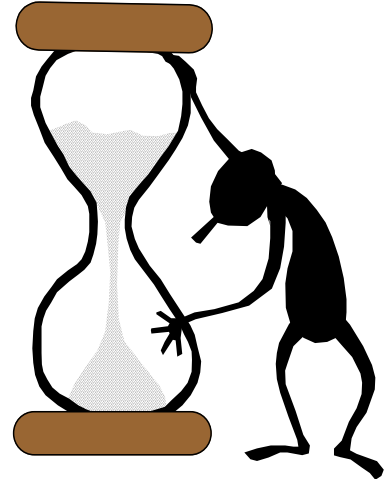


Promoting Academic Success at Home

Academic Engagement

(Commitment to school work and value placed on academics)

- Reinforce strong academic performance
- Show interest in homework and classroom activities
- Help your child develop good study habits and time management skills
- Provide a quiet study environment
- Set a schedule for homework and recreation
- Know the academic resources available for your child



Academic Self-Efficacy

(Confidence in ability to succeed academically)

- Have high but realistic expectations for your child's academic performance
- Communicate those expectations and ask your child about their own expectations
- Encourage your child when they feel challenged
- Use praise and positive feedback for hard work and accomplishments
- Provide opportunities for your child to experience success
- Facilitate high self-efficacy beliefs by encouraging your child to be a mentor or tutor



Educational Commitment

(Dedication to obtaining diploma)

- Be involved as your child selects classes for the upcoming semester
- Inquire about your child's future goals and plans
- Emphasize the relationship between education and a future career
- Express your desire, hopes, and expectations for college or future education (e.g., apprenticeship)
- Learn about college right along with your child (e.g., ACT, financial aid, scholarships, admissions requirements, etc.)
- Take your child for a tour of a college campus

Continued...



Social Comfort

(Comfort in social situations and ability to communicate well with others)

- Encourage your child to meet and interact with others
- Provide opportunities for your child to have positive experiences working with others
- Help your child learn how to resolve conflict effectively
- Share your social anxieties and how you overcame them
- Promote the use of empathy (taking the perspective of another person)

Campus Engagement

(Involvement in school activities and felt connection to the school)

- Support your child's participation in extracurricular activities
- Attend school activities your child is involved in
- Read newsletters and notes from AMES together
- Join the PTSO and become involved
- Speak positively of the school and display your school spirit proudly

Resiliency

(Approach to challenging situations and stressful events)

- Help your child learn how to manage difficult situations
- Model stress management and positive coping
- Watch for signs of failure or frustration and provide guidance
- Listen to your child talk about things that are stressful giving them your full attention
- Offer to talk through a problem with your child and help them brainstorm potential solutions

