

10. Make a plan with your teen to limit his or her involvement *if* too many extracurricular activities are interfering with academic achievement. Similarly, monitor hours at a part-time job. If your teen's grades or health are being affected by over-commitment to work or school activities, take steps to help him or her cut back to a more manageable schedule. Reserve the right to know where your teen is at all times.
11. Discuss your teen's elective course choices with him or her each year. Encourage your teen to talk about subjects that interest him or her and what skills or knowledge might be needed for the years ahead.
12. Help your teen understand and learn from mistakes. As students accept greater accountability for their learning and make decisions about how they use their time, they are likely to make mistakes. No one is perfect; as much as parents want to protect their children, students in the long run benefit from experiencing the natural consequences of their actions. Students are preparing for the rest of their lives with the lessons learned in high school.

Student brochures with tips on studying, test taking, organizing time, and stress management are available from high school counselors.

Parent brochures on a variety of topics are available in the Pupil Services Office, 612 Main Street.

Staying Involved

- ❖ Meet your teen's counselor and teachers. Attend parent-teacher conferences, even if you have no concerns about your child's academic progress.
- ❖ Use ParentConnect to monitor progress and trends between mid-quarter reports and report cards.
- ❖ E-mail or call teachers with questions or concerns about grades or behavior – the sooner the better.
- ❖ Attend parent events at school and read Freddie's Footnotes, the school newsletter, to stay informed.
- ❖ Use the school website to access calendars, events, and contact information:
<http://www.onalaska.k12.wi.us>



Contact the OHS Student Services Department for more information: 608-783-4571 Feb 08

Helping Your High School Student Succeed

A Guide for Parents



School District of Onalaska

Comprehensive School Counseling Program

OHS Student Services

Onalaska High School
700 Hilltopper Place
Onalaska, WI 54650

New Opportunities

High school can be one of the most exciting times in a young person's life. Students have a chance to expand their circle of friends, experience diverse learning opportunities, and discover and develop special interests through student activity programs.

High school students are making academic and social decisions that will affect the rest of their lives. There is overwhelming research showing that parents who are appropriately involved in their high school student's lives can have an enormous impact on student achievement.

Helping Your Child Succeed

High school students are expected to assume greater responsibility for their learning, but parents can help create a climate for success. Here are a dozen research-based tips:

1. Help your teen get organized. Encourage your son or daughter to use a different color-coded notebook and folder for each class.
2. Inventory your home supplies and make sure basic study materials (stapler, pens, pencils, scissors, sticky notes, index cards, lined and unlined paper, and a dictionary) are readily available near where your teen will be studying.

3. Expect your teen to use a planner to keep track of assignments and other commitments. Parents can model this through their own use of calendars and planners. Students are likely to have more homework and tests in high school, as well as long-term projects, so planning ahead can contribute to academic success.



4. Help your teen identify a productive place for studying. To maximize students' concentration and motivation, this place should be free from distractions and interruptions, include a comfortable chair and adequate lighting, and have a desk or table for spreading out books and assignments. Work with your student to create this space, personalizing it with a bulletin board or plastic crates for storage.
5. Help your teen develop good study habits. Consider setting aside "study hours" each night during which phone calls or chatting online are prohibited. If homework is lighter on a particular night, your teen can work on a long-term project, review

notes or chapters in textbooks, or read a book or magazine.

6. Show an interest in your teen's work and confidence in his or her abilities to complete it. One expert recommends parents think in terms of influencing rather than controlling their high school child.
7. If your teen is struggling with assignments in a particular subject, contact his or her teacher or school counselor. Resource periods for getting extra help from teachers are built into the school day, and tutors are available in school or through private services.
8. Encourage your teen to get involved in a sport, activity, or club at school. These experiences can help students learn teamwork, cooperation, time management, and decision-making. The leadership skills gained through a sports team or school club can be useful in college and the work world.
9. Consider limiting television viewing and video games during the school week. Studies indicate that students with higher grade point averages watch significantly less television (one hour or less per day) than those with lower grade point averages (one or more hours per day).