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**Strategies for helping high schoolers
EMERGE SUCCESSFULLY
from the COVID cocoon:**

1. Reflect. Chances are there is going to be some amount of distance learning this fall. So reflect on this past spring.

- a. Discuss with your child what worked. What didn't? What do we need to change?
- b. Be proactive and reach out to the school for a list of changes before classes start (temperature checks, masks, limited space, multiple bus routes, gym class, etc.)
- c. Also, ask for the teacher's names, the size of the student's class, and a detailed schedule of the first week.
- d. Reach out to coaches if your child plays a sport.

2. Together, discuss and set goals for the semester.

- a. Help your child identify a few short- or long-term goals and write down steps and a timeline to achieve the goals.
- b. Talk about your own short- and long-term goals with your child, as well as what you do when you encounter obstacles
- c. Celebrate with your child when they achieve a goal.

3. Be a good role model, not a preacher.

- a. Adolescence is a difficult time. Chances are your teen has said to you, "You just don't understand!" They have this belief – a personal fable – that their thoughts, feelings, and experiences are unique – more wonderful – or more awful – than anyone else's.
- b. As tempting as it is to dismiss or even punish these outbursts, don't. Instead ask them to explain. Discuss their feelings with them. What they are going through right now really is unique.
- c. Now is not the time to be a preacher. Instead, be a good role model and show them what active listening and open-minded discussions look like.