

What can you do as a Parent?

- Have an ongoing dialog as to what your grade expectations are for your student and know what they expect of themselves.
 - Example: Do you expect a 90% or a 99%? What does your child expect?
 - Senior quote: "Your GPA or grades do not define you."
- Help your child organize their due dates with a planner, calendar, phone alerts, etc.
 - Senior quotes: "Planners are your best friend!" "Study early"
 - Help your child with time management. If you know your child has an upcoming test, remind them to study. Maybe offer to study with them. If you know your family is going to a cookout on Thursday night, make sure your child knows of the event in advance.
- If a teacher uses "Remind" to send out text message reminders to their students, then you sign up too. However, be prepared to receive ALL of the alerts.
- Make sure your child has few, if any absences. If you have doctor's appointments that can't be avoided, try to schedule them at different times of the day so your child is not always missing 1st period or 7th period. **Zero Hour** is a wonderful option for doctor's appointments.
- Communicate with your child's teachers. Sending an email with a couple of short questions for the teacher is best. If you keep the email short, you are more likely to get a timely response.
 - Example: Does Sarah seem to be doing OK in your class? Do you have any concerns about Sarah I should know about?
- Keep up with grades through HAC
- Help your child develop FOCUSED study skills
 - Provide a quiet place
- Protect them from themselves!
 - Try to keep them from overextending themselves in too many clubs, activities, and extracurricular events. They don't have to be the president of all of them.
 - Senior quote: "Don't feel pressured to take all APs. Pick the ones you like." "
 - Help them reach BALANCE in their lives. They are driven and have very high goals, but they are still children and should have some down time.
 - Senior quote: "Take it easy on yourself. Your mental health is important!"
 - Encouragement!
 - Senior Quote: "Expect stress but learn how to overcome"
 - Make them SLEEP and rest when they can.
 - Melissa Elliott (AP Coordinator) is a wonderful counselor for advice and stressed students. However, please encourage students to also communicate with their AP teachers about struggles. Together, we can make this a wonderful yet challenging educational experience!