



Jobs vs. Studytime

STRIKING A MORE EQUITABLE BALANCE

TWENTY HOURS A WEEK IS THE maximum teens should spend on outside jobs, concludes a recent study by the University of Minnesota and the University of North Carolina. Though jobs teach responsibility and can even help with future career decisions, when teens log in longer working hours they begin to neglect their schoolwork and drop out of enriching after-school activities.

It's also important to determine which hours they'll work, says Georgette Constantinou, PhD, director of Pediatric Psychiatry at Children's Hospital Medical Center of Akron: "Twenty hours a week

Monday through Friday means four hours a night. When are they going to have time for homework, clubs, and sports?" It's far preferable, says Constantinou, for teens to work on weekends when possible.

She advises parents to set a ceiling on the hours worked *before* their child starts a job, as it's often harder to scale back later. Parents should also review why a teen is seeking employment. "Many students want to earn money for college," Constantinou says, "but they shouldn't overlook the possibility of academic and athletic scholarships." An outside job can interfere with that goal. —*Andrea Baroni*

Do Jocks Rule the School?

You'll get a good idea from a new ESPN Channel poll of over 200 high school students, teachers, principals, coaches, and parents nationwide.

Do jocks rule the school? Do you believe athletes are given more respect and attention by teachers or school administrators?

Do you believe athletes receive more attention from teachers or school administrators?

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