

10 Ways to HELP Your Teen DO WELL in School

1. Pay attention to your teen's schoolwork. Ask regularly and with genuine interest, "What are you learning?"
2. Offer support. Provide reassurances and help as your teen tackles educational activities and situations for the first time.
3. Promote good health habits. If your teen gets enough sleep, balanced meals, and proper exercise, classroom participation and learning will come more easily.
4. Stimulate your teen's growing interests. Have a variety of reading materials available at home.
5. Get involved in your teen's school. Meet with your teen's teacher, attend school events, and be prepared to intervene to assure that your teen's classes provide opportunities for success.
6. Be positive about education. Show how much you enjoy and value learning.
7. Help to organize a quiet study area at home for your teen. It should have needed supplies easily accessible and be free from distractions.
8. Offer praise for your teen's achievements and efforts. Praise helps to build self-esteem and encourages teens to keep trying their best.
9. Discuss current events with your teen to promote an interest in learning about the world.
10. Be available when your teen wants to talk about school or other issues. Then offer help and advice as needed.

REMEMBER...Your involvement in your teen's education can contribute to a lifelong love of learning.