

## 2018 Parent University Sessions and Descriptions

Session Title	Description	Age Range
<b>Academic Support</b>		
Are AP (Advanced Placement) Courses Right for My Student?	Is your high school student college-bound? If so, Advanced Placement courses might be a good fit. This session can help you learn what it takes for a high school student to succeed in college-level classes.	Middle and High School
Children and Developmentally Appropriate Activities for Children Ages 2 - 7	Do you ask yourself: how can I help my child learn and develop OR is my child on target as far a developmental skills are concerned? Many of us ask ourselves that very question. Learn easy and fun ways to interact with your child while working on developmental skills.	Early Childhood - Early Elementary
Creating Connections So Kids Can Disconnect - Early Childhood and Elementary	This session will focus on how screen time affects brain development and ways to help children disconnect from devices.	Early Childhood - Elementary
Creating Connections So Kids Can Disconnect - Middle and High school	This session will focus on how screen time affects brain development and ways to help adolescents disconnect from devices. There will also be an overview of the most popular apps used by adolescents.	Middle and High School
Early Childhood Curriculum Overview	Come see what a typical day in an early childhood classroom looks like. Daily routine, curriculum, expectations and child-centered learning will be discussed.	Early Childhood
Family Dynamics with a Gifted Child	This presentation is for parents of students who are already identified as gifted. The focus of this presentation will be on different parenting styles and the continuum of parenting support from preschool through high school.	All Ages
Middle School Years: What to Expect at School?	This session discusses the middle school experience including: opportunities to be involved, communication avenues, middle school students and their worries, changes that occur inside during the middle school years, a typical middle school day, as well as common questions students and parents have about middle school.	5th Grade - Middle School
Parenting in the Digital Age: Challenges and Opportunities of Raising Kids in a Changing World	The session will provide information on how things are different for this generation and parents can support their children. Tips will be provided on how parents can provide freedom and safety in this ever-changing world.	Elementary - High School
Procrastinators and Perfectionists	What do you do when your high-ability son shuts down because an answer doesn't come intuitively? What about when procrastination becomes a way of life for your bright daughter? Perfectionism and procrastination go hand-in-hand and love to torture the parents and teachers of high-ability and gifted learners. Join this presentation to learn about how to recognize forms of perfectionism and procrastination, identify typical causes of them, and discover strategies that you can use to help your child overcome them.	All Ages
Raising a Responsible Child	Raising a responsible child is every parent's desire. The burning question is "when is the best time to start teaching responsibility?" This session will discuss how parents can begin encouraging and motivating their child to gain responsibility in their early childhood years. We will discuss age appropriate tasks for your young child as well tips to support your child's learning.	Early Childhood
Study Skills - Tips and Strategies for Students	Become a study skills CEO! Learn different study strategies to help your child at home. Ideas for all learning styles.	All Ages
Tutor.com - Homework Help and Test Preparation	Whether you're a student struggling with a math problem on a homework assignment or you need someone to proofread your cover letter before applying for a job, Tutor.com can help. Learn how to use the free resource from the St. Charles City-County Library.	All Ages
Understanding Your Child's Temperament	Have you ever wondered about your child's reactions and behaviors? The personality of each child is based on inborn temperament traits. Understanding your child's temperament is one part of knowing your child. Temperament affects how we deal with others and interact with the world around us. During this presentation, parents will learn about nine temperament traits and how to recognize both the strengths and challenges of each trait. We will discuss the strategies parents can use to encourage development of positive traits and help manage the more challenging traits.	Early Childhood - Early Elementary

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<b>Health and Wellness</b>		
ADHD - Helping Your Child Succeed at School	This session will focus on the symptoms of ADHD, common medications used, and behavioral strategies to manage symptoms.	All
Anxiety and Supporting Your Anxious Child - Elementary	This presentation will cover some symptoms of anxiety and basic ways to help a child in elementary school suffering from them.	Elementary
Anxiety and Supporting Your Anxious Child - Middle and High School	This presentation will cover some symptoms of anxiety and basic ways to help your teen suffering from them.	Middle and High School
Building Developmental Assets	This session introduces adults to ideas on how each of us can contribute to the health and well-being of all children and adolescents. Based on the Search Institute's 40 Developmental Assets, this training provides detailed information about things that contribute to the healthy development of children and how to be an active player in the building of these skills in your own kids, schools, and communities.	Kindergarten - Highschool
Good Nutrition and Healthy Cooking for Families	Feeding an active family a nutritious menu is never easy. Learn about good nutrition and strategies for healthy meals and snacks to nourish your family.	All Ages
Managing Behavior Through Positive Discipline	Positive Discipline is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible, and have greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive and non-permissive methods that build relationships and keep the lines of communication open.	Middle and High School
Peaceful Problem Solving	Disagreements with your kids or teens are inevitable, but they don't always have to turn into heated conflict. Learn ways to prevent conflict, communication skills to deal with conflict when it does arise, and understand what is going on in kids' developing brains that tends to lead to disagreements in the first place.	Kindergarten - Highschool
Ready, Set, Go! It's Potty Time	What is the right time to start the toilet learning process? The reality is that the right time is different for every child. Join us for a presentation discussing readiness skills for toileting. We will also discuss some common problems associated with the toilet learning process.	Early Childhood
Understanding Cyberbullying - Consequences and What You Can Do	Learn the signs that your child is being cyberbullied or is cyberbullying another student, as well as the negative effects it can have. Learn what you can do to support your student.	Elementary - High School
Vaping - Everything a Parent Needs to Know	With so much in the news lately about vaping, it can be hard for parents to keep up! Whether you have a fifth grader or high schooler at home, it is important that parents are in the know about the disturbing trend the FDA describes as an "epidemic" amongst teens. Learn what vaping actually is, how it is being marketed, and the health effects on teens and the developing brain.	Middle and High School
<b>Preparing for College</b>		
A+ Program, CAPS, and CTE	In this session, you will learn about authentic learning opportunities available for your child outside of the traditional classroom, and how this can help prepare them for college and career success. You will also receive information regarding ways to help offset the cost of post-secondary education, and the steps to take now to ensure your child qualifies for these programs.	Middle and High School
College Financial Aid and Scholarships 101	In this session, we will discuss the various types of funding for college and what you and your student need to do in order to make college more affordable, whether as a high school freshman or as a senior. Grades, test scores, intended major, activities, and family need are just a few of the ways students can receive money. One size does not fit all.	Middle and High School
FAFSA Frenzy - Parent Help Session	In this session, a representative will be here from a local college to answer questions and assist parents with the FAFSA. Parents will have the opportunity to start completing the FAFSA with help from an expert.	High School
Planning and Saving for College	In this session, participants will become familiar with various different types of strategies for college savings and the benefits of educational savings plans.	All Ages
Preparing for the ACT	This session will focus on strategies for preparing your student for the ACT.	High School