

"Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."

FYI:

Important Dates

October 3rd & 10th
4:30-7:30 PM
Parent/Teacher
Conferences

October 11th
PSAT for Sophomores
During School Hours

October 18th—20th
Fall Break

**October 23rd, 24th,
25th**
Tulsa Tech Enrollment
Presentations

October 28th
ACT National Test

October 30th
Professional Develop-
ment- NO School for
students

November 16th
Parent Forum

December 19th & 20th
Final Semester Exams

SAT vs ACT

It is mid-semester here at Union High School and we hope the dust has finally settled after blazing into the new year. We are all ramping up for a busy month of testing! Sophomores and Juniors will be taking the PSAT while many Seniors are prepping for those big college entrance exams, the ACT and SAT.

We are excited to announce that Union High School is going to start giving the PSAT and SAT rather than the PACT and ACT. Both tests are widely accepted by colleges in Oklahoma and have equivalent difficulty levels. So why the change?

After receiving feedback from teachers, adminis-

trators and curriculum leaders, we have found that the ACT provides limited data and resources for our students. The SAT offers an online portal for parents, teacher, and students so they may view specific objectives covered on the test. Individual student reports are also available so students can determine their strengths and weaknesses. In addition, the site provides an abundance of resources to help students focus on and increase scores in weaker areas.

Another perk of the SAT is that it only tests Reading, Writing, and Math. This allows the student a more focused preparation.

The National Merit Scholarship Program uses the

Junior PSAT for scholarship qualification so on October 11th our sophomores will have the opportunity to gain experience by taking a FREE PSAT test. In April, Juniors will be taking a FREE SAT.

What if my child still wants to take the ACT? Students can still sign up to take the ACT on one of the national test dates. For a calendar of test dates and to sign up, please visit www.actstudent.org.

To learn more about the SAT and PSAT, please visit www.collegereadiness.collegeboard.org/sat.

For further questions, please contact your child's counselor or the College and Career Center.

Communicating With Your Teenager

Communicating successfully with your teenager may be a challenging task. Dealing with poor body posture, eye rolling, blank stares, and the silent treatment can be frustrating to say the least. Teens are notoriously reserved when it comes to communicating with their parents. Below is a list of techniques to help you connect and communicate successfully with your teenager.

- ♦ **Create a plan.** Tell your child when you would like to visit with him/her and the topic you would like to discuss.

- ♦ **Provide food.** Keeping your teen's blood sugar level consistent will help him/her stay focused and engaged.

- ♦ **Don't lecture.** Summarize your conversation by discussing important points and allowing him/her to respond without interruption.

- ♦ **Control emotions.** Although we are all frustrated at times, becoming verbally or physically aggressive may cause your teen to become defensive or withdrawn.

- ♦ **Allow time for follow-up.** It may take days or weeks for your teen to process the conversation. If you did not receive the reaction you were hoping, give your teen time to process the information discussed. You might be surprised how your conversation evolves, and what insights your teen will bring to the table at another time.

Adapted from Psychology Today

Class of 2018

Deanna Hadden A-K
Jennifer Walters L-Z

Class of 2019

Debbie Weber A-F
Casey Machado G-N
Nicole Tafoya O-Z

Class of 2020

Kay Dennis A-F
Megan Kennedy G-N
Katherine Partridge O-Z

Interested in Alternative School?

Union's Alternative School is a great place for students who struggle academically for a variety of reasons. Students must apply and attend a forum in order to schedule an interview. Applications can be found on the Union website or students can retrieve one from their counselor.

Alternative School Contacts

Chris Ducker (Principal):
918-357-7080
Judith Dickson
(Counselor): 918-357-7081

Teen Privacy and Phone Monitoring

At some point you have probably asked yourself, "Should I go through his phone?" "Should I monitor her texts?" As a parent, you want to respect your child's privacy but you also want to ensure that he/she is safe and making wise choices. So where do you draw the line? How do you know how much privacy to give your child and whether or not you should track or monitor their online activities? Below are some tips and additional questions to ask yourself when considering whether or not to monitor your teenager.

TRUST

Having a solid relationship with your child is key to staying involved and aware of what is going on in his/her world. Does your child consistently show good behavior? Can he/she admit to wrongdoings? If so, is it necessary to keep track of everything they are doing? Telling your child that you trust them and why is a major confidence booster. Showing that you trust him/her also shows that you respect your teen. If you don't trust your teen, tell them why and give them examples on how they can begin to earn your trust back.

BE HONEST

Another sign of respect is to tell your child if you are going to monitor him/her. There is no better way to alienate your child than for them to find out their privacy has been violated, which can also

lead to more secretive behavior. Talk to your teen about why you are choosing to monitor him/her. Tell your child what things you will be monitoring.

BOUNDARIES

If you choose to monitor, how far will you go? There are many apps that allow you to monitor your child's phone without physically taking the phone from him/her. Will you monitor social media from afar or ask for their username and password?

TEACH

It is well known that children repeat behaviors that they see. Model the type of behavior you hope to see from your teen. Educate your child about what is appropriate to share on social media. Talk to them about cyberbullying, what it looks like and what to do if he/she is being harassed via text or online. Ensure that your child knows safety precautions to take when talking to others online.

REASONS TO MONITOR

- ◆ Online Predators—teens spend a good chunk of their time every day online. Social media is a key way predators begin relationships with teens. Ask your child who their friends are. Ensure they know the dangers of talking with someone they haven't met.
- ◆ Sexting— inappropriate photos are being sent amongst teens and then leaked online or sent to other teens. Talk to your teen about appropriate photo sharing and texting.
- ◆ Dangerous Apps— there are apps available to your teen that allow them to hide photos, texts and other apps. Certain parental locks can help alert you if these apps are in use.

Adapted from www.teensafe.com

WE WANT TO HEAR FROM



What are some topics you would like for us to cover in future editions of our newsletter?

E-mail your child's counselor with any questions, concerns or suggestions you may have.