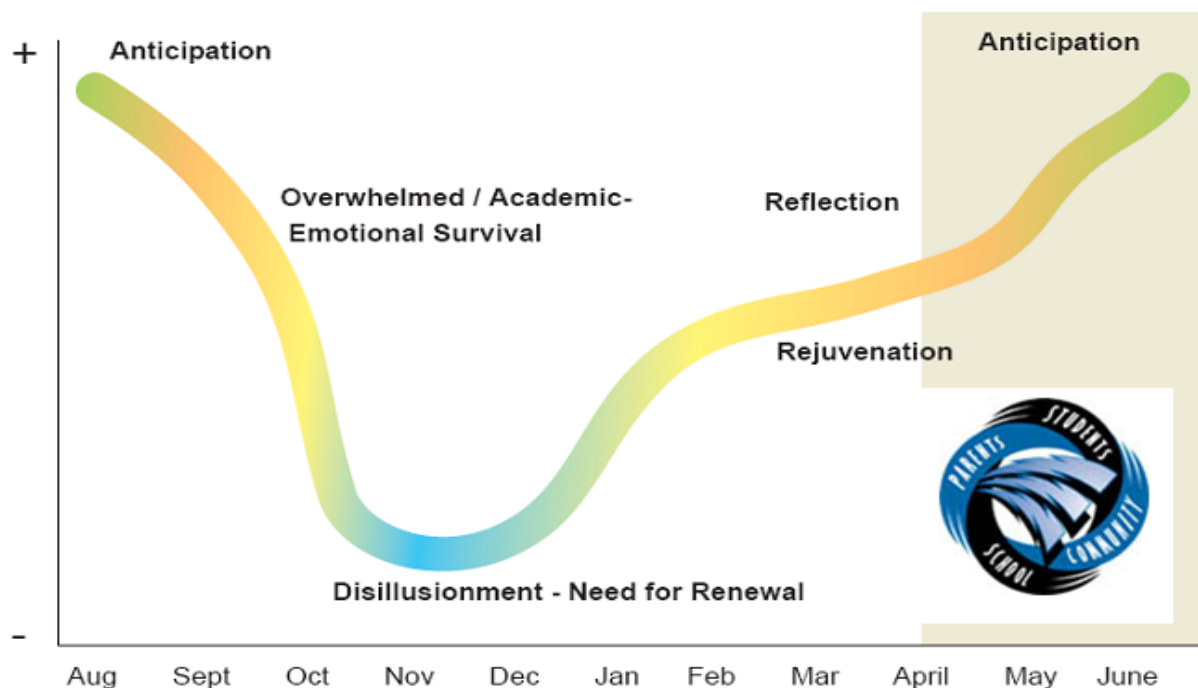


Phases of Response for Students in an Academic Environment



California Department of Education, 1990 - University of California, SC, adapted by Eastview High School 2007

1. <http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>
2. *School Stress: Effects on time and daily emotions* Journal of Behavioral Development 2002; Suman Verma, Deepali Sharma
3. K. Hellmich, Ph.D., associate director of counseling at Carleton College 2006

Love, Laughter and Limits

Love and Caring

- Think about how you show love and how you make sure your caring is getting through.
- Show praise and affection when your teenager does something special like winning an award.
- Recognize everyday achievements like acts of kindness.
- Celebrate milestone events like graduations with your teenager, especially those involving the school.
- Get to know the people who care for your teenager in the school by attending parent-teacher conferences and joining parent-teacher groups.
- Use school and community resources when a stressful crisis like bullying arises. Show you care enough to let others help your teen.

Laughter

- Remember the humor in your own teenage behavior and share your memories with your teen.
- When your teenager's behavior upsets you, try to "lighten up," responding with smiles and loving humor.
- Find time as a family to do something fun, such as watching a movie, playing a board or computer game, or looking at old photos or videos.
- Discuss what adults' teen years were like, when you are at various family gatherings, and also talk about things your teen did as a young child.

Limits

- Communicate clearly your expectations for appropriate limits like curfews on school nights.
- Reflect on your own teenage struggles with solving problems related to self-discipline, and share what you have learned.
- When problems with keeping limits come up, start helpful conversations with your teen, working toward agreement on better behavior in the future instead of "laying down the law."
- Keep in touch with your teen's teachers, so that you can work with them on your teen's problems with keeping limits before a crisis develops.