



# Shaw Guidance Gram

December 16, 2008

## **Holiday Break**

Students will be on break from December 22 – Jan 5. School will resume for the second term on January 6 at 7:45.

## **Report Cards**

Report cards will be distributed on Wednesday, January 7. If for some unknown, unexplainable reason your child does not have a report card Wednesday afternoon, contact your child's guidance counselor and another report card will be provided. ☺

## **Credits Required for Promotion**

Students will have a chance to earn four credits each term, equaling 8 credits per year. Knowing the credit requirements to advance to the next grade level is important. The following are the number of credits that a student must earn before promotion to the next grade level will be granted at the end of each school year:

- 10<sup>th</sup> Grade – 6 credits must be earned
- 11<sup>th</sup> Grade – 13 credits must be earned
- 12<sup>th</sup> Grade – 21 credits must be earned

If you are unsure of how many credits your child has currently earned, contact the guidance department at 569-3638 and request to speak to your child's guidance counselor. This information is easy to obtain and may keep you from receiving unexpected news at the end of the school year.

**Did you know....The most effective way to cope with change is to help create it.**

## Useful Websites

Here are some websites that deserve a look.

[www.usatestprep.com](http://www.usatestprep.com) This is a web site to help students pass the graduation test and the end-of-course tests. You will have access to the English, math, science and social studies sections. Contact your child's grade level counselor for the user name and password.

[www.GaCollege411.org](http://www.GaCollege411.org) – This web site is very informative. Last year, all students created their own account. If your child is in their second year at Shaw, they should use their established account. New students will need to create an account before they begin. At this site, you can take career assessments, plan your high school curriculum, apply for admission to colleges, and apply for financial aid. Seniors can go to this site to see where they stand in reference to the HOPE scholarship. If you are creating an account for your child, remember to create a user name and password that will be remembered by both of you. ☺

## Stress Producers for Teens

Here are the top stress producers for teens (not in any particular order):

- Failing an exam*
- Physical appearance*
- Judgment or evaluation by others*
- Unrealistic classroom demands*
- The future*
- Problems with peers*
- Problems with a boyfriend or girlfriend*
- Any situation that threatens self-esteem*
- Disagreements with parents (adults)*

Now that you know the major stressors, what do you do? Whew! Just remember you made it through the barrage of concerns and learned from it and they will as well. Teens tend to do better when they can isolate the concern and hear a rational explanation for the problem. Over the next few editions, these stressors will be discussed along with recommendations of how to help you help your teen through their concerns.

This edition will address **disagreements with parents (adults)**.

During adolescence, teens may find it hard to talk openly and honestly with parents. Sometimes, in trying to separate from you, your teen may end up disagreeing, rebelling, and clashing more than ever before. It is a natural process of growth when teens want to speak openly on certain issues; however, at times

they may be afraid they are going to upset you (parents). Much of the time, what could be a relaxed conversation, typically ends up turning into a yelling match. These types of arguments leave both teens and parents (adults) feeling frustrated and misunderstood.

How can you be heard and have each of you actually listen to what is being said?

- *Keep conversations as specific as possible, stick to one issue at a time.*
- *Listen to each others' point of view. Hear what your teen is saying before jumping into the conversation. It may be helpful to repeat back what you hear them say. This will clarify the message so both of you clearly understand the content of the conversation. A lot of times the two of you are saying the same thing, but not hearing it.*

There may be times when your child is listening to you, and suggests ideas or opinions in which you may disagree. While it is in your right to disagree, doing so in a respectful way keeps the door open for future discussions (remember... when we were teens, we wanted respect even though we didn't always deserve it). Below are a few ways to disagree while being respectful:

- *Avoid putting down your child's ideas and beliefs. Instead of saying, "That's a stupid idea," say, "I don't agree, and here's why."*
- *Listen to the other point of view. Doing so makes it more likely that your child will listen to you and may start to consider respecting your view.*

With new situations come difficult decisions, and you may need to talk to your child about how you are feeling and what you are thinking. Such issues like dating, driving, and peer-pressure can be difficult to talk about. Do not let this deter you from discussing your concern. Teens do want their parents' input and advice, but not demands. Here is something to remember:

- *Let them know directly there is something you'd like to discuss. To be sure you have their full attention, be direct in your language. Say, "There is something important I want to talk to you about," instead of, "Hey, when you have a moment I would like to talk." Of course, if the issue you have is an emergency, you'll need to address your concern quickly.*
- *Write it down. Some find it easier to put their ideas into a letter. Let your child read it and then have your discussion.*

While it seems tough right now to communicate with your child, chances are it will get better in time; maturity tends to help both sides of the conversation. ☺

### **A Quote worth Remembering**

“Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.” Marcus Antonius

The Guidance Gram will be sent at various times with news from Shaw High School’s Guidance Department. If at any time you would like to stop receiving the Guidance Gram, just send an e-mail to [shawguidancegram@mcsdga.net](mailto:shawguidancegram@mcsdga.net) and request your name to be removed from the e-mail list.

Shaw High School’s Guidance Program is a developmental and comprehensive program that is considered an integral part of Shaw’s “total school” program. The guidance and counseling services are designed to help a diversified and multicultural student population set realistic academic, career, and personal goals to achieve independence and responsibility in learning.

Shaw’s Guidance Department is comprised of four counselors. The following is the names of each grade level counselor:

Darlene Register – 12<sup>th</sup> grade (Guidance Director)

Altheia Butler – 11<sup>th</sup> grade

Dr. Daniel Anders – 10<sup>th</sup> grade

Terry White – Graduation Coach

