

PARTNERING WITH HIGH SCHOOL FAMILIES

Actively partnering with high school families can significantly boost students' success, which leads to better academic performance, college readiness, and mental well-being. When families stay engaged—whether in person or from home—students are more likely to stay motivated, plan for their futures, and learn essential life skills.

ATTENDANCE

Importance of Attendance

Explain how chronic absenteeism can reduce scholarship opportunities and hinder students from completing required credits.

Addressing Tardiness Remind families that punctuality is a life skill.

Encourage discussions about how arriving late to class mirrors workplace expectations, reinforcing the importance of professionalism.

Clarify School Policies Many high schools have strict attendance policies. Encourage families to stay informed about their students' attendance and how it can affect graduation requirements.

FAMILY ENGAGEMENT & COMMUNICATION

Career and College Conversations

Suggest that families talk regularly with students about their post-graduation plans, whether college, technical school, military service, or workforce entry.

Support Independence

While high schoolers desire independence, parental involvement is still essential. Parents should continue to offer guidance and structure.

Use Technology Wisely

Recommend using digital planning tools for tracking assignments, scholarship deadlines, and college applications.

SLEEP & WELL-BEING

Educate on Sleep's Impact

Teens often sacrifice sleep for homework, social media, or jobs. Reinforce the importance of getting 8-10 hours of sleep to increase focus and academic performance.

Promote Stress Management Techniques

High school can be stressful. Families can help by encouraging activities that manage stress and discussing healthy coping strategies.

ADDRESSING ANXIETY AND EMOTIONAL SUPPORT

Recognizing Burnout

The stress of academics and social situations can lead to student burnout. Encourage families to check in with their teens in a supportive manner, creating a space for open conversation.

Mental Health Resources

Families should know how to reach school counselors, find community-based support programs, and advocate for their students' mental health needs.

GENERAL TIPS FOR HIGH SCHOOL SUCCESS

Emphasize Time Management and Life Skills

High school is the bridge to adulthood. Encourage families to teach essential life skills like budgeting, organization, and self-discipline.

Limit Social Media Before Exams

Digital distractions can hinder focus. Suggest creating tech-free student zones or scheduled downtime for better learning.

Encourage Meaningful Extracurriculars

Participating in school activities enriches college applications, builds skills, and fosters social connections.