

Helping Students Learn[®]

Tips Families Can Use to Help Students Do Better in School

HIGH SCHOOL

Title I Cooperative
Educational Service Unit 10

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IMPORTANCE OF ATTENDANCE

Regular attendance leads to lifelong rewards

Some teens think they don't need to be in school every day. They become habitually tardy or absent. They don't realize that good attendance is a habit that can lead to success, not only in school, but in their future careers, too.

Ask your teen about his future career goals. Then talk about the importance of attendance in the workplace. For example, if your teen were:

- **A chef**, the restaurant couldn't open if he didn't show up on time.
- **A firefighter**, the whole town could burn down if he decided to take the day off without telling anyone.
- **A reporter**, his newspaper or television station could miss out on the big story due to his poor attendance.

Together, consider how poor attendance could affect a person in your teen's chosen career. Then tell your teen about your job, and what would happen if you had poor attendance. In most jobs, a person who doesn't show up regularly would be at risk of losing that job.

Point out that research shows that regular attendance is not only a good habit, it contributes to academic achievement. Students with a good attendance record are more likely to graduate and go on to higher education. The payoff for your teen will be increased earnings and job satisfaction in the years to come.

Source: "Ninth Grade Attendance Rates Predict High School Graduation," MDRC, www.mdrc.org/area_fact_35.html.



BUILDING RESPECT

Expect your teen to respect teachers

Teens acknowledge that most teachers treat students with respect. But they don't give their classmates high marks when it comes to respecting teachers.

To make sure your teen is a student who treats teachers with respect:

- **Be a good role model.** When you are talking with your teen, call teachers by their names—not "that math teacher."

- **Meet your teen's teachers.** It's always easier to work together once you have spoken in person.
- **Get both sides of a story.** If your teen has a problem, a conference that includes you, your teen and the teacher may lead to a solution. And it will give your teen a chance to see you and her teacher working together as a team.

WORKING WITH YOUR SCHOOL

Attend school conferences

If your teen's teacher wants to set up a parent-teacher conference with you, don't miss this opportunity to meet with her. If you cannot go at the time assigned, contact the teacher to set up an alternate date. And if you can't go in person, ask if you can arrange for a meeting by phone. Write down questions and go with a positive attitude. The teacher wants what you want—to help your teen succeed.

HEALTHY HABITS

Does your teen eat lunch?

October 12 – 16 is National School Lunch Week. Together, take time to record what your teen eats for lunch each day. Talk about her choices. Should she be replacing high-calorie snack items with more nutritious choices? Remind her that a healthy lunch will keep her alert all afternoon.



TESTING TIPS

Use textbook tools for test review with your teen

Your teen has a big chapter test on Friday. It's been years since you had that class, but you can still help him review for the test. Use the textbook as a guide. Here's how:

- **Ask your teen** the review questions at the end of the chapter.
- **Have your teen** give you definitions for words that appear in bold type. (There is often a glossary at the back of the book.)
- **Ask your teen** to explain the photos and illustrations. What information do they provide?



