

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
 - 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