

# **PARENT UNIVERSITY WORKSHOPS**

**April 18 2009**

## **Preparing for Life after School ~ Whittington/Garcia (Middle/High School)**

This presentation is designed to give parents the information needed to help their students make the appropriate choices to meet their post-secondary goals. Participants will learn about post-secondary options; creating a four-year plan; and important timelines for entrance exams, applications and financial aid.

## **Test Anxiety and High Stakes Testing ~ Rob Coad (Middle/High School) Session I**

How many times have your children told you that they knew everything the night before the test, but forgot it when they took the test? Do your children express being worried, nervous, and anxious before a test? This workshop will help you understand what happens before a test and how to help your children feel relaxed so they can get better grades.

## **College Entrance for Under-Represented Students ~ Real/Aguilar (High School)**

This presentation will address a variety of issues and strategies for preparing underrepresented students for college success. The goal of the presentation is to empower parents to effectively guide their students to achieve post-secondary goals.

## **Stress and Academic Success ~ Stacy Woodward (Middle/High School)**

What stress is: the good, the bad, and the ugly! How stress impact thinking skills. Why our kids are so stressed? What parents can do to alleviate some of the stress. How parents can teach and model positive stress management skills.

## **The Well Being and Success of your Student ~ Rob Coad (Middle/High School) Session II**

As parents and educators we share the hope and expectation that all of our students succeed in school. More than ever, our children face multiple challenges to both their personal and educational development. If our students' are to have positive experiences in school, parents must remain aware of the daily challenges that their children face and their interconnection between emotional well being, physical health, and learning. We will discuss the keys to raising resilient children and develop an awareness of the emotional difficulties that can arise and threaten our children's learning and personal growth.

## **Parenting Tips for Powerful Parents ~ Steve Carr (Middle School)**

Are you nervous about the middle school years? Many parents view the changes their children go through this time as scary... but relax! While this time in a child's life can be challenging, it can also be joyful watching your children grow up. Come to Parenting Tips for Powerful Parents to learn some effective, time-tested strategies to help you and your child make the best of these exciting years!

**Parenting Made Easy (or at least easier) ~ Matt Quinn (Elementary)**

Have you noticed that no one ever said that being a parent would be easy? Having a baby can bring us great joy, but raising children can be a challenge. When babies are born they come without instructions. Most of us have to figure out how to parent our own children. This workshop will talk about how to use scientific principles to teach children to follow directions without arguments or frustration. It will teach how to get your child to comply the first time you ask them to do something, without punishment and shame. Join us to learn how to make parenting easier, less frustrating, and more fun.

**Get Ready for Summer- A season for Reading! ~ Jenny Hata (Elementary)**

Do you ever wonder what your child should be reading for the summer to help him/her prepare for the following school year? This presentation will help you understand the different reading genres and demands for reading required at each grade level. See your child's reading scores improve as you begin to understand the relationships between the California Reading Standards and the California Standard Test. You will walk away with resources that will ensure your child's academic success!

**Nurturing the Emotional Intelligence of the GATE Child ~ Diana Miller (Elementary)**

Gifted kids are much more than test scores. Sometimes it is difficult to see past the achievement to the heart of the child that may be filled with anxiety over pressure to be perfect in all areas. This workshop will offer some ways to help gifted underachievers, perfectionists and those who are bored with school.

**Promoting Academic Success by Teaching Responsibility ~ Debbie Kim (Elementary)**

Join the Elementary Counselors as we share our strategies for promoting academic success through organization skills and making positive behavior choices. Presentation in English.

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Presentation in Mandarin.

**Child Abuse ~ Sheriff Department (All Ages)**

Officers from the Walnut Sheriff Department will share their experience and knowledge of the law and our community, to prevent child abuse and implement effective interventions for discipline.

**Drug Abuse and Prevention ~ Sheriff Department (Middle/High School)**

Officers from the Walnut Sheriff Department will share their latest findings as related to drug abuse prevention. Knowledge related to the most common drugs found in the community will be shared.