can even become overwhelmed.
- Brain-Dumping everything that's on your mind can be the first step to not feeling overwhelmed. Trying to remember everything can be part of the problem.
- Chunking like-tasks can help you to organize and prioritize things you need to get done, making the list feel not as long.
- We need to schedule rest and fun into our schedule. It gives us the fuel we need to complete daily tasks.

WHAT TO DO AT HOME

- Encourage your child to have a method of organizing things to get done.
- Encourage your child to journal or jot down things they're thinking about to help them to relieve stress and distraction.
- Reward your child for staying organized.

FOR ADULT GROWTH

- Check out [THIS CHAPTER](#) about Journaling in "Complementary & Alternative Therapies in Nursing".
- Read [THIS BOOK](#) about Self-Care and Prioritizing.



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CRUSHED (8) TAKEAWAYS:

- You don't need to be dating to be awesome. This series is just in case you are.
- It's important to have CRITERIA when thinking about who you should date, and who you should not date.
- Honor your parents if they don't want you dating. THAT is the most important relationship you will ever have.
- You make the rules for what is OK and what is not OK. If you feel like something is not OK, it's OK to break up.
- Remember your other responsibilities in life. It can be easy to get lost in a new relationship.

WHAT TO DO AT HOME

- This is a special series. While dating in Middle School is a very normal part of life, we wouldn't ever recommend for a family "to do" anything at home in response to this.

FOR ADULT GROWTH

- This is a special series. While dating is a very normal part of life, we wouldn't ever recommend anything for an adult "to do" to "grow" in this area.



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MINDFUL (8) TAKEAWAYS:

- Mindfulness is a mental state achieved by focusing one's awareness on the present moment.
- It's important to have something to do with your stress when it arrives.
- Millions of people around the world, regardless of religion and culture, practice mindfulness and meditation as a way of becoming more calm, focused, and happy.
- Mindfulness meditation takes silence and commitment.
- You can do this at home, in school, or anywhere, and nobody will even know you're doing it. Do it when you need to.

TO CREATE CULTURE

- Carve out time (even as little as one minute) with your family to experience complete silence.
- Create time to engage in mindfulness meditation with your class using these In Control videos.
- Try a guided meditation with your child, and talk about it.

FOR ADULT GROWTH

- Read the book 10% Happier by Dan Harris. It's a skeptic's guide to mindfulness and meditation.
- Engage in Mindfulness using one of the many free phone apps available: Headspace, 10% Happier, or Calm are great!



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THE REAL WORLD (8) TAKEAWAYS:

- Middle School is connected to high school, high school is connected to college or trade school, and THAT is connected to the REAL WORLD. Middle School matters!!
- College is an educational Institution that provides you with courses that help you to specialize in a certain area of expertise.
- You can use tools like www.CollegeBoard.org to help create a list of colleges that might be right for you (when you're ready for that sort of thing).
- Trade Schools, Tech Colleges, and Career Schools are a great option for people with the types of skills for programs which they offer.

WHAT TO DO AT HOME

- Search www.CollegeBoard.org with your child to look at the different colleges they THINK they might go to.
- Talk about the college/school you went to and what it was like.
- Research your local Trade School to show your child where it is and what they offer.
- Ask students about interests.

FOR ADULT GROWTH

- Find out more about your local schools, colleges and post-secondary options to help inform conversations with students.



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MENTAL HEALTH MATTERS LV.3 (8) TAKEAWAYS:

- Mental Health refers to our ability control our thoughts, feelings, and behaviors.
- This series is about how to take action when you or someone else needs help.
- Visit <https://www.nami.org/> to learn about how to identify signs and symptoms of mental illness or poor mental health.
- To talk with a friend about their mental health, lead with questions like, "Hey, I noticed you've been a little off, what's going on?"
- Find an adult or counselor in your building immediately if you are having suicidal thoughts or you think a classmate might be.

TO CREATE CULTURE

- Encourage your child to always think before they speak.
- Reassure your child that you are always there to help them, regardless of your relationship at that moment.
- Make sure your child is able to articulate at least 3 people that could help them if they were in need.

FOR ADULT GROWTH

- Check out one of the videos from [this Ted Talk Playlist](#) about Mental Health.
- Take up [mindfulness](#) or [meditation](#) to increase your own mental health and happiness.
- Seek counseling if you feel like it could help you.
- Read [10% Happier](#) by Dan Harris as a fun way to learn more.



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THIS IS ME (8) TAKEAWAYS:

- Our social identity contributes to our own self concept and self-esteem.
- We hold the power to shift the way people see themselves. Positively or Negatively.
- Alienation is the state or experience of being isolated from a group or an activity to which one should belong or in which one should be involved.
- Making someone feel like they have nowhere to belong is one of the worst things you can do to someone.
- If you see someone being bullied, alienated, or picked on, help them by removing them from the situation.

WHAT TO DO AT HOME

- Ensure that you encourage your child to make sure no one is being alienated.
- Set the expectation that no one in your home should ever to be made feel that they do not belong.
- Reward your children for complimenting each other.

FOR ADULT GROWTH

- Read [The Impact of Identity](#) by Irina Nevzlin.
- Take a free Myers-Briggs Test to learn more about yourself. Try [THIS ONE](#).
- Check out this [TED TALK](#) about Personality and Identity.



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MIDDLE SCHOOL RECAP (8) TAKEAWAYS:

- It's important that we get everything we can from every experience in life. We believe there's a lesson in every experience.
- Look at the best parts, what did you learn?
- Look at the worst parts, what did you learn?
- Learning won't change your future, "doing" will. What will you DO differently as a result of what you learned?
- What are your goals for high school? Be specific?
- What are you doing this summer about it?

TO CREATE CULTURE

- Give your child time to think, write, and talk about their experience in middle school.
- Share your life experiences and the lessons they taught you (when appropriate).
- Encourage your child to coach and teach younger kids based on their experiences.

FOR ADULT GROWTH

- Do your own reflection as a teacher or ed leader.
- Write or talk about what you learned in the past year.
- Teach someone or post on social media what you learned and how it might be able to help someone.
- Journal regularly, not just at the end of a year.