

HANDOUT 2.6

What We Can Do To Help Our Adolescents Learn

- ❖ Be aware of what your adolescents are learning in school. Show an interest and ask questions.
- ❖ Do a little research on topics in which your adolescent has demonstrated an interest. Share information that you learn. Explore reputable websites related to the topic together.
- ❖ Listen to your adolescents and pay attention to their problems.
- ❖ Read with your adolescents.
- ❖ Tell family stories to your adolescents.
- ❖ Limit their television watching or limit to certain programs (e.g., educational).
- ❖ Limit use of the internet and direct them to educational websites.
- ❖ Provide books and other interesting reading materials for your adolescents.
- ❖ Look up words in the dictionary with your adolescents.
- ❖ Share favorite poems and songs with your adolescents.
- ❖ Take your adolescents to the library and get them their own library cards.
- ❖ Take your adolescents to museums and historical sites.
- ❖ Discuss the daily news with your adolescents.
- ❖ Go exploring with your adolescents and learn about plants, animals, and geography.
- ❖ Find a quiet place for your adolescents to study.
- ❖ Review their homework.
- ❖ Meet with your adolescent's teacher and other people who are important in their lives.