

SATURDAY, SEPT. 28
Planning for the Future

COURSE GUIDE

A Family Day of Learning!

*Helping you help your child get ready to succeed in higher education.
It's never too early start!*

SATURDAY, SEPTEMBER 28, 2019

NORTHBROOK HIGH SCHOOL

1 RAIDER CIRCLE N

8:15 – 8:50 a.m.	Registration
9:00 – 9:45 a.m.	Session I
10:00 – 10:45 a.m.	Session II
11:00 – 11:45 a.m.	Session III

SPECIAL THANKS TO OUR PARENT U SPONSORS:



I-10 and Silber Road



SESSION I 9:00 – 9:45 a.m.

MS: presentations best for middle school parents; HS: presentations best for high school parents; MS/HS: presentations for both

***These presentations will be repeated. Check schedule for details.**

A1 – High School Graduation to Post-Secondary Education to...WHAT? - Room A119

(HS) Many high school graduates who go on to obtain a post-secondary education degree are shocked and dismayed when they find themselves unemployable. Come and learn about a common sense approach to post-secondary education that greatly increases the likelihood of a successful outcome. You will be given resources to explore and research what to consider when making choices to facilitate a direction for success in the future. *(Beverly Litton, Guthrie Center/CTE)*

A2 – Raising Responsible and Respectful Children - Room A101 (MS/HS) Do you ever feel like it is pulling teeth to get your kids to take out the trash or do other chores around the house? Do your kids ever argue or talk back? Come join me as I discuss ways to get your kids to do chores without reminders or money. We will also be discussing techniques used to avoid unwinnable arguments. You will leave the presentation with a few strategies that you can implement immediately! *(Rana Cummins, What a Great Parent!)*

A3 – Benefits of Going to College Away From Home - Room B119 (HS) The purpose of this presentation is to bring reassurance to students and their parents to learn about safety and the student life experience in colleges like Texas Tech University *(Eddie Canales, Texas Tech University)*

A4 – College Smarts - College Admission Process - Room E103, Auditorium (MS/HS) Understanding the preparation needed for today's college admissions process. *(Sandra Newton, The College Resource Center)*

A5 – Grade of "B" or Higher in Mathematics: 3-Step Process - Room A117 (MS/HS) Anyone can earn a grade of "B" or higher in any math or science course if they: (1) pass prerequisite courses (2) follow a strategic study plan. The "Griesinger Study Plan" is a personalized, 3-step study plan carefully crafted by Professor Glenn Griesinger. It is based on over 30-years of teaching STEM (science, technology, engineering and mathematics) courses. *(Dr. N. Glenn Griesinger, Ph. D., Mobile Math, LLC)*

A6 – Gen Z- Who Are They And How Do We Connect With Them? - Room A110 (MS/HS) Why are today's Generation Z kids growing up less rebellious, less happy, and completely unprepared for adulthood? Gen Z is the first generation to spend their entire adolescence in the age of the smart phone. They are different in their behavior and attitudes. This session will address how, as parents, we can better prepare them for adulthood. *(Jigisha Doshi, Bright Futures Consulting, LLC)*

A7 – College Planning Strategies - Room A111 (HS) We will be discussing the M.Y.T.H about financial aid, sources of money, academic and merit aid, college funding vs. financial planning. As a 501(c)3 organization, we have an abundance of resources for parents when it comes to financial planning for college. *(Brannon Lloyd, The Foundation for Financial Education)*

A8 – Time Management - Room A112 (MS/HS) Time management is vital to living a successful and productive life. Come learn the elements of time management for yourself and your child as you prepare to send him/her off to college. We'll explore activities and strategies to better manage time in the present to set up for the future. *(Porschia Harris, The Women's Resource of Greater Houston)*

A9 – Signs of Substance Use - Room A118 (MS/HS) During this presentation, the presenter will define “substance use” and identify signs of substance use in adolescents. We will discuss the short and long-term impact of substance use during adolescence. This session will conclude by informing parents and guardians of their role in substance use prevention and empowering them to intervene! *(Bianca Smith, SBISD, System of Care)*

A10 – Naviance* - Room L120 (MS/HS) Naviance is a comprehensive college and career readiness platform to which all SBISD middle and high schools have access. Naviance helps connect academic achievement to students’ long-term goals through career exploration, college and career preparation, self-discovery, and more. Join us as we explore the power of this tool. *(Donna Handlin and Amanda Boquist, SBISD Student Support Services)*

A11 – Parent's Guide To Cyber Safety* - Room E108, Band Hall (MS/HS) This presentation discusses social media, hidden apps, live streaming, games, online challenges, dating apps, online dangers, how to spot them, what to watch for, and a review of safety settings and restrictions. *(Sydney Zuiker, Crime Stoppers of Houston)*

A12 – Your Children & Navigating the Online World in SBISD* - Room E109, Drama Room (MS/HS) Why is it important to develop responsible digital learners and how does one do this? In this session, attendees will learn what Spring Branch ISD is doing to teach students to make smart choices online, and be provided with tips and resources to use at home. *(Stephanie Sandifer, Educational Technology)*

A13 – Scholarships & Financial Aid* - Room L113, Orchestra Room (HS) Financial aid consists of many different monies such as grants, scholarships, loans and work study. Most aid available is based upon individual need and eligibility. The COA (cost of attendance) includes typical expenses such as tuition and fees, books and supplies, room and board, transportation and miscellaneous expenses. EFC (expected family contribution) is the money that the family is expected to pay. Financial aid is an umbrella of many different things. During this presentation, we will review the different aids from a macro level and go into detail about the practices that YES Prep Northbrook High School does. *(Shvonne Williams, YES Prep-Northbrook High School)*

A14 – The ABC's of ADA at HCC (American Disability Act)* - Room F103, Choir Room (MS/HS) What must a new college student do to get disability services at Houston Community College (HCC)? What types of accommodations may be provided in a college classroom? Learn about these procedures and more in this session that talks about supporting special needs students." *(Estelle Sit, Houston Community College)*

A15 – Mental Health Signs and Symptoms* - Room A103 (MS/HS) Come learn about mental health signs and symptoms that are applicable to youth. You will learn tools for how to approach youth when you notice a concern, and connect them to appropriate professional help. *(Sara Vercher and Meredith Wertz, SBISD System of Care)*

A16 – Class Rank, GPA, and College Admissions* - Room A104 (HS) To rank or not to rank? Should a student’s class rank be included on his/her transcript? Learn about SBISD’s class rank policy and the importance of class rank and grade point averages in the college admissions process. *(Beverly Martin, SBISD Student Support Services)*

A17– SAT/ACT, PSAT. Are Your Kids Ready?* - Room A105 (HS) Did you know most students take these all-important tests multiple times? We will explore what these tests cover, the differences between them, the best times to prep and take them, and what your child needs to do to get ready. *(John Pisklak, Huntington Learning Center)*

A18 – Perfectionism: What's Bad About Being Too Good* - Room A106 (MS/HS) From the book by Adderholdt and Goldberg, learn why people become perfectionists and the effects perfectionism has on mind, body, and relationships. Coping strategies and how to ease up will be shared. *(Pamela Johnson, SBISD Advanced Academic Studies)*

A19 – Do You Have itslearning Questions? We Have itslearning Answers!* - Room A107 (MS/HS) Come ask your questions about SBISD's learning management system - itslearning. We will take a brief tour of itslearning and then save the rest of the time for your questions. *(Krystal Weiss, SBISD Educational Technology)*

A20 – Human Trafficking 101: Because Children Are Priceless* - Room A108 (MS/HS) Come learn more about the definition of human trafficking, the definition of domestic minor sex trafficking, how to talk to children about exploitation, how to raise children in a digital age, red flags, and how to report. *(Kathy McGibbon, Street Grace)*

A21 – Skyward/Family Access: Keeping Track of Your Student's Grades* - Room A109 (MS/HS) Participants will learn how to use Family Access to keep track of their child's assignments, due dates, grades and attendance. Participants will also learn how to set up email alerts in Family Access as well as how to communicate with their child's teachers directly through Family Access. *(Cody Wallace, SBISD Technology Services)*

SESSION II 10:00 – 10:45 a.m.

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B1 – Finding Your Future in Career and Technical Education - Room A101 (HS) Come learn how CTE helps students connect their education with the world of work through academic, technical, and employability skills. Learn about CTE program opportunities including architecture, business, engineering, health science, filmmaking, graphic design, and more. *(Angie Gillikin and David Sablatura, SBISD Career and Technical Education)*

B2 – Strut Your Stuff - College Essay Writing - Room E103, Auditorium (HS) Learn how to grab the attention of the college admissions counselor to enhance your admissions profile. *(Sandra Newton, The College Resource Center)*

B3 – College Graduation Guideline for STEM Majors - Room A117 (HS) The college application process can be very stressful, expensive, and time-consuming. This process could all be for naught if a student is accepted into college but ends up dropping out. National college dropout rates are over 50%. Unfortunately, students who were both weak and those who were strong students in high school can end up as a college dropout. This presentation focuses on devising a strategic plan for graduating with a bachelor's degree in the STEM (science, technology, engineering, mathematics) field. The strategies apply to other majors as well. *(Dr. N. Glenn Griesinger, Ph. D., Mobile Math, LLC)*

B4 – Simplifying the College Search - Room A119 (HS) It's mind-boggling when considering there are over 3,000 colleges and universities in the U.S. and even more abroad. Students' inboxes fill up with invitations to apply and connect with college admissions, which only adds to the confusion and stress! Where in the world should I apply? Learning outcomes for this session include identifying student and family requirements (learning and other needs), using geography to your advantage, defining boundaries such as debt burden, distance from home, size, etc. *(Dr. Beth Dennard, Bright Futures Consulting, LLC)*

B5 – DACA and Other Options (Bilingual Session) - Room B113, Lecture Hall (MS/HS)

Get an overview of the Deferred Action for Childhood Arrivals (DACA) and the current state of DACA which includes updates on the litigation. Additionally we will discuss other forms of obtaining legal status. *(Aimee Maldonado, South Texas College of Law Houston)*

B6 – Financial Aid 101 - FAFSA/TAFSA - Room A116 (HS) We will cover the FAFSA/TASFA application process. Come learn what you need to submit in order to apply. *(Jessica Jones, Houston Community College)*

B7 – Naviance* - Room L120 (MS/HS) Naviance is a comprehensive college and career readiness platform to which all SBISD middle and high schools have access. Naviance helps connect academic achievement to students' long-term goals through career exploration, college and career preparation, self-discovery, and more. Join us as we explore the power of this tool. *(Donna Handlin and Amanda Boquist, SBISD Student Support Services)*

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B12 – Special Education: Literacy and Math Resources* - Room A110 (MS/HS) Parents of students with an Individualized Educational Plan (IEP) will learn about literacy and math resources to build an understanding of the curriculum and increase your student's reading and math skills at home. *(Julie White, SBISD Special Education)*

B13 – Graduating on the Foundation High School Plan* - Room A111 (HS) Come learn about graduating on the Foundation High School Plan. Topics to be covered include required credits, course selection, and selecting an Endorsement. Come find out all about graduating from high school and preparing for the future! *(Martha Meyer, SBISD Student Support Services)*

B14 – Pre-AP, AP, Dual Credit - Understanding Advanced Courses* - Room A112

(MS/HS) Advanced courses begin in middle school and provide students with an opportunity to prepare for higher level courses in high school that often lead to earning college credit before graduation. This session explores what it means to take those courses and how to get the most out of them. *(Amy Ellingson, SBISD Advanced Academic Studies)*

B15 – Mental Health Signs and Symptoms* - Room A103 (MS/HS)

Come learn about mental health signs and symptoms that are applicable to youth. You will learn tools for how to approach youth when you notice a concern, and connect them to appropriate professional help. *(Sara Vercher and Meredith Wertz, SBISD System of Care)*

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To rank or not to rank? Should a student's class rank be included on his/her transcript? Learn about SBISD's class rank policy and the importance of class rank and grade point averages in the college admissions process. *(Beverly Martin, SBISD Student Support Services)*

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Did you know most students take these all-important tests multiple times? We will explore what these tests cover, the differences between them, best times to prep and take them, and what your child needs to do to get ready. *(John Pisklak, Huntington Learning Center)*

B18 – Perfectionism: What's Bad About Being Too Good* - Room A106 (MS/HS)

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A107 (MS/HS) Come ask your questions about SBISD's learning management system - itslearning. We will take a brief tour of itslearning and then save the rest of the time for your questions. *(Krystal Weiss, SBISD Educational Technology)*

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SESSION III 11:00 a.m. – 11:45 a.m.

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C1 – Technical School Advantages- Texas State Technical College - Room L113, Orchestra Room (HS) Learn about the advantages of attending a technical school. A degree or a diploma from a technical school costs much less than a degree from a four-year college. This is a great advantage of less tuition and fees and fewer textbooks to buy. *(Jose Grimaldos, Texas State Technical College)*

C2 – Insider Strategies to Significantly Lower the Cost of College - Room A114 (HS) Learn about insider strategies that leverage your family's unique situation so that you can send your kids to the right college, for the right reasons, and save thousands of dollars compared to what uninformed parents generally pay. *(Manuel de la Vega, Collegiate Avenues)*

C3 – Apples and Oranges of College Selection - Room E103, Auditorium (HS) Learn how to identify the best college for your child's need to achieve the "right-fit." *(Sandra Newton, The College Resource Center)*

C4 – The Power of Social Media - Room A113 (MS/HS) Participants will learn social media and the benefit that it can have on student success, while also learning why it is important to be aware of some of the potential dangers that it can pose when student usage is not monitored appropriately. *(Tyra Walker, SBISD Counseling and Student Support)*

C5 – Transitioning from High School to College - Room F103, Choir Room (HS) Making the transition from high school to college! How to prepare for success! Tips and tools for parents and students to smoothly move from being in high school to successfully finish college. *(Kathy Rose, Bri Busby, and Gladis Rodriguez, CollegeCommunityCareer)*

C6 – Paying for College: A Comprehensive Review - Room A119 (HS) No one wants to be "a day late and a dollar short" - especially in regards to higher education. This presentation provides parents with clear, relevant information on financial planning for before, during, and after college. This includes a review of financial aid and repayment plans and spotlights Texas-specific programs. *(Elana Guerra, Bright Futures LLC)*

C7 – What You Need to Know About College Applications - Room B118 (HS) Participants will learn about the importance of researching colleges, admission requirements, priority deadlines, college essays, and the benefits of planning early. *(Ramiro Fonseca, Project Grad)*

C8 – Panel with College Reps - Choosing Colleges: Private or Public? - Room L120 (HS) Come learn from college representatives from the Texas Tech University, Houston Baptist University and Rice University about the different benefits of public and private universities. *(Edgar Canales, Texas Tech University; Nathalia De La Espriella and Jason J Fletcher, Houston Baptist University; and Shana Castillo, Rice University)*

C9 –The Road Less Traveled: Navigating the Selective College Application - Room B116 (HS) The selective college application process can differ from the traditional Apply Texas process. This session will focus on what it means to apply to a selective college and how to best prepare. We will delve into holistic admissions review and give you practical tips for supporting your student. *(Mayra Valle and Sandra Nuñez, Emerge)*

C10 – HCC Dual Credit Program - Room A117 (MS/HS) Houston Community College (HCC) provides high school students the opportunity to earn college credit and high school credit through Dual Credit enrollment with HCC while still in high school. Students demonstrating college readiness through a State of Texas approved college placement test can earn dual credit by taking an approved college class offered at a high school, HCC campus, or online. *(Lilian Baldwin, Houston Community College)*

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