

# The High School Shift

## (and What Really Matters) in the Teen Years

Presented by Abby Banks

### *The Parent Shift*

**(Your Role Changes)**

- from teacher to mentor
- from control to coaching
- from managing everything to building autonomy

**You don't lose influence - you change influence.**

### *The Academic Shift*

**(How High School Actually Works)**

**How can you keep your teen accountable for their work, yet encourage independence?**

- PA graduation requirements
  - Four years of English
  - Three years of mathematics
  - Three years of science
  - Three years of social studies
  - Two years of arts and humanities

In addition, at some point in grades 7 through 12, "...the following courses shall be taught..."

- English, to include language, literature, speech and composition;
  - mathematics, to include general mathematics, algebra and geometry;
  - science;
  - social studies, to include civics, world history, history of the United States and Pennsylvania; geography;
  - art; music;
  - physical education; health; and safety education, including regular and continuous instruction in the dangers and prevention of fires.
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- Customize the high school years to fit your teen & their future goals
    - 990 hours OR 180 days
    - dual enrollment
    - apprenticeships / internships
    - OR bare minimum to graduate
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- Documentation matters
    - Portfolios
    - Transcripts - [4onemore.com/transcript](http://4onemore.com/transcript)
    - PA diploma through evaluation process
    - Task your teens with record keeping in high school

## The Teen Development Shift

### (What's Really Happening)

Executive function skills must be taught

- time management
- organization
- planning & prioritizing
- adjusting to new situations
- problem-solving

### How to teach these skills to teens

- ask questions like “what is your plan for this assignment” and talk it through with them
- show them how to use digital or paper planners
- demonstrate how to break large, overwhelming projects into smaller, manageable steps
- lead by example (to-do lists, managing time)
- establish daily, consistent routines to reduce decision fatigue
- create designated, organized, distraction-free workspace
- teach teens to start tasks by identifying the very first step
- use checklists for routine, repetitive tasks

### Motivation > Curriculum

- interest-led learning increases engagement
- help them get a vision for their future and make a plan *with them* to get them there
- faith & worldview get tested
- mistakes are a normal part of growing

## The Future Shift

### (Redefining Success)

**You're preparing an adult, not merely producing a transcript.**

- College isn't the only path
  - check out HWM Podcast episode 332 with Hannah Maruyama of Degree Free
- Life skills are academic
  - personal finance
  - entrepreneurship
  - the trades



*it's worth it!*

gradual independence

increased responsibility

high expectations