

**Effective Communication Between Parents and Teens/Tweens**

Good listening is really about “good hearing,” and good hearing is more than just being able to repeat back the words spoken to you. It’s also about trying to “hear” and understand the thoughts and feelings of the speaker.

1. **Listen with your eyes as well as your ears.**  
Show respect by fully attending to what’s being said and the person saying it.
2. **Listen as an ally.**  
Listen for the points you can agree with, not the points you don’t accept.
3. **Hear the speaker out.**  
Even though you’ve heard what’s being said a million times before, hear the speaker out. Remember, “To listen, disengage talk button.”
4. **Try to understand both the content and the emotion being expressed.**  
Check for understanding of both content and emotion by rephrasing what’s being said.
5. **Neutralize but don’t minimize negative emotions.**  
Try to defuse excessive emotion that may get in the way of communicating and problem solving by using more neutral words.
6. **Withhold value judgments, but share your views.**  
Respect viewpoints, shared values and views, don’t provide a solution unless asked for one, and practice what you preach.
7. **Remember the Chinese verb “to listen” is made of four characters—ear, eyes, undivided attention, and heart.**



Private School Admission: A Checklist

1. Keep things in perspective.
2. Don’t put all your eggs in one basket.
3. Ask questions & do your homework.
4. Don’t believe ‘Hawaii urban legends’ about admission to private schools.
5. Become clear about what factors are important to you about a school—academic programs, educational philosophy, location, cost, etc.
6. Call schools for application materials.
7. Know deadlines for application submission, required testing, financial aid.
8. Work together on filling out the application — neatness counts!
9. Do school-in-session visits.
10. Take the SSAT or other required standardized testing
11. Request teacher recommendations, transcripts/ report cards.
12. Prepare for the interview.
13. Hear from schools about their admission decision.
14. Notify schools of your decision.

**Reminders:** Acceptance or non-acceptance by a school has nothing to do with success or failure. It has everything to do with limited numbers of openings and large numbers of applicants.