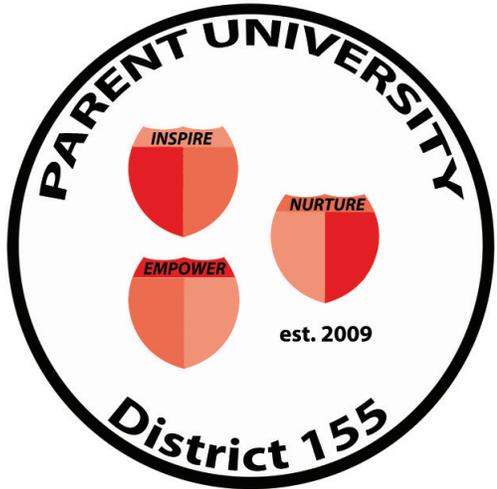


“This should be a requirement for all parents - great program!”
-Parent Testimonial (2017)



Community High School District 155

11th Annual Parent University

Saturday, February 16, 2019

8:00 a.m. - 12:30 p.m.

**Location: Prairie Ridge High School
6000 Dvorak Drive, Crystal Lake, IL 60012**

Parent University is District 155's premier event for current and future parents. With expert presenters from the community and district, Parent University provides practical information to help parents successfully guide their children through the high school years. The event is free and open to all current District 155 parents and those who will have a freshman in the district's Class of 2023.

Schedule

Walk-in Registration	8:00 - 8:30 a.m.
Schedule Pick-Up	8:15 - 8:30 a.m.
Keynote Address:	8:30 - 9:30 a.m.
Breakout Session A	9:40 - 10:30 a.m.
Breakout Session B	10:40 - 11:30 a.m.
Breakout Session C	11:40 - 12:30 p.m.

About the Keynote Presentation

We are responsible for raising a future generation of healthy, resilient adults. Developing confidence, problem solving strategies, distress tolerance and communication skills are fundamentals that are imperative for our children to learn before launching into adulthood. We also want our children to have confidence that they can handle difficult situations, overcome adversity, and even bravely face failure. In doing this, we prepare our youth to move beyond their physical and emotional boundaries, recognize their capabilities, know their strengths and weaknesses, and learn that failure is just as important as success.

About the Keynote Presenters

Jacqueline A. Rhew, LCPC and Dr. Robin Choquette have combined over 35 years working with professionals and parents clinically and have provided over 400 trainings both locally and nationally on a wide array of topics relating to parenting strategies and raising resilient children through goal directed parenting. Their approach of purposeful parenting has helped hundreds of parents develop plans unique to their families, and gain confidence in their parenting strategies to help raise healthy and successful young people.

Registration Deadline:
Friday, February 11

“Great range of topics and relevant - thank you!”
-Parent Testimonial (2017)

Please choose two options for each session. Every effort will be made to accommodate your first choice, but courses are filled on a “first come, first serve” basis, and occasionally your second option may be used. Descriptions of each course are below and on subsequent pages.

Session A

- A1. Illinois Youth Survey
- A2. A Day in a Life: Navigating the School System
- A3. Teens and Anxiety
- A4. Parenting with Equity
- A5. District 155 Web Resources: Naviance
- A6. Financial Aid & Scholarships
- A7. A Modern Perspective of Post Secondary Options
- A8. Digital Privacy in 2019: Keeping Teens' Safe

Session B

- B1. Post Secondary Options - Freshmen/Sophomores
- B2. Parenting Strategies to Teach Students to Use Technology Safely & Independently
- B3. Anger Management
- B4. Teens and Anxiety
- B5. Dealing with Teen Depression
- B6. District 155 Web Resources: Naviance
- B7. High School 101
- B8. Building Resilient Teens

Session C

- C1. The College Process - Juniors/Seniors
- C2. Legal Issues
- C3. iGen
- C4. Teens & Vaping: What's Behind the Smoke
- C5. Navigating Adolescent Dating
- C6. Executive Functioning Skills
- C7. Our LGBTQ Children: Questions & Answers Families of LGBTQ Youth

Course Descriptions

Below is a listing of all courses offered during Parent University. Please use the code next to each name to indicate your desired course choices on the registration form. For courses offered multiple times, please be sure to use the correct line when registering. You will not receive confirmation or your schedule until the registration period from 8:15-8:30 a.m. on the day of the event.

A Modern Perspective of Post Secondary Options (Session A7)

Learn about the various post-secondary training options that are available for students and what they can be doing now (while in high school) to prepare for their next “educational step.”

Anger Management (Session B3)

When situations get out of hand, it can be difficult to control your own temper or disarm your child's. This session will offer pointers on how to overcome the frustrations that can escalate to anger issues.

Building Resilient Teens (Session B8)

As teens develop their identity, life can be complicated and difficult. Challenges occur with first loves, bullies, friends, and increased responsibilities. This session will help you empower your teen to have the resilience necessary to overcome adversity.

The College Process — Juniors/Seniors (Session C1)

A District 155 expert will provide guidance and information about the college process for junior and senior parents. This will include available resources to help parents and students at the school, on the Web, and in the community.

A Day in the Life: Navigating the School System (Session A2)

A panel of District 155 experts including a guidance counselor, school nurse, dean, and social worker will walk parents through important issues faced by students. The panel will cover topics about accessing health information, rebounding from bad grades, along with how parents can work cooperatively with the school to help your child. The panel also will answer parent questions.

Dealing with Teen Depression (Session B5)

Learn to identify and cope with the types of depression which may impact a teen's life. The session will deal directly with these this condition and touch on suicide education and prevention.

Digital Privacy in 2019: Keeping Teens Safe (Session A8)

Does Google know more about my child than I do? Learn how students leave digital footprints when using school devices and consider ways to talk with teens about staying safe online and protecting our digital identities. Walk away with resources and ideas about next steps.

District 155 Web Resources: Naviance (Session A5 or Session B6)

Naviance is an important online tool offered to parents and students. The resource includes information about career paths, college courses of study, scholarships, and other helpful information about applying to schools. A District 155 expert will walk you through the system.

Executive Functioning Skills (Session C6)

An expert on organizational skills and studying will help empower parents to help their student succeed whether their child is moving from middle school to high school or transitioning to more advanced high school courses.

Financial Aid & Scholarships (Session A6)

As college costs continue to rise, funding a college education becomes more of a challenge each year. This session will introduce you to the basics of financial aid to inform you of the options that exist for you and your child.

High School 101 (Session B7)

This question and answer session is geared toward current 8th grade, freshmen, or transfer parents. District 155 representatives will answer your questions about what to expect as your child transitions to high school.

iGen (Session C3)

Jean Twenge's research finds this generation is one of the safest generations yet, but, they are also reporting the highest levels of isolation, loneliness, depression, anxiety, and risk of suicide and an inability to feel empathy and believe in one's own ability to succeed. The focus of this session will be on research and strategies to change these statistics.

Illinois Youth Survey (Session A1)

This session will give you insight into what teens tell us about their lives, and will give you the real-time knowledge of what high schoolers encounter each day related to school work, drugs, alcohol, sex, bullying, and even their parents.

Legal Issues (Session C2)

From unsafe new-driver tendencies to legal liability for parties hosted in the home, an expert will provide best-practice strategies and safety precautions to protect you and your student. The session will shed light on teen driving laws and other legal issues that may impact your family on the road and in the home.

Navigating Adolescent Dating (Session C5)

Forming romantic relationship in middle school and high school is normal for teens and often scary for parents. This presentation focuses on what healthy relationships looks like for teens and how to tell if you teen's relationship is healthy, unhealthy, or abusive. We will also cover some strategies to improve communication with your teen on sensitive topics.

Our LGBTQ Children: Questions & Answers Families of LGBTQ Youth (Session C7)

Learn about unique issues and challenges facing people who are LGBTQ, and advocacy resources in our communities.

Parenting with Equity (Session A4)

Parenting is hard work. Add in multiple children and it becomes even more complicated. An expert presenter will discuss ways to discourage unhealthy sibling rivalries and encourage fairness and consistency in your parenting.

Parenting Strategies to Teach Students to Use Technology Safely & Independently (Session B2)

This presentation looks at the skills and framework parents need to balance the tension between keeping their kids safe and teaching them to handle technology independently.

Post Secondary Options - Freshmen/Sophomores (Session B1)

In this session, we will discuss the importance of getting involved and picking classes for freshmen, sophomores, and juniors. Parents will also get to see 4-year plans and what their students will complete in their seminar class.

Teens and Anxiety (Session A3 or Session B4)

This session will explore the many pressures that teens face today. Learn how to identify signs and symptoms of anxiety and the existing treatment models. We also will look at how anxiety can manifest itself in a school setting.

Teens and Vaping: What's Behind the Smoke (Session C4)

Vapes, juul, phix, suorin, bars, dabs, lean, mods, rigs, addies, fentanyl... Learn current terminology associated with adolescent substance use, state and national trends, and risks associated with these drugs.



Community High School District 155

Parent University Registration Form



Date & Time:

Saturday, February 16, 2019

8:00 a.m. - 12:30 p.m.

Registration Deadline: February 11

Place/Host School:

Prairie Ridge High School

6000 Dvorak Drive

Crystal Lake, IL 60012

PLEASE PRINT CLEARLY.

Last Name _____

Mother's First Name _____ Father's First Name _____

Address _____ City _____ Zip _____

Home Phone _____ Email Address _____

Daughter/Son's current grade: 8 9 10 11 12

Daughter/Son's high school: CG CLC CLS PR

Course Selections

Please write the course code (letter and number) for your top two preferences from each session. Every effort will be made to accommodate your top choice. Parents are welcome and encouraged to take separate courses so that you can get the most out of Parent University.

Session A

Session B

Session C

Parent Name _____ / _____ / _____

Parent Name _____ / _____ / _____

Child Care Registration

- Available for children aged 3 to 8
- Registration is first-come, first-serve

Child's First Name Last Name Age Allergies

Mail, email, fax, or drop off the registration form by February 11 to:

Rebecca Saffert Cary-Grove High School Phone: (847)639-3825
 2208 Three Oaks Rd. Cary, IL 60013 Fax: (847)639-3873
 rebsaffert@d155.org

Walk-ins accepted based on availability of sessions.

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