



Thank you for attending our first Parent University! Copies of the handouts from our presenters will be posted online at the conclusion of Parent University on the School Town of Highland web page under District Services on the Guidance Services page. Should you have any questions or comments please do not hesitate to contact one of the counselors in the district:

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Rose Vis, Highland High & Middle School	rvis@highland.k12.in.us

## PARENT UNIVERSITY

Wednesday, February 25, 2015

6:00-6:10 Welcome & Introductions

6:10-6:40 Session I

6:50-7:20 Session II

7:30-8:00 Session III



<p><b>High Ability 101</b>  <b>J.J. Boylan, School Town of Highland Warren Elementary Principal</b>  <b>Target Audience: Parents of high ability students</b>  The School Town of Highland Elementary High ability Coordinator will be presenting information related to the high ability program offered throughout the school town. This presentation will address the common myths about high ability, the identification process and the current services we provide.</p>	<p>Session I  Room: 118</p>
<p><b>Is your child ready for Kindergarten?</b>  <b>Rachel Jennings &amp; Kris Pilewski, School Town of Highland Elementary School Counselors</b>  <b>Target Audience: Parents of students ages 3-5</b>  This session will focus on discussing kindergarten screening tools as well as the testing measures used by students once in kindergarten. The IDOE's kindergarten standards will be outlined and the importance of fine motor skills and social/emotional readiness will be highlighted. The process of early entrance and high ability screening will also be briefly touched upon. The importance of attendance for kindergarten students will also be covered.</p>	<p>Session I  Room: 100</p> <p>Session III  Room: 100</p>
<p><b>Are You Setting Your Kids Up For Failure?</b>  <b>Julia Ladewski</b>  <b>Target Audience: Parents of students grades 3-5</b>  This presentation will address the tricky health food industry, the body image conundrum, do as I say not as I do, punishment vs. praise, and the control game as it relates to healthy living.</p>	<p>Session II  Room: 118</p> <p>Session III  Room: 118</p>
<p><b>Transition to Middle School</b>  <b>Denise Mavity, School Town of Highland Middle School Counselor</b>  <b>Target Audience: Parents of students in 5<sup>th</sup> grade</b>  Parents of incoming 6<sup>th</sup> grade students or students new to the middle school can gain more information on the transition from elementary to middle school.</p>	<p>Session II  Room: 124</p> <p>Session III  Room: 124</p>
<p><b>Cyber Safety</b>  <b>Patti Van Til, Public Information Officer, Lake County Sheriff's Department</b>  <b>Target Audience: All parents</b>  This session will discuss how to keep your children safe in the cyber age.</p>	<p>Session I  Room: 124</p>
<p><b>21<sup>st</sup> Century Scholars Scholarship Program</b>  <b>Vi Jones, 21<sup>st</sup> Century Scholars Outreach Coordinator</b>  <b>Target Audience: Parents of students grades 7-8</b>  Surprised to learn that your middle school student can apply for and earn a college tuition scholarship? Come learn about the benefits, requirements and purpose of enrolling your student in the 21<sup>st</sup> Century Scholars College Scholarship Program.</p>	<p>Session I  Room: 116</p> <p>Session II  Room: 116</p>

<p><b>Moving On Up: Transition to High School</b>  <b>Rose Vis, School Town of Highland Counselor</b>  <b>Target Audience: Parents of students grades 8</b>  This workshop will help parents learn more about the process of transitioning from middle school to high school. The bridge between middle school and high school requires adjustments for both child and parents. Learn about this transition and tips on making it as smooth as possible.</p>	<p>Session II  Room: 126</p> <p>Session III  Room: 116</p>
<p><b>Understanding School Refusal &amp; Anxiety</b>  <b>Heather Chik, PhD &amp; Crystal Bauer, PsyD, Anxiety &amp; OCD Behavioral Health Center</b>  <b>Target Audience: All Parents</b>  As much as 28% of school-aged children in North America may outright refuse to attend school or have difficulties remaining in class for an entire day at some point during their education. Learn to recognize signs of school refusal, which may include frequent crying, clinging, tantrums, or oppositional behavior; chronic displays of worry, social anxiety, separation anxiety, or reassurance-seeking behavior; or recurring complaints of stomachaches, headaches, and sore throat. We will discuss how to seek help for school refusal behaviors and provide an overview of the evidence-based cognitive behavioral treatment for school refusal and related anxiety disorders.</p>	<p>Session II  Room: Library</p> <p>Session III  Room: Library</p>
<p><b>The Ultimate Underclassman</b>  <b>Amy Vezmar, School Town of Highland High School Counselor</b>  <b>Target Audience: Parents of students in grades 9-10</b>  A successful high school career starts from day one. Learn how to maximize your student's first two years of high school by exploring the top college and career planning resources directed at freshmen and sophomores! Discover how small steps early on can make all the difference when it comes to opportunities available junior year, senior year and beyond.</p>	<p>Session I  Room: 126</p> <p>Session II  Room: 126</p>
<p><b>Upperclassmen: Jumpstart the College Application Process</b>  <b>Anne Lemon, School Town of Highland High School Counselor</b>  <b>Target Audience: Parents of students in grades 11-12</b>  Parents of junior and senior students will be provided an overview of the college application process and timeline of events for junior and senior year. Questions pertaining to the college application process, an overview of scholarship resources, college admissions testing and important dates and deadlines will be covered.</p>	<p>Session I  Room: LGI</p> <p>Session III  Room: LGI</p>
<p><b>Funding Your Education Wisely: Taking a Closer Look at the Value of College and the Various Types of Aid</b>  <b>Bill Sommers, ISM College Planning</b>  <b>Target Audience: Parents of students grades 10-12</b>  Students and parents of all ages are encouraged to attend this evening presentation to discuss the college planning and financial aid process. ISM College Planning will be on hand to discuss picking the right major and college, searching for scholarships, the FAFSA and more.</p>	<p>Session I  Room: 104</p> <p>Session II  Room: 104</p>