



## the PREMIER middle/high school family newsletter

**Welcome to a new year!** Your school has chosen to use Premier *discoveragendas*® this year. We invite you to check out your teen's agenda with him or her.



The *discoveragenda* features content based on Sean Covey's bestselling book *The 7 Habits of Highly Effective Teens*, with monthly themes and ideas to help your teen develop key habits for school and life. The agenda is also the tool your teen can use to make change happen—to get organized, manage his or her time, and

set goals. When teens use an agenda regularly, accountability and achievement improve.

The *discoveragenda* content for August challenges your teen to start making the changes he or she wants to see in his or her life. The beginning of a new school year is a great time to think about goals for change! Discuss with your teen and your family:

- If change starts from the "inside out," what habits or attitudes might be holding you or us back? How can we start to change these mental or behavioral barriers?
- Change can be uncomfortable and scary, but it can also be exciting. How do you or we tend to deal with change? Are you or we flexible enough to handle change well?
- What kind of new activities would you be interested in getting involved in this year? Are there any new family activities we can explore together?

### in focus: CHANGE

What can I expect from my child?

- When your teen regularly uses his or her agenda to record and plan assignments and activities, you should expect to see: completed homework, improved study skills, better organization, and less stress over schoolwork.

What will I need to do?

- We suggest that you get involved in your teen's learning to organize schoolwork, manage time, and set goals. Encourage your child to bring the agenda to school every day, and to use it. When appropriate, review your child's agenda for homework and notes from school. Ask your teen what needs to be done and by when. Help your child organize extracurricular activities, and balance them with schoolwork.

We also invite you to read our monthly **Family Newsletters** and discuss them at home. The content is based on Sean Covey's book, *The 7 Habits of Highly Effective Teens*, and follows the Premier *discoveragenda's* monthly themes.



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