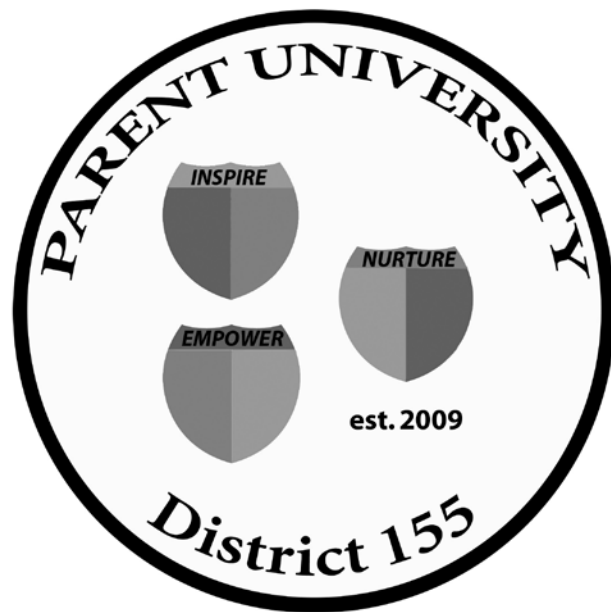


# **Community High School District 155 Parent University**



**Saturday, February 25, 2012  
8:00 a.m. – 12:30 p.m.**

**Host School:  
Crystal Lake Central High School**

# Parent University Schedule and Course Selection Guide

Registration/Schedule Pick-Up

8:00 - 8:30

**Keynote Address: Safe Surfing in the Age of Social Media**

8:30 - 9:30

Anne Krick, Psy.D.

## **Session A** **9:40 - 10:30**

(Choose top two preferences on registration form)

### **1. Love & Logic and Effectively Handling Power Struggles with Children<sup>^</sup>**

Learn strategies to effectively manage power struggles and implement Love and Logic techniques for your home.

### **2. Wellness & Nutrition**

This session will help you understand how nutrition can affect teen behavior, mood, and attention—all in understandable terms. The speaker will also offer tips on how to nurture healthy habits in your home.

### **3. Grief & Loss**

Open, honest and loving adults provide an opportunity for teens to learn both the joy and pain of caring for others and themselves. This session will help you to recognize the signs of grief and support your child through difficult times including death, divorce, moving, and health problems.

### **4. Anger Management<sup>^</sup>**

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.

### **5. Legal Issues at Home and on the Roads<sup>^</sup>**

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.

### **6. A Day in the Life: Navigating the School System**

A panel of District 155 experts including a guidance counselor, school nurse, dean, and social worker will walk you through important issues faced by students in the district and how you can help your child. The panel will cover how to help your student rebound from bad grades or other issues and best-practices in working cooperatively with your school to help your child. This session will include a question and answer period.

### **7. Suicide Prevention & Awareness**

Do you know the warning signs for suicide? What can you do to help prevent this tragedy? An expert from the Crystal Lake Police Department will provide guidance to help parents identify at-risk youth and information to help you react in a dire situation.

### **8. Understanding Autism Spectrum Disorders**

Autism is a complex developmental disability defined by impairments of social communication and interaction, along with restricted and repetitive activities and interests. Autism symptoms may differ from one individual to another. This session will explore the symptoms, school struggles, and therapies associated with autism spectrum disorders. A wealth of information about school and community resources will be provided.

### **9. Dealing with Depression and Bipolar Teens**

Learn to identify and cope with disorders that may impact your teen's life. The session will deal directly with these two conditions and touch on suicide education and prevention.

### **10. District 155 Web Resources - Skyward**

Do you know how to find your child's grades on-

**Parent University's keynote address will provide valuable information about safe communications practices. The address will highlight information all parents need to know to help keep their children safe online and while texting.**

line? Can you help your child implement time management skills using the online calendar? Do you have questions about the point-of-sale cashless lunch system? This session will walk you through these topics and more to help you understand all the resources available through Skyward Family Access.

### 11. Financial Aid\*

A highly qualified expert will walk you through the ins and outs of financial aid that may be available to your child as he/she prepares for the next step after graduation. Ideal for parents of juniors and seniors, the session will give you the essential knowledge you need to navigate this complex topic.

### 12. Bullying Issues^

Bullying is a persistent issue existing in and out of school. Here we'll examine the causes for this behavior in both females and males and what you can do to protect or discourage such behaviors in your child. The speaker will touch on activities and resources at school and in the community that may be helpful to you and your child.

## Session B

10:40 - 11:30

(Choose top two preferences on registration form)

### 1. The College Process — Freshmen/Sophomores

A District 155 expert will provide guidance and information about the college process specific to the first two years of high school. Learn timelines and valuable information to help your child plan for post-high school educational opportunities.

### 2. Healthy Coping Behaviors

From self-injury to eating disorders, many adolescents turn to unhealthy coping behaviors. Healthy alternatives exist, and we'll show you how to identify the unhealthy options and introduce new concepts to help your child deal with issues in his or her life.

**Courses are filled on a first-come, first-serve basis. The registration deadline for the 2012 Parent University is February 17!**

### 3. Signs & Symptoms of Drugs and Alcohol Use

Learn how to identify the warning signs of drug and alcohol use. The speaker will provide examples and talking points for how to communicate with your child about the dangers of abuse. This session will also discuss community resources to help combat drug and alcohol use.

### 4. Anger Management^

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.

### 5. Bullying Issues^

Bullying is a persistent issue existing in and out of school. Here we'll examine the causes for this behavior in both females and males and what you can do to protect or discourage such behaviors in your child. The speaker will touch on activities and resource at school and in the community that may be helpful to you and your child.

### 6. A Day in the Life: Navigating the School System

A panel of District 155 experts including a guidance counselor, school nurse, dean, and social worker will walk you through important issues faced by students in the district and how you can help your child. The panel will cover how to help your student rebound from bad grades or other issues and best-practices in working cooperatively with your school to help your child. This session will include a question and answer period.

### 7. Eating Disorders\*

Eating disorders can affect people of all ages and may be caused by several factors. In this session, an outside speaker will provide you with the resources to help someone struggling with an eating disorder take the first steps to recovery.



**Led by school or community experts, Parent U sessions allow parents to delve deeply into topics that can have the greatest impact in their homes.**

## 8. Attention-Deficit Hyperactivity Disorder

This session will explore ADHD and how it manifests in the school environment. You will learn current assessment and treatment models, school strategies, and other tips to help you advocate for your child.

## 9. Dealing with Depression and Bipolar Teens

Learn to identify and cope with disorders that may impact your teen's life. The session will deal directly with these two conditions and touch on suicide education and prevention.

## 10. Legal Issues at Home and on the Roads<sup>^</sup>

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.

## 11. Teens and Anxiety<sup>^</sup>

This session will explore the many pressures our teens face today. Learn how to identify signs and symptoms of anxiety, treatment models, and how anxiety can impact your child in a school setting.

## 12. District 155 Web Resources - Naviance<sup>\*</sup>

Naviance is an important tool for students who need help identifying a career path, an area of study after high school, or the right college for him/her. A District 155 expert will walk you through the system so that you can empower your student toward a successful future.

## Session C

11:40 - 12:30

(Choose top two preferences on registration form)

### 1. The College Process — Juniors/Seniors

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.

### 2. A Parent's Role<sup>\*</sup>

Adolescence can put a strain on the communications channels between teens and parents. This session will help you find ways to be part of your child's life in productive ways. You'll learn how to ask questions without interrogating, how to be supportive but not controlling, and how to be an effective cheerleader for your child.



The popular "A Day in the Life" session gives parents a glimpse of the support mechanisms available to their children at the high school.

### 3. Let's Talk about Sex . . . and Healthy Relationships

An outside expert will give you valuable pointers on how to communicate with your son or daughter about sex and setting healthy boundaries in relationships.

### 4. Helping Adolescents Through Divorce<sup>^</sup>

The presenter will offer helpful suggestions to create open communication channels that allow your child to thrive in a difficult situation, and tips on how to manage your own emotions regarding your divorce so you can co-parent effectively.

### 5. Healthy Coping Behaviors

From eating disorders to self-injury, many adolescents turn to unhealthy coping behaviors. Healthy alternatives exist, and we'll show you how to identify the unhealthy options and introduce new concepts to help your child deal with issues in his or her life.

### 6. Overcoming the Rigors of High School with Good Study Skills<sup>^</sup>

Whether your child is moving from middle school to high school, or transitioning to more advanced high school courses, the rigors and course load can become overwhelming. An expert on organizational skills and studying will

For speaker bios and more information click the Parent University link at [www.d155.org](http://www.d155.org)

help empower parents to help their student succeed in District 155 and beyond.

### **7. Signs & Symptoms of Drugs and Alcohol Use**

Learn how to identify the warning signs of drug and alcohol use. The speaker will provide examples and talking points for how to communicate with your child about the dangers of abuse. This session will also discuss community resources to help combat drug and alcohol use.

### **8. Teens and Anxiety<sup>^</sup>**

This session will explore the many pressures our teens face today. Learn how to identify signs and symptoms of anxiety, treatment models, and how anxiety can impact your child in a school setting.

### **9. Attention-Deficit Hyperactivity Disorder**

This session will explore ADHD and how it manifests in the school environment. You will learn current assessment and treatment models, school strategies, and other tips to help you advocate for your child.

Please note: A caret (^) next to a topic indicates a new speaker for this session. An asterisk (\*) indicates a new topic not offered at previous Parent Universities.

## **What parents had to say about the 2011 Parent University sessions:**

“I would have loved to take 3 more sessions! Great way to inform parents.”

“Can’t wait until next year!”

“Excellent delivery of a lot of information. Learned many things we’ll use to make our son successful.”

“Great information, speaker was very informative . . . Felt very safe asking questions.”

“Very informative! The presenter did a great job moving through the vast material, while still providing great detail.”

“[I] appreciated that the [presenter] took so many questions.”

“As a parent of an incoming freshman, this was invaluable.”

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## **Feedback on the 2011 break-out session led by Dr. Anne Krick (this year’s keynote speaker):**

“Great information. Much needed for everyone. Friendly & helpful speaker. Recommend this program again next year.”

“Lots of info. I am going home and making some changes.”

“Excellent. [I] wish everyone could get an idea of how important and serious this issue is.”

“Informative, worth repeating.”

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# Community High School District 155 Parent University Registration Form



**Date & Time:**

Saturday, February 25, 2012  
8:00 a.m. - 12:30 p.m.

**Place/Host School:**

Crystal Lake Central High School  
45 West Franklin  
Crystal Lake, IL 60014

**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

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### Workshop Selections

(Please write the workshop number for your top two preferences from each session.  
Every effort will be made to accomodate your top choice.)

	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, fax, or drop off the registration form by February 17 to:

Rebecca Saffert	Cary-Grove High School	(847)639-3825
	2208 Three Oaks Rd. Cary, Il 60013	Fax: (847)639-3873

Walk-ins accepted based on availability of sessions.

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**Parent University  
Committee**

Chair:

Rebecca Saffert (CG)

Members:

Missy Berg (PR)

Jamie Buck (PR)

Julie Carnes (CLS)

Allison Cook (CG)

Shawn Ness (CG)

Jeffrey Puma (District)

Patti Secrest (PR)

**Dear District 155 Parents:**

**District 155 is excited to offer the 4th Annual Parent University on February 25, 2012 at Crystal Lake Central High School.**

**Parent University offers twenty-six workshops designed to help families equip themselves with important skills for raising healthy teenagers. The event is open to all District 155 parents and parents of next year's freshman class.**

**Expert speakers from the school and community, make this an opportunity you won't want to miss. We look forward to meeting and sharing valuable resources to help you and your student.**

**Warmest Regards,**

**D155 Parent University Committee**

**• Crystal Lake Central • Cary-Grove • Crystal Lake South • Prairie Ridge • Haber Oaks Campus •**

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