

# The Red Review

15-16 March Vol. 7

clarksonpublicschools.org

## From the Administrator's Desk

By Rich Lemburg

As we head into March we are preparing for the final stretch run of the school year. The cold winter months are hopefully behind us and we can look forward to some warmer weather. As we start the spring season, I want to remind parents and students that March and April is the time of year with track meets, FFA, FCCLA, and music contests all over the calendar. Students, especially high school students, are out of school and the classroom quite a bit during this time, it is imperative for them to keep communication with their teachers and keep up on their classroom work. Being active in the extra-curricular activities is a great experience for the students and gives them the chance to compete and shine in team and individual activities. Participating in these activities and maintaining their class work also teach them great time management skills.

A reminder for those who signed up that Drivers Education will be starting on Saturday, March 5th. Paperwork was sent home with in January to eligible students in January and Mr. McDuffee has set up his classroom schedule for March. This timeline allows him to get the 20 hours of classroom time in during school time and allows Mr. McDuffee to set up and schedule the six hours of driving time for the summer. If your child is 14 and hasn't brought home the information please give Amy a call at school and she can help you with the information.

As the 4th quarter begins we are in high preparation mode for the 2016-2017 school year. The school board has approved the calendar for the school year and it is included in this month's newsletter along with being put on the school's website. We are working on the class schedule for next year and hope to be registering students for classes by the start of April. Mrs. Kappel will round out the schedule by working with other school districts and community colleges to add classes and educational opportunities for our 7th-12th grade students.

## Music News

By Ryan Dusso

Wow what a whirlwind first two months of the 2016 Year! I want to thank everyone who participated in The Young Americans Workshop and show in January! We had 80 students, Grades 3-12, from five different schools, participate in a three day performance workshop! These students learned an entire hour show in those three days! I couldn't be more proud of each and every one of them. We were very lucky and blessed to have such an amazing group of teachers come and work with our students.

Now that we have reached the end of February, it now means we are turning up the heat and gearing up for a very musical season. The Pre K- 8 Spring Music Concert has been moved from St. Patrick's Day to Tuesday, April 12th at 6:30 pm in the New Gym. Also on Monday, April 18th, The High School Band and Choir will be performing their District Contest pieces in Leigh at 7:00 pm. At this concert you will hear all of the solos and group songs your students have prepared for Contest! Help and come support our students as they take on District contest Music! Hope everyone has a great day! Here's to another great Month of Music!

The Pre K- 8 Spring Music Concert has been moved from St. Patrick's Day to Tuesday, April 12th at 6:30 pm in the New Gym.

The Red Review is a monthly publication of the  
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PO Box 140, Clarkson NE 68629

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## News and Notes from the Social Science Department

By Bob McEvoy

### Patriot Youth Wrestling Team

This fall has brought a new and exciting activity for the Patriot Youth. It is the newly formed Little Patriots Wrestling team of 27 boys and 2 girls. They started practice in early December and have practice 2 nights a week at the Clarkson City Hall. The kids range in age of preschool to 6<sup>th</sup> grade.

They started competing in local tournaments in January and will continue until March, when some will try to qualify for the Nebraska State Tournament.

Wrestlers can choose to wrestle in as many meets as they want or are able too. The kids are coached by Nathan Higby, Mark Grotelueschen, John Bunner, Rex Marty, Mike Marty, Tyler Reeves and Riley Greene, along with many other volunteers. A huge THANK YOU goes out to all of the people, organizations and businesses who have supported the wrestling program with monetary donations which were used for the purchase of uniforms and mats. These donations have also given the kids in our community the opportunity to try something new.

Also, thank you to all of the families and friends that come out to support the kids at their wrestling meets. It's great to live in a community that supports the youth programs!



Patriots Youth Wrestling Team

The Third Quarter has been a challenging, successful and fast moving time for the Social Science Department! Here are a few of our highlights from early 2016:

-American History- This class has recently discussed WWI, The Roaring 20's, and the Great Depression Eras of U.S. History. We now enter the early 1940's and the challenge of "The Great War" that would change the course of American History forever. The students will soon understand that the following "Cold War" period may turn out to be the most dangerous time period yet---as we move through new wars, conflicts and social change that would shape 20th Century America for the new Millennium.

-7th Grade Civics- This group has been given an introductory look into our county, our government, and our uniquely American way of life. There is an emphasis on patriotism, civic duty, and the rights and responsibilities of being a citizen of the United States---while also learning the basic foundations of how the Constitution and Democracy affect our everyday lives with the 27 Amendments and the role of the Three branches of Government.

-American Government- This upper level course is taught in conjunction with 7th Grade civics with a deeper look into the inner-workings of the three branches, the electoral process, and preparation for becoming an informed member of the voting population. The class just spent three chapters on the U.S. Congress and the journey of how a bill becomes a law and will continue to study the inner workings of our government.

-World Geography- The goal is for each student to carry with them a working knowledge of our U.S. Geography in relationship to the World Geography that surrounds us. In the end, they will have covered the globe---with the goal being that they continue to compare and contrast our America to other countries and lifestyles around the world.

-Current Issues- These students have spent their time discussing the many different problems and solutions we face in our modern society through news, documentaries, and their own reflections on the world we live in. They also continue to work on building their own personal time capsule for the entire school year. This project will include many news stories, journal entries, and reflections that they will someday look back on to see what the world was like in 2015-2016.

Thank you for taking a look into our corner of the building, and here's hoping for continued success in 2016 for all of our students and athletes. Go Patriots!!!

## "WALK FOR THE CURE"

to be held on  
Saturday, April 9<sup>th</sup>  
at the Clarkson High School.

## Patriot Dance Team Competes at State Dance in Grand Island

By: Sydney Geier

The dance team began their season at the end of last May. After learning new routines throughout the summer, practicing hard all year, and performing at football and basketball games, Dance for this year has come to an end.

But not before the Patriot competition dance team competed in the Class C-2 state dance competition in Grand Island on Friday, February 19. Members of the competition team include seniors Kaitlyn Becher, Shelby Fuhr, and Rachel Rupprecht; juniors Karmen Hake and Kenzie Noonan; and freshmen Cheyenne Brabec and Abby Langdon. They performed their "Shut Up and Dance" pom routine and their 90s hip hop routine. Seven other members of the team, as well as Coach Fischer and Coach Baumert, also attended the competition to cheer them on and take in some great dance performances over the course of two days.

The highlight of the trip was placing 2<sup>nd</sup> in the hip hop category this year in Class C-2! Hartington CC won the hip hop division this year. In the Pom division, the other category the Patriots competed in, North Platte St. Patrick placed first and Hastings St. Cecilia finished runner-up.

The team also enjoyed going out to eat, swimming in the hotel, and watching some of the Class A and Class B competition on Saturday. "Every year I have a fantastic time at state dance," senior Shelby Fuhr said. Since this was my last year, it was kind of upsetting, but I was ecstatic when I found out we placed 2<sup>nd</sup> in hip-hop".

Coach Fischer said, "The girls did an excellent job representing Clarkson-Leigh at state. The hard work they put in all year really showed. We were also the only school our size in the area who chose to compete in the competition, and I think that says a lot about our program and our girls. I am so proud of their dedication and character. Coach Baumert and I couldn't ask for a better group!"



Back row: Karmen Hake, Kenzie Noonan, Cheyenne Brabec, Abby Langdon

Front row: Rachel Rupprecht, Kaitlyn Beecher, Shelby Fuhr



## Counselor's Corner

By Jennifer Kappel

### EducationQuest – College Planning Bulletin

#### Have you completed your FAFSA?

If you haven't completed your FAFSA (Free Application for Federal Student Aid) and would like help, be sure to check out the free resources on the EducationQuest website:

- (1) Webinar: Need assistance with creating an FSA ID and completing the FAFSA? Listen in while a representative explains how to set up an FSA ID and walks you through the FAFSA. The webinar is offered on the following dates and times:
  - Wednesday, March 2<sup>nd</sup>, 11am  
<http://eqf.org/1mHCW8n>
  - Wednesday, March 2<sup>nd</sup>, 6pm  
<http://eqf.org/1RNBmyT>
  - Tuesday, March 15<sup>th</sup>, 1pm  
<http://eqf.org/1R8jlc5>
  - Tuesday, March 15<sup>th</sup>, 7pm  
<http://eqf.org/218NAEE>
- (2) FAFSA Tools at EducationQuest.org: Find videos, a checklist and a tutorial.
- (3) Free personal help: Call the location nearest you to set up an appointment. Omaha 888-357-6300; Lincoln 800-303-3745; and Kearney 800-666-3721.

#### What happens after you submit the FAFSA?

- (1) Expect your SAR: You will receive a Student Aid Report (SAR) acknowledging that your form was processed. Review your SAR for accuracy. If needed, make changes at [fafsa.gov](http://fafsa.gov)
- (2) Did you use IRS Data Retrieval? If you did not use IRS Data Retrieval to provide income tax information

on your FAFSA, we encourage you to update your FAFSA at [fafsa.gov](http://fafsa.gov) and use the IRS Data Retrieval process. If you don't use the IRS Data Retrieval, your college(s) may require you to provide a copy of your IRS tax transcript.

- (3) Watch for financial aid award notifications: The colleges you listed on the FAFSA will provide a financial award notification detailing the aid they're offering. This may include a combination of scholarships, grants, work-study and student loans. Respond to each notification (most students accept all award packages until they make their final college selection).

## Juniors: GoVisitCollege!

Visit colleges this spring so you can narrow your choices when you're a senior. This video shows how fun campus visits can be! Follow these tips for a successful visit:

- Explore your career interests and then research colleges that fit your interests. Check out [Exploring Careers](http://EducationQuest.org) at EducationQuest.org for free resources.
- Check out college websites. You'll find admission requirements, academic and social information, and photos or a virtual tour. You may even be able to schedule a campus visit.
- Schedule your visits at least two weeks in advance. Ask for appointments with an admissions representative, financial aid counselor, and a faculty member in your area of interest.
- Visit while the colleges are in session. You won't get the true flavor during breaks or finals weeks.
- Be prepared with questions to ask. It's important for YOU to ask questions, not just mom and dad.
- Talk to a faculty member about upper-level classes in your anticipated major. This will help you understand the coursework that will be required and the degree of difficulty.
- Ask the financial aid counselor how the college may offset tuition costs and about college-based scholarship applications and deadlines.

## Questions to ask on campus tours:

### Ask the admissions representative:

- What are admission requirements and deadlines?
- What is the cost of tuition, fees, room & board, and books?
- What are housing options? Will I be required to live on campus? Is there a wait list?  
Are meal plans required?
- What is the average class size? Are classes taught by professors or graduate assistants?
- I don't know what I plan to study yet; how easy is it to change majors?
- What are "general education" requirements?
- How easy is it to transfer credits from a community college?
- Is there an honors program and how do you qualify?
- Is there a campus career center? Are internships available? Job placement services?
- Are there study-abroad opportunities?
- What percentage of students return after their freshman year?
- What percentage of students graduate and what is the average length of study?
- How diverse is the student population?
- What percentage of students are commuters?

- What is the student vs. faculty ratio?
- What kind of tutoring/support systems does the college have?  
Note: If you have a disability, ask to meet with the school's disability services coordinator.

### Questions about student safety:

- Is there an on-campus health clinic? (Tip: Ask your insurance provider if the campus clinic is "in-network.")
- Where do you refer students who have a serious medical issue?
- How safe is the campus, and what security systems are in place?

### Ask your student tour guide or a current student:

- Why did you select this school?
- Are the professors accessible?
- How easy or hard was it to get the classes you wanted?
- How many hours a day or week do you study?
- What kind of tutoring/support systems does the college have?

### Ask the financial aid counselor:

- What applications are required for scholarships and financial aid, and what are the deadlines?
- Are academic and departmental scholarships available?
- Will scholarships from other donors affect the amount of aid I receive from the college?
- What types of payment plans does the college offer?
- Can I get a refund if I have to drop a class or drop out suddenly?

### Campus life:

- What is the Greek system like?
- Where have you lived on campus?
- Can freshmen have cars on campus? What is the fee for parking on campus?
- How easy is it to get around on campus? Can I walk anywhere I want to go?  
Is there a free campus shuttle?
- What do students do on weekends? What did you do last weekend?
- What are the big campus traditions? Do a lot of students go to athletic events?
- What kinds of activities, intramural sports or clubs are popular on campus?
- Is there a campus recreation center for students?
- How is the food in the dining halls? What are the hours?

### Life off campus:

- How easy is it to get to places if you don't have a car? Are bikes a good option?
  - Is there a grocery store nearby?
- Ask YOURSELF after your campus visit:
- Was the campus a good size for me?
  - How were the residence halls? Too loud or too quiet? How large were the rooms?

Was I comfortable with the level of security?

3. Is there enough to do on and off campus?

### Additional questions for a visit to a community college:

- Will I be required to take placement exams? If so, what are they?
- What is the two-year graduation rate?
- Tell me about your academic transfer program.
- Do you have student housing? Is there a wait list?



## From the Desk of Mr. Bailey Industrial Technology

We need your HELP! On March 18-20, 2016 the Home & Garden Show sponsored by the "Norfolk Area Home Builders" in Norfolk, Ne. will be holding their annual Builders Home show. It is located at the Chuck M. Ag Center in Norfolk.

This year the Home Show is sponsoring a new Industrial Tech Contest. The Clarkson Shop classes have entered the contest with high hopes of winning the top prize. Our enemy (the other schools listed on the next page) are out to get us. We need everyone to come to the show one of the 3 days and vote for our project. If you don't think our project is the best then please don't vote for any of them.

If you can find it in your heart to help us out it would be greatly appreciated. Please tell as many family members & friends as possible about this exciting opportunity to help out their local school district. The students from Clarkson & Leigh have put their heart & soul into this awesome project. I just want our students to know that they have your support.

The project in the picture is not complete but we will have it done in plenty of time for the Home Show. Our students will be taking the project to the contest on Friday, March 18, 2016. This will be a time where we can scope out the other projects. Our Project is "USA Fire Pit Table including 4 Stools."

If you read the flyer from the Norfolk Area Home Builders on the next page you will see that they will be auctioning off all projects on Saturday, March 19, 2016 at 4:00 P.M. The proceeds earned from the auction will go back to the shop programs. Win or lose the People's Choice Award is beyond our control. No matter how that works out Clarkson/Leigh students will have competed at their highest level. Giving your best should never be an issue. You should acknowledge these kids for such a great achievement. It's a Great Day to be a Patriot!



Please mark on your calendar.....

  
SPRING  
BREAK

No School:  
Friday, March 4<sup>th</sup> and  
Friday, March 11<sup>th</sup>

  
Happy  
Easter!

No School:  
Friday, March 25<sup>th</sup> and  
Monday, March 28<sup>th</sup>



## 2016 Home Show

### Show Hours

March 18- 5pm- 9 pm

March 19- 10am-7pm

March 20- 11am-4pm

### Outdoor Project Building Contest

Local High Schools have a chance to participate in a building contest held during the Norfolk Area Home and Garden Show to earn money for their school's Industrial Arts program. They will participate by designing and building an outdoor play project which will be auctioned off at the Home and Garden Show. The only criteria for 2016 is that the project be for outside use, such as:

- Playhouse
- Gardening bench
- Swing
- Patio set
- Raised beds
- Picnic Table
- Pergola
- Benches
- Sandbox

Schools were encouraged to seek donations of material or other supplies from their community and to rally their community to bid on their project at auction and attend the Home and Garden Show to vote for People's Choice!

### Auction

The auction will be March 19 in the afternoon- 4:00 PM. Auctioneers Jim Schmit of Schmit Auction Services and Todd Borgmeyer of TB Auctions are donating the time to perform the auction. Items can be picked up by the buyer on Sunday March 20 after 4pm or other arrangements can be made with the committee.

### People's Choice Award

The projects will be on display at the Home and Garden show for visitors to vote on. The winning People's Choice project will receive a prize of \$500 for the school's Industrial Arts program. Schools were asked to encourage the community and schools to visit the home show to vote for their school's project.

### Craftsmanship Award

Agri-City Insurance is sponsoring a \$250 award for Craftsmanship. The winner will be selected by individuals on the home show committee.



### Participating Schools

Clarkson

Clearwater

Columbus Lakeview

Humphrey Public

Neligh-Oakdale

O'Neill

Plainview

Ponca Public Schools

Twin River

Stanton

West Point Beemer

Winside

# 2016/17 School Calendar

August 2016						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Aug 11, 12, 15 Teacher Workdays  
Aug 16 First Day of School

September 2016						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sep 5 NO SCHOOL Labor Day  
Sep 28 NO SCHOOL Teacher In-Service

October 2016						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Oct 28 NO SCHOOL Fall Break

November 2016						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Nov 23-25 NO SCHOOL - Thanksgiving

December 2016						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Dec 21 NO Elementary -  
Last Day of 1st semester  
Dec 22-31 NO SCHOOL - Winter Break

January 2017						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Jan 1-2 NO SCHOOL Winter Break  
Jan 3 - NO SCHOOL - Teacher In-Service  
Jan 4 First Day of 2nd Semester

February 2017						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Feb 10 - NO SCHOOL Teacher In-Service

March 2017						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Mar 3, 6 NO SCHOOL Spring Break

April 2017						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Apr 14, 17 NO SCHOOL Easter Break

May 2017						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

May 17 NO ELEM  
May 18 Last Day of School  
May 19 Teacher Workday

June 2017						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

1st Semester - 86 days  
2nd Semester - 92 days  
Teacher Days - 185 days

July 2017						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Federal holidays 2016/17

Sep 5, 2016	Labor Day	Nov 24, 2016	Thanksgiving Day	Jan 1, 2017	New Year's Day	Feb 20, 2017	Presidents Day
Oct 10, 2016	Columbus Day	Dec 25, 2016	Christmas Day	Jan 2, 2017	New Year's Day (obs.)	May 29, 2017	Memorial Day
Nov 11, 2016	Veterans Day	Dec 26, 2016	Christmas Day (obs.)	Jan 16, 2017	Martin Luther King Day	Jul 4, 2017	Independence Day

# MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	1	2	3	4	5
		Breakfast-French Toast/Sausage Lunch- Spaghetti	Breakfast- Hot Pockets Lunch- BKF For Lunch	Breakfast- Ham Egg Croissants Lunch- Taco Salad	NO SCHOOL	
6	7	8	9	10	11	12
	Breakfast- BKF Pizza Bagel Lunch- Hamburgers	Breakfast- Egg Sausage Biscuit Lunch- Beef Pizza	Breakfast- Donuts Lunch- Meatball Sub	Breakfast- BKF Roller Dogs Lunch- Oriental Chicken	NO SCHOOL	
13	14	15	16	17	18	19
Daylight Saving	Breakfast- Strawberry Bagel Lunch- Chicken Fried Steak	Breakfast- BKF Burrito Lunch- Chili	Breakfast- Ham Egg English Muffin Lunch- Sub Sandwich	Breakfast- Bacon Pizza Lunch- Chicken Fajita	Breakfast- Clarkson Bakery Lunch- Cheese Pizza	
20	21	22	23	24	25	26
Vernal equinox	Breakfast- Sausage Egg Bagel Lunch- BBQ Pork	Breakfast- Bisucits and Gravy Lunch- Salisbury Steak	Breakfast- BKF Combo Lunch- Fried Chicken	Breakfast- Pancake Sausage Stick Lunch- Chicken Tacos	Good Friday NO SCHOOL	
27	28	29	30	31	1	2
Easter	NO SCHOOL	Breakfast - BKF Tornado's Lunch- Fiesta Pizza	Breakfast- BKF Pizza Lunch- Philly Cheese Steak	Breakfast- Muffins Lunch- Chicken Patty	April Fool's Day	
3	4	February 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29		April 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		

<http://www.vertex42.com/calendars/printable-calendars.html>



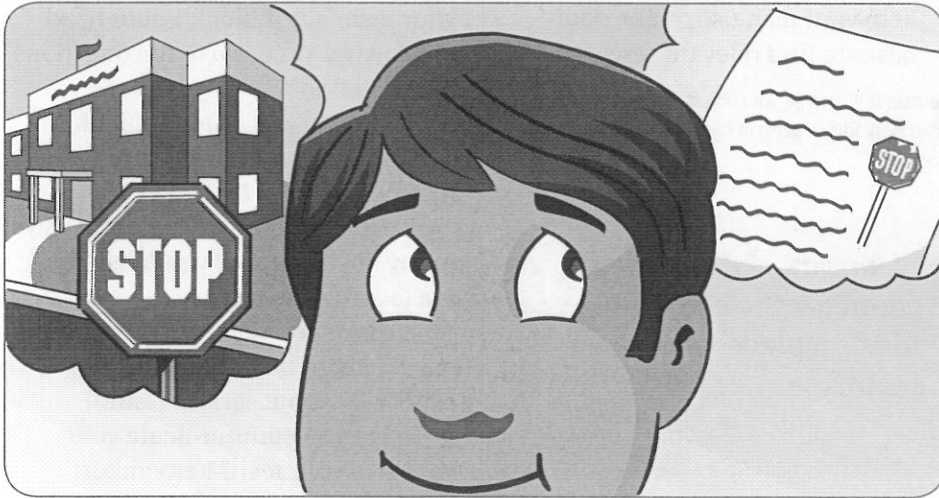
# Calendar Events March 2016

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 H A District DJ Contest at Plate ECC LA meeting 7:00 pm in Leigh	2	3 NSAA Girls State BB Tournament	4 NOSCHOOL - Spring Break NSAA Girls State BB Tournament	5 NSAA Girls State BB Tournament
6	7	8	9 Superintendents Meeting at West Point-Beemer NOSCHOOL CLASSES - Teacher workshop	10 End of 3rd Quarter NSAA Boys State BB Tournament NIDE SPED meeting 10:00 am.	11 NOSCHOOL - Spring Break NSAA Boy's State BB Tournament	12 NSAA Boys State BB Tournament
13	14 School Board Meeting	15	16 Districts Speech Meet at Hartington	17	18 PreK-12 teacher meeting 7:45 am. Fire Drill	19
20	21 EHC Quiz bowl 5:00 in Pender	22	23 Spring Activity Pictures and PreK - 6 Spring Pictures CCC Career Fair for 8th graders	24 Newsletter article deadline	25 NOSCHOOL - Easter Break	26
27	28 NOSCHOOL - Easter Break	29 HS Track Invite 1:00 at Stanton	30 K-8 assembly 10:30-11:15 NCC Academic Contest	31 NCC Real World Money in Norfolk for 7th & 8th graders		

# High School Parents<sup>®</sup>

Title I Program  
Educational Service Unit #7

*still make the difference!*



## High school students must learn how to think critically

According to a recent survey of college professors, today's high school graduates are not prepared for the expectations they'll face in college. A lack of critical thinking skills is cited as one of the reasons.

Of the instructors surveyed, 82 percent found that less than half of their students had the critical thinking skills they needed to be successful.

In schools, teachers are focusing more on deeper learning and critical thinking. This means your teen will not only have to call up a fact—but also understand how that fact relates to other ideas.

To support your teen's developing thinking skills:

- **Challenge him to form opinions** and defend them. For example, if your teen thinks there should be

a stop sign in front of the school, ask him why he feels that way. Then encourage him to write a letter to local authorities outlining his ideas.

- **Help him see other sides** of an issue. Say, "I understand why *you* feel that way. But there are other people who might say ..."
- **Give him the reasons** behind the limits you have set. For example, studies show that more teens are injured in car accidents after midnight. What a great reason to establish a curfew before then!
- **Talk about the advertisements** when you're watching TV. How are they trying to persuade viewers? Are they effective?

**Source:** D. Schaffhauser, "Survey: Most Profs Find HS Grads Unready for College or Work," Campus Technology, [niswc.com/high\\_critical](http://niswc.com/high_critical).

## Studying can be fun with a twisting game!



Keep your teen active and make memorizing facts fun with a game.

All she needs is a set of colored index cards.

On one color (yellow) your teen should write down a word, date or key concept. On another color (blue), she should write the corresponding information. Then, have her spread the cards faceup on the floor in rows of four and get ready to twist.

Have your teen put her left foot on a yellow card and her right foot on the blue card with the correct information.

Without moving her feet, she should place her left hand on another yellow card and her right hand on its corresponding blue card.

Have her keep her hands in place and repeat the process, placing her left foot on another yellow card and her right foot on the matching blue one.

When your teen sees the questions on the test, she may just remember how she twisted herself to find the answer!

**Source:** A. Crossman, *Study Smart, Study Less*, Ten Speed Press.

# Teach your teen how to show respect at home and at school



Teenagers spend a lot of time speaking to their friends. They often use slang and joke around with one another. And more often than not, they slip into this habit when speaking to teachers or other adults—not realizing that they are being disrespectful.

Talk to your teen about the importance of being respectful to others. Explain what respectful behavior looks like. She can show respect through:

- **The way she speaks.** Your teen should speak slowly, clearly and calmly. She should also address people properly by saying, “Good morning, Mr. Jones” or using their titles, such as “Yes, Officer.” And of course, using the magic words—

*please* and *thank you*—is always a great way to show respect.

- **Her body language.** When your teen smiles, nods and makes eye contact, she is showing people that she respects them. She should also sit or stand up straight and avoid crossing her arms or rolling her eyes.
- **Her overall attitude.** By not interrupting others, your teen is also showing respect. She should keep her cool even when she disagrees with what someone is saying. Consideration for another’s thoughts and beliefs—even if they differ from her own—is a big sign of respect.

If your teen uses these methods to show respect, she’ll be respected in turn by her teachers, fellow students, friends and family.

# The SWOT method helps teens think ahead and solve problems



It can be tough for teens to plan ahead and solve problems—their brains aren’t fully developed yet. But you can help by teaching your teen a four-step process called SWOT Analysis.

When your teen faces a challenge or problem, encourage him to think about his:

- S Strengths.** He should ask himself, “What do I do well?” Considering his own strengths will help your teen feel empowered and capable of tackling the problem.
- W Weaknesses.** Taking a look at his weaknesses will help your teen head off problems before they get worse. For example, if your teen

knows he tends to put things off until the last minute, he can create a plan to help him stay on task.

- O Opportunities.** Teens are more likely to carry out a plan if they can see what lies ahead. “If I get my research paper done before the weekend, I’ll be able to go to Austin’s party on Saturday. Otherwise, I’ll have to study and miss the party.”
- T Threats.** There are always obstacles that threaten progress. It helps to think about these obstacles before they occur. “I’ll turn off my cell phone so I can concentrate on writing the paper. I’ll text my friends when I’m finished.”

Source: “SWOT Analysis,” MindTools, [nswc.com/high\\_swot](http://nswc.com/high_swot).

**Q:** My son is a junior and he doesn’t have any idea about what he might like to do after high school. Many of his friends seem to have a pretty good idea of what type of job they want to prepare for. How can I help him begin to focus his thinking?

## Questions & Answers

**A:** Choosing a career is a big decision. So starting early is a good idea. To help your son focus, ask a few questions:

- **What subjects** does your son enjoy in school? They may give him some ideas of the types of jobs he’d like to explore.
- **What does he like to do** in his spare time? Does he like to read? Work with his hands? Spend time outdoors? Does he prefer to be with a group of friends or is he happier spending time with one or two people?
- **Can he get experience?** Could he spend a day or two shadowing someone in a career that interests him? If he thinks he might be interested in a medical career, could he volunteer at a hospital?

Be sure to ask the school about resources, too. The school guidance counselor may be able to give your teen a career test to help him narrow down his choices. A counselor should also be able to help your son determine what type of degree or training he will need to achieve his career goals.

And remember, don’t push your teen in a direction just because it’s something you always wanted to do. Your job will be to guide him toward *his* future—not one you are imagining.

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