

Help your student have a great freshman year. These ten tips are sure to put your teen on the path to success this year—and for years to come!



1. Know that everything "counts."

All of your child's ninth grade courses, grades, and credits will be on their high school transcript. Make sure your child understands the importance of working hard this year.



2. Be informed and involved.

Attend school programs and activities. You'll learn valuable information and your child will see that their education is important to you.



3. Encourage involvement.

Studies show that students who are involved in extracurricular activities enjoy school more and get better grades. Encourage your teen to be involved in one or more activities.



4. Require daily attendance.

Attendance is the #1 school success factor. Insist that your teen be in school on time every day.



5. Monitor progress.

See all midterm reports and report cards. *Do not just assume that someone will contact you if there's a problem*.



6. Unplug during family times.

Insist that all devices be turned off and put away during dinner and other family times.



7. Be in the know.

When your child leaves the house, know who they are going to be with, where they are going, and what they'll be doing. Require your child to check in often.



8. Talk about peer pressure.

Make sure your teen knows that they don't need to change to be liked. Devise a plan and have a phrase your child can use to navigate out of a difficult situation.



9. Communicate with your child. Be available to listen when your child wants to talk. Find times when your teen is most likely to be open to conversation (e.g., after getting home from school, before going to bed).



10. Discuss education options.

Encourage your child to plan on continuing their education after high school—and talk about how doing well in school will give your teen more career and college options.

Helping your child have a successful year doesn't require doing extraordinary things. It's the little things you do each day that provide the guidance and support they need.