

Secondary English

Monday, September 20, 2021

Sharpen your teen's focus with three goals a day

Here's a simple exercise that can help your teen focus on fundamentals: Each morning, ask him to spend a few minutes setting up three goals for the day. What is the most important thing he can do today for School? For Self? For Someone else? Focusing on these three S's helps teens get in the habit of thinking about what they can and should do, rather than on worries and concerns they can't do anything about.

<https://tpitip.com/?31iT1955>

Tuesday, September 21, 2021

Quick phone look-ups don't lead to long-term learning

Research shows that when students look up answers to schoolwork questions on their phones, they often don't remember them long term—and they score lower on tests of the material later. Encourage your teen to find the answer for herself—by solving the problem, checking her notes or looking in a textbook. After she's got it, she can use her phone to double-check.

<https://tpitip.com/?31iU1955>

Wednesday, September 22, 2021

Limits provide structure that lets your teen grow

Your teen may be telling you that he is old enough to do what he wants. But teens are too young to make all their own decisions. They need limits to stay out of trouble and learn responsibility. Limits also show teens that their parents care about them. Once you and your teen establish rules and consequences, change them only when you both agree he has proved he can handle more responsibility.

<https://tpitip.com/?31iV1955>

Thursday, September 23, 2021

Reinforce your teen's sense of self-respect

Many teens deny their own talents and adapt their personalities to fit in. Encourage your teen to ask, "Who am I and what do I want?" instead of always asking "What must I do to make these people like me?" Help your student identify and pursue personal strengths, talents and interests. At home, model the respect and equality you want your teen to feel in the outside world.

<https://tpitip.com/?31iW1955>

Friday, September 24, 2021

School counselors are helping teens move forward

Many people mistakenly assume that school counselors are there only to help students get into college. But they do much more, including helping students and families cope with the pandemic's effects. Counselors can help students set goals, solve problems, handle conflicts and monitor progress. They can guide students' course selection to maximize future options and help find resources for extra help. Counselors will make time to meet with students and parents who ask.

<https://tpitip.com/?31iX1955>

Saturday, September 25, 2021

Build your teen's project-management skills

The ability to manage long-term assignments is a critical study skill. When your teen has a term paper or other big project to do, teach him to break the assignment down into smaller chunks. For example, he'll need to pick a topic, do research, decide what to cover, make an outline, write a rough draft, edit and write a final draft. Help your teen define his steps, figure out how each will get done, and assign a deadline for each.

<https://tpitip.com/?31iY1955>

Sunday, September 26, 2021

Help your teen get closer to achieving goals

While it is still early in the school year, have your teen set some learning goals. Her goals should be specific: "I want to get at least a B in chemistry." Post her goals where she can see them, then help her plan steps she can take to achieve them. Each month, ask your teen what she can do to make progress and how you can help. Your respect for her efforts will help motivate her to reach her goals.

<https://tpitip.com/?31iZ1955>