

Tip Sheet: Helping Your Teen Adjust

The jump from middle school to high school can be tough. Your teen will have much greater independence. School pressures will require your teen to become more organized and efficient. Your adolescent is more likely to enjoy learning and to do well in school if you show that you believe education is important. Your praise and support can make all the difference.

Here are some tips for helping your teen adjust:

- Encourage your teen to become more responsible for his or her attendance, homework, and course selection.
- Discuss concerns about making the jump from middle school to high school directly with your teen and ask advice from current teachers or other professionals.
- Is your teen feeling frustrated with school or thinking about dropping out? Talk about it. What is he or she feeling? What are the options?
- Involvement in school activities can help students adjust and have a positive impact on academics. Encourage your teen to participate in activities, such as drama club, band, soccer, or student council.
- Show your interest by attending school plays, concerts, team games, or special events.
- Talk to your teen about the future. It's never too early. Where does he or she want to be after high school?



Take 15 for the Family...Building a Lifetime of Learning is a new statewide initiative launched by the Maryland State Department of Education. It encourages Maryland families to dedicate 15 minutes each day to doing everyday activities, like eating dinner together, and turning those moments into learning opportunities. The goals of the program are to build awareness among parents that involvement in their children's education is critical and to provide resources to make this involvement easy and fun.

For more information, dial 1-888-246-0016 or log on to marylandpublicschools.org.

Content for this tip sheet was excerpted from the National Center for Education in Maternal and Child Health. 2001. Bright Futures Family Tip Sheets.