

RMS Parent Lending Library

The RMS Parent Lending Library is a resource available to help you and your student navigate the often difficult adolescent years. To check out any of these materials, simply send your child to the library and have him or her request the title. Below is a list and description of the titles available.

Sorted by Call Number / Author.

- Parent 306.8 Guare, Richard. Smart but scattered teens : the "executive skills" program for helping teens reach their potential. New York : Guilford Press, c2013.
A parent's guide to promoting the independence of teenagers by building their executive skills--the fundamental abilities needed to be organized, stay focused, and control impulses and emotions.
- Parent 373.14 Fitzpatrick, Corine. Counseling 21st century students for optimal college and career readiness : a 9th-12th grade curriculum. New York : Routledge, c2011.
Understanding the challenge -- Counseling for college and career readiness in the 21st century : the challenges of a changing world -- School college collaborations : why they are important to college and career readiness and to the challenge -- Addressing the challenge : overview of the counseling curriculum for grades 9-12 -- Making the college and career advising process optimal : the curriculum -- The move to high school : successful transitioning to 9th grade successful -- Using technology in the college and career advising process -- Motivation and testing : learning about standardized testing and using it to get motivated about the college process (10th-11th grades) -- Assisting students in career exploration -- Advising students in college research (11th grade) -- Empowering students in their essay writing (11th-12th grades) -- Assisting students in constructing the final list of colleges (12th grade) -- Helping seniors make the transition to college (12th grade) -- The counselor as creator and manager -- The advising office : more than just good organization -- Writing the secondary school report -- Working with parents -- Financial aid and merit-based scholarships -- Advising students with learning disabilities about college -- Future directions.
- Parent 378.1 Portnoy, Trish. College apps : selecting, applying to, and paying for the right college for you. Boston : Course Technology PTR, c2013.
Provides information and guidance on selecting, applying to, and paying for college and includes supplemental materials.
- Parent 618.9 Barkley, Russell A., 1949-. Taking charge of ADHD : the complete, authoritative guide for parents. Third edition.

- Parent 640 Goldberg, Donna. The organized student : teaching children the skills for success in school and beyond. New York : Simon & Schuster, c2005.
Presents a guide for helping parents get their children organized for school, providing step-by-step information for assessing a child's learning style and study habits, getting clutter under control, and creating a work space for doing homework.
- Parent 649 McNerney, Neil. Homework : a parents guide to helping out without freaking out. Reston, VA : Integrated Pub., c2011.
A parent's guide to helping children with homework, including methods to increasing achievement and decreasing aggravation, recognizing personal parenting strengths and weaknesses, leadership techniques, and more.
- Parent ACT Mike Barrett. ACT prep black book : The most effective ACT strategies ever published. New York : ACT Prep, 2014.
- PL 305.2 Hemmen, Lucie. Parenting a teen girl : a crash course on conflict, communication & connection with your teenage daughter. Oakland, CA : New Harbinger Publications, c2012.
Acknowledgments -- Talking trash about teens : a reality check -- A crash course on connection -- Self-care for sanity -- Talking with teens -- Eat, sleep, move : supporting your daughter's health -- Walking on the wild side : supporting safe decision making -- Achievement stress rescue -- Taming the tech tiger -- Teen girl social and emotional evolution -- Cultivating happiness -- References. A guide for parents on communication and connection with their teenage daughters.
- PL 306.8 Faber, Adele. How to talk so teens will listen & listen so teens will talk. 1st trade pbk. ed. New York : Collins, 2006, c2005.
Presents a practical guide that addresses many of the tough issues teens and parents face, and offers advice to maintaining a positive dialogue that fostered mutual respect.
- PL 306.8 Leman, Kevin. Have a new teenager by Friday : from mouthy and moody to respectful and responsible in 5 days. Grand Rapids, MI : Revell, c2011.
Offers techniques for dealing with a teenage child, covering respect, boundaries, communication, and more.
- PL 306.8 Wolf, Anthony E. "Get out of my life, but first could you drive me and Cheryl to the mall?" : a parent's guide to the new teenager. 1st rev. ed. New York : Farrar, Straus and Giroux, 2002.
Presents advice on raising adolescents, covering communication, trust, control, conflict, and such issues as divorce, school, the Internet, sex, drugs and drinking, and suicide.
- PL 331.7 Hasse, Jim. Career book 2 : 16 career-readiness strategies for parents of middle school students. [U.S.?] : Hasse Communication Counseling, LLC, [2014].
Provides parents of special needs middle school students with sixteen strategies for career-readiness confidence boosting.

- PL 370.1 middle school years without tears.
- PL 370.1 Wood, Chip. Yardsticks - children in the classroom ages 4-14. [S.l. : s.n.], 2007.
- PL 370.15 Jensen, Eric, 1950-. Brain-based learning : the new paradigm of teaching. 2nd ed. Thousand Oaks, CA. : Corwin Press, c2008.
A resource for educators that presents information on learning drawn from brain research that discusses how the brain learns, right-brain versus left-brain, physiological effects on learning, motivations, memory, curriculum, and other related topics.
- PL 370.3 the brain at school : educational neuroscience in the classroom.
- PL 371.3 Dolin, Ann K. Homework made simple : tips, tools, and solutions for stress-free homework. Washington, DC : Advantage Books, c2010.
Provides homework tips, tools, and solutions for parents and their children customized by the child's homework profile: the disorganized, the rusher, the procrastinator, the avoider, the inattentive, and the easily frustrated.
- PL 371.3 middle school math for parents.
- PL 371.9 Macintyre, Christine, 1938-. Strategies to support children with autism and other complex needs : resources for teachers, support staff and parents. Abingdon, Oxon ; : Routledge, is an imprint of the Taylor & Francis Group, an Informa business, [2016].
- PL 373.2 Leman, Kevin. Planet middle school : helping your child through the peer pressure, awkward moments & emotional drama. Grand Rapids, Mich. : Revell, a division of Baker Pub. Group, [2015].
Introduction: You've just arrived on Planet Middle School -- Creature from the black lagoon -- Their expanding universe -- All flared up! -- Survival of the fittest -- Walking on polar ice -- Confronting the black hole : technology at warpspeed -- Growing up way too fast -- Becoming a (gulp) man/woman -- Blue chip or penny stocks? -- Understanding who your kid really is -- How to talk so they'll listen -- Expect the best, get the best -- Raising a "home" boy/girl -- Life-mapping -- Creating an attitude of gratitude -- Raising a giver in a gimme generation -- A word of encouragement. A guide for parents to help survive the "turbulent" middle school years, from understanding your child's rapidly expanding world to creating opportunities for them to practice selflessness and gratitude.
- PL 618.92 Nadeau, Kathleen G. Learning to slow down and pay attention : a book for kids about ADHD. 3rd ed. Washington, DC : Magination Press, c2005.
A guidebook designed especially for kids, which uses cartoons, checklists, and activity pages to teach them, their parents, and others around them, how to deal with the challenges of attention deficit disorder.

- PL 649 Bradley, Michael J., 1951-. Yes, your teen is crazy! : loving your kid without losing your mind. Gig Harbor, WA : Harbor Press, c2003.
Psychologist Michael J. Bradley provides insight into why adolescents act the way they do, and describes the sorts of parenting changes that the modern world requires.
- PL 649 Kastner, Laura Scribner. Getting to calm : cool-headed strategies for parenting tweens + teens. Seattle, WA : Parent Map, c2009.
Discusses how to remain calm and collected while dealing with one's teenager, covering topics such as rude attitudes, lying, sex, substance abuse, stress, and communication.
- PL 649 Rosemond, John K., 1947-. Ending the homework hassle : understanding, preventing, and solving school performance problems. Kansas City : Andrews and McMeel, c1990.
Advice and directions for implementing a successful homework management system.
- PL 649 Ross, Julie A., 1959-. How to hug a porcupine : negotiating the prickly points of the tween years. New York : McGraw-Hill, c2008.
Middle-schoolers : hormonal, disorganized, and defiant -- The overwhelmed "slacker" -- How to break the nagging cycle and turn responsibility over to your middle schooler -- Peer pressure and changing values -- Dealing with defiance -- The computer "addiction" -- Encouraging self-esteem and independence -- The push for independence -- Talking about sex, drugs, and alcohol -- Sibling rivalry : a new level of competition -- How a relationship approach affects life after middle school. A practical guide for parents to help them understand some of the complicated issues that young tweens face, and offers advice on peer pressure, substance abuse, and behavior problems.
- PL 649 Wolf, Anthony E. I'd listen to my parents if they'd just shut up : what to say and not say when parenting teens. 1st ed. New York : Harper, c2011.
Anthony Wolf applies his philosophy and humor to a wide variety of everyday situations, showing both the way interactions tend to go (not so well) and why, then offers parents a script and guidance on how to achieve the most satisfying outcomes.
- PL 808 Troutman, Kathryn K. Creating your high school resume : a step-by-step guide to preparing an effective resume for college, training, and jobs. 3rd ed. Indianapolis : JIST Works, c2009.
Offers step-by-step instructions for high school students on how to write resumes to apply for jobs, internships, and college; discusses skills assessment, formats, cover letters, references, and thank-you letters; and includes student resume case studies and job search tips, with a CD-ROM of resume templates.