



Tips for Families

Families can help their young people in a number of fun ways, and often youth won't realize they are learning important skills that will help with college and career preparation. Keep youth active in ways they can use, and get them to practice their reading, math and other skills. Experiential learning has great effectiveness for many students. Plenty of low- and no-cost options can help young people to see and imagine new careers:

Monitor “screen time” on computers, televisions, game systems, smart phones and other devices.

Research is showing that too much time interacting with screens has a negative effect on learning and shortens attention spans. If youth are in front of screens, point them to educational activities and websites.

Go to the library regularly.

This can be more fun than one might imagine, because of an array of opportunities and materials. Libraries are about more than just books!

Visit state and national parks.

Spark youths' interest in rocks, flora and fauna, and nature in general. Have them read the displays at indoor and outdoor exhibits, and participate in ranger-led tours and activities.

Attend museums

You might choose natural history, art or children's museums. It doesn't matter which — they all offer chances for students to learn

See historical sites and architecture.

Connect youth to historical figures, movements and trends in American history.

Go to science and nature centers.

Show youth potential STEM (science, technology, engineering and mathematics) careers.



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Attend cultural events.

Music, dance, theater and galleries give young people a start at appreciating these important expressions of human potential while also exposing them to possible careers in these areas.

Build things or do at-home science activities.

Have youth read the instructions and take the lead on activities while the adults support. Get students to ask questions, think aloud, wonder, discover and engage.

Encourage older youth to take on hands-on career activities.

Help them find ways to explore personal and career interests by taking a seasonal job, completing an internship or volunteering. Don't wait until it's too late to plan and prepare for college or other education beyond high school.

Support your child's participation in athletic activities.

These help young people develop motor skills as they learn teamwork and collaboration, and discover the power of persistence and practice.