PARENT NEWSLETTER

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Linda O’Brien offers up parent suggestion as well as information for students in her pamphlet, “How to Get Good Grades in Ten Easy Steps.” Some of her ideas for parents are:

Be aware of what not to do:

* Don’t nag about school or grades. Your child will tune you out.
* Don’t allow your child to miss school unless s/he is truly ill. You send the message that school isn’t important.
* Don’t criticize a teacher in front of your child. If they think you have no respect for the teacher, neither will they.
* Don’t make you child’s failures (or successes) your own. Your child may see getting poor grades as a way to rebel.
* Don’t have expectations that are unrealistic. If your child knows that your expectations can’t be met, s/he may not even try.

Many of life’s failures are people who did not realize how close they were to success when they gave up.---*Thomas Edison*

Here are the last four job listings for the ten hottest careers available in 2017 when your students graduate:

**Fitness Trainers and Aerobics Instructors**

Ten hottest careers rank: 7 Salary Range: $16,120 — $60,760+

The need for fitness trainers and aerobics instructors is projected to increase by 29 percent from 2008 to 2018. Fitness trainers and aerobics instructors lead individuals and groups in various exercise activities. Helping clients assess their level of physical fitness and achieve fitness goals are the typical responsibilities.

**Database Administrators**

Ten hottest careers rank: 8 Salary Range: $41,000 — $104,070+

Careers as database administrators are projected to increase by 30 percent by the year 2018. Database administrators typically work with database management systems software to effectively extract data and present that data in an understandable fashion. The database administrator is responsible for understanding every facet of the organization's database system including: performance, modification, security and the platform on which the system is running.

**Veterinary Technologists and Technicians**

Ten hottest careers rank: 9 Salary Range: $19,770 — $41,490+

The veterinary technologist and technician career field is expected to grow by 36 percent by the year 2018. State-of-the-art veterinary care is expected by many owners of pets and other animals. To provide this service, veterinary technologists and technicians typically perform medical tests, and treat and diagnose medical conditions in animals. Some veterinary technologists and technicians find opportunities in wildlife medicine, livestock management, pharmaceutical sales or biomedical research.

**Dental Hygienists**

Ten hottest careers rank: 10 Salary Range: $44,000 — $91,000+

Opportunities in the dental hygienist career field are projected to increase by 36 percent by 2018. Dental hygienists help patients develop and maintain good oral health by examining patients' gums and teeth, remove deposits from teeth, take and develop dental x-rays, explain the relationship between diet and oral health, inform patients how to select appropriate toothbrushes and floss, and more. Dental hygienists are trained to use handheld, rotary instruments used to clean and polish teeth, as well as syringes with needles to administer local anesthetics.

Source: BLS Occupational Employment Statistics.

Sean Covey’s Second Habit for Highly Effective Teens is to begin with the end in mind. Basically, he is talking about goal setting. Here are a few suggestions based on his book.

Once your child has set a goal:

* **Consider the cost of achieving the goal.** Is your student willing to give up time with friends to study more when taking advanced placement classes or honors classes? Will he or she be willing to make time for an internship or job shadowing? Would they be able to keep up good grades if they take on a job?
* **Write it down.** It has been said, “A goal not written is only a wish.” Help your student write their goals down. Maybe it is a short-term desire, like getting an A or B on a test. Perhaps the goal is teaching Fido a new trick. When they are looking forward, they might even say they want to be a doctor when they grow up. Write it down. Then help them write some steps they can take to reach that goal.
* **Just do it!** If your student is truly committed to a goal, they will always find a way to make it happen. If they are determined to teach Fido to roll over, they must work at it every day, until they are successful. As Yoda would say, “Do or do not. There is no try.”
* **Use momentous moments.** There is momentum and power in change. If you are moving, it could be an end to a neighborhood or school, but also an opportunity to make new friends in a new place. Just as we make New Year’s resolutions, we can teach our children to make new lists of positives related to new ideas.
* **Rope up.** Basically, this translates to “tying” yourself to someone else who will help and support you. Encourage your child to work with someone who will help keep them accountable. If two people agree to get together three times a week to work out, then they tend to show up and support one another. Each one holds the other one accountable.

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[**http://disney.wikia.com/wiki/Yoda/Gallery?file=Star\_wars\_yoda.jpg**](http://disney.wikia.com/wiki/Yoda/Gallery?file=Star_wars_yoda.jpg)

**Helping your child cope with anger issues.**

If your child is angry all the time or has trouble with angry outbursts, you might want to offer these helpful suggestions. If none of these suggestions appear to be working, be sure to consult with trained professionals, such as doctors or counselors.

* Encourage your student to engage in a strenuous workout.
* Will listening to music help to soothe them?
* Have them write about their feelings in a journal.
* Perhaps it would help to write a letter to the person they are angry with. Help them decide if they should actually send a letter or e-mail, or if it is better to simply write it and then tear it up.
* Role play with them about how to calmly disagree with someone they are angry with. Start with saying something like, “I disagree with that,” rather than “You are so totally wrong!”
* Help you child learn to recognize when they are getting angry. Help them to learn to diffuse themselves, perhaps by deep breathing.
* Teach your child to think about what the other person is feeling and why that might be. Are they listening to what the other person said? Can they understand someone else’s perspective?
* Work with your child to understand if this issues is something worth getting angry about?
* Allow them to vent to you. Perhaps they just want someone to listen, not to do anything about it, but just to hear what they have to say.

Except from Mosatche, Harriet S. and Karen Unger. *Where Should I Sit at Lunch? The Ultimate 24/7 Guide to Surviving the High School Years.*  New York: McGraw Hill, 2006. Print.