THE PATERNAL PROFESSOR

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Setting the Stage for High School - A Summer Checklist for Parents

- [ ] **Start shifting bedtime now.**
  A consistent sleep schedule is much easier to establish in August than during the first week of school.

- [ ] **Practice independence.**
  Encourage your teen to manage their own alarm, pack their backpack, and keep track of their own responsibilities before school begins.

- [ ] **Talk about relationships—not just grades.**
  Remind your teen that teachers are people. Respect, curiosity, and kindness often open more doors than grades alone.

- [ ] **Encourage them to introduce themselves and ask questions.**
  A simple "Hi, I'm looking forward to your class" can make a lasting first impression and reduce first-day anxiety. Encourage your teen to ask questions at restaurants, stores, church, or other everyday situations so speaking up in class feels natural.

- [ ] **Set expectations for phones, screen time and headphones**
  Talk about when phones should be put away and how being fully present shows respect for teachers and classmates.

- [ ] **Help them set one goal beyond grades.**
  Instead of only asking, "What GPA do you want?"
  Ask, "What kind of person do you want to become this year?"

- [ ] **Celebrate effort from Day One.**
  High school is a marathon, not a sprint. Praise consistency, resilience, kindness, and growth—not just report cards.

- [ ] **Set up a study area that your student can call their own and have your student set it up. Having a dedicated place to focus that is quiet, with necessary supplies can do wonders for investment in studying.**

🎯 Your challenge before school begins
□ Visit the school if possible.
□ Have one conversation about teachers and first impressions.
□ Help your teen choose one personal goal for the year.
□ Reinforce the idea that success isn't about being perfect—it's about showing up every day ready to learn and grow.