

Parents of High School Seniors

JANUARY - MARCH TO-DOS

At Private Prep, our diverse team of tutors and experts cover a wide range of academic needs at the high school level. We've compiled their advice into a single to-do list to help you manage the middle of the school year and plan for the future without getting overwhelmed or burned out.

PARENTS OF SENIORS

With standardized tests wrapped up, college applications submitted, and the push for a stellar resume mostly complete, students often want to kick back and succumb to "senioritis." It's understandable to indulge in some relaxation after months of pressure. Encourage your student to stay on track and make the rest of the year productive and healthy with these ideas.

- Celebrate the work. While you wait for admissions decisions to arrive, set a tone of pride and accomplishment over what your child has already achieved. Employ a "process over results" attitude by rewarding your student for completing their applications.
 - Take a vacation or otherwise designate downtime for rest and recovery.
 - Acknowledge the random nature of college admissions.
 - Start considering some gentle conversations about un-linking personal value and self-esteem from admissions decisions.
- Embolden your child to see school as a place for fun, engaged learning and exploration now that the pressure is off. Remind your senior that these are the final months of high school forever, and to take advantage of it rather than withering into a Netflix couch potato.
 - Make a bucket list of high-school specific dreams together.
 - Write a list of your child's favorite parts about high school.
- Inspire independence by shifting some self-care responsibilities—think laundry, basic meal prep, and scheduling—to your child, who will need these "survival skills" at college. It's low risk should they fail now and a good chance to build some character!
 - Add day-to-day responsibilities to your senior's schedule.

INTERNATIONAL STUDENTS

- ESL families, ensure that your student's English language skills will be ready for the academic rigor of American universities by encouraging your child to read books and the news in English, and to write about the themes discussed in the reading. To reinforce conversational skills, watch movies, TV, and YouTube with English audio and subtitles.

SENIORS

- Congratulations on finishing college applications! Check your email regularly to make sure all your materials have been submitted successfully to your Regular Decision colleges.
- Avoid burnout by deliberately scheduling rest, recovery, and vacation on your calendar now. For each class and extracurricular, write down what you love about it. Why would it be rewarding and fun to continue to participate and excel for the next few months?
- Take stock of anywhere you have fallen behind during your application crunch. Meet with teachers to make a plan to finish the year successfully.
- If you aren't already managing your schedule, make it a goal to do so this semester. It's essential to practice managing your time and responsibilities before you go to college.
- Create a bucket list that motivates you to create memories and spend time with classmates and teachers during the remainder of high school. Remember, these are your final months of high school—forever. Netflix will always be there, but this is your last opportunity to fully engage with your high school community. You have come this far—finish strong.

Now is a great time to work with our College Transitions team to start preparing your student for one of the biggest transitions in life. We are here to help ensure that you and your student are supported, so don't hesitate to contact us if you have questions or need guidance preparing for this change.

CONTACT US

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