Thank-you notes
National PTA Teacher Appreciation Week is celebrated May 1–7, 2005. Call or write a note to teachers and staff members who have gone out of their way to help your child. Let them know how much their efforts have meant to you and your teen.

Word wise
Did you know there’s an easy way for your high schooler to beef up her vocabulary and spelling skills? SuperKids Vocabulary Builders offers Hangman puzzles, a word of the day, and even a make-your-own word scramble. Visit www.superkids.com/aweb/tools/words.

Parents at play
Moms and dads can become overwhelmed while dealing with work and day-to-day parenting issues. Remember to take time out for yourself. Doing something you enjoy, like meeting a friend for lunch, will make you feel better—and help you be a better parent.

Worth quoting
“I never failed once. It just happened to be a 2,000-step process.”
—Thomas Edison

Just for fun
Q: What stays in the corner but travels the world?
A: A postage stamp.

Beating summer boredom
While almost every student looks forward to summer, the inevitable “I’m bored” is sure to be heard.

Your high schooler can keep her mind engaged while school’s out with a little advance planning. Share these ideas with your teenager.

Make a wish list
Chances are your child may like to try something different this summer. Suggest that she make a “boredom busters” list of free or inexpensive ideas. For example, she could set a goal for herself, such as running a mile each day, or learn a new skill, like playing the guitar.

Focus on family
Enlist your teenager to teach younger siblings how to throw a ball or play croquet. Or ask him to help create summer fun with a scavenger hunt, a neighborhood softball game, or a backyard campout. Your high schooler might also enjoy planning outings with family members. Examples: taking his grandparent to an outdoor concert, going on a hike with his cousins.

Assign special projects
Ask your high schooler to be the family photographer, and assign her the task of making a summer scrapbook. Or suggest that she organize a garage sale, and let her keep a portion of the proceeds. She could even do some research and plant a flower garden.

College prep
If you have a college-bound senior, now is the time to start preparing for his departure. Beyond attending college orientation meetings, parents and students should also:

- Review the financial aid package. Ask the aid office how funds will be distributed. Check on due dates for tuition, room and board, and other fees.
- Call university housing or visit the college’s Web site for a list of items to take. Ask about room dimensions and whether mattresses require long or extra-long sheets. Talk with roommates about who will supply shared items (rugs, dishes, a refrigerator).
- Schedule medical appointments for required health forms.

Editor’s Note: For more suggestions, read Polly Berent’s book, Getting Ready for College: Everything You Need to Know Before You Go.
Wanted: Terrific teen resumés

If your high schooler is applying for a job or an internship, he may need to create his first resumé. What should a resumé look like for someone who’s short on experience but full of enthusiasm?

Resumés can have a variety of formats. The following basic set of sections works well for almost any job. (Tip: In each section, list important items first—those that will make the biggest impression or relate most to the job.)

Objective: job title or description of the kind of job you’re seeking (“state park nature guide”).

Experience: job experience, volunteer work, and leadership positions in extracurricular activities. When describing work, use action words. Examples: “Coordinated student cleanup crew for home basketball games”; “Researched affordable advertising for local business.”

Education: current high school, relevant courses, and grade point average (if 3.0 or above).

Other Skills and Information: club and association memberships, computer skills, fluency in foreign languages, and awards.

Note: For more resumé help, visit the teen-geared Web site SnagAJob.com at http://snagajob.com/resources/resumes.asp.

Q & A

Teen body image

Q Now that summer’s coming, my daughter is anxious about wearing a bathing suit. How can I help her feel more comfortable with her body and like herself the way she is?

A Teenagers often compare themselves to others and wonder if they’re “normal.” Explain to your daughter that adolescence is a time when bodies change quickly. And how she feels about her body may change over time.

Suggest that every time your middle grader looks in the mirror, she find at least one positive thing about herself. Examples: how pretty her eyes are, how much she likes her smile.

Offer to help her look for a swimsuit that’s flattering, but at the same time, encourage your daughter to focus on being healthy. Eating well and exercising can make her strong, improve her mood, and build her confidence.

End-of-year exams

Final exams are almost here. Your high schooler can exit the school year on a good note with these simple preparation strategies.

One week before exam time:

▲ Find out what the exam will cover.
▲ Ask what the format will be (essay, multiple choice, true or false).
▲ If having a partner motivates you, find a study buddy.
▲ Make a plan of when and what to study.

During study sessions:

▲ Do a quick review of last session’s information.
▲ Go from broad to narrow. Start with chapter headings and subheadings, and then dig into details.
▲ Show what you know by asking questions, figuring problems, or creating charts and timelines.
▲ Pinpoint weak areas for further review.

The night before:

▲ Review your notes and textbook, especially information you’ve had trouble learning.
▲ Do something relaxing to ease your mind.