

# Parent Education and Wellness Series



## College Kick-Off Night

9/8

Get to know the DePaul Prep College Counselors, Joan Murphy and Tony MInestra. Beyond previewing the College Readiness curriculum, this session will offer guidance on timing, testing, and to-do lists for Seniors and their families. Tony and Joan will be joined by Admissions Reps from Xavier, DePaul, and Indiana Universities.

## Paying for College: Understanding the Financial Aid and Scholarship Process

9/28

Gerard J. Cebrzynski, Associate Vice-President for Financial Aid at Lake Forest College, will cover everything from real cost of college these days to streamlining the financial aid process and being an educated consumer when it comes to offers. [ZOOM LINK](#)

## Helping Teens Make the Drug-Free Choice

10/7

Despite social factors, parent enforcement of drug-free expectations significantly reduces the likelihood of use. Join Andy Duran, CEO of the community awareness organization LEAD, in an investigation of communication, encouragement, negotiation, and limit-setting strategies to support a drug-free life. [ZOOM LINK](#)

## Mindful Parenting

11/10

Join our local partner, Compass Health Center, who will present info regarding current best practice for raising a happy, healthy, and emotionally-regulated teenager in today's climate. This will be discussed through the lens of hands-on mindful practices. [ZOOM LINK](#)

## Parent Teacher Conferences - 11/23 and 11/24

Check in with counselors to discuss feedback from teacher conferences, set end of semester goals, and plan for spring 2021. **NOTE: Please make an effort to schedule your meeting with the counselor LAST to ensure all teacher have shared before goals in these session are developed.**

## Assessment Preparation Strategies

11/30

The Depaul Prep Learning Specialists will review common techniques to better prepare for semester-end assessments across the curricular spectrum. In addition, ways to support student independent planning, task management, and maintenance of an upbeat, motivational learning environment will be discussed. [ZOOM LINK](#)

## Grief and Trauma-Informed Parenting

9/24

Gain a better understanding of grief and loss from Kelsey Hoeper, a Clinical School & Community Program Coordinator at local non-profit Willow House. Families will discover how to help themselves and their children cope through this uniquely challenging time in history. [ZOOM LINK](#)

## Financial Aid Workshop

10/6

Sahar Steiner from the Illinois Student Assistance Commission (ISAC) will provide assistance in completing either the Free Application for Federal Student Aid (FAFSA) or the Alternative Application for MAP. Please plan to have income and asset info, and if applicable, an FSA ID to retrieve tax and income info. [ZOOM LINK](#)

## Executive Functioning Workshop

10/20

With the added challenge of hybrid or remote learning environment, self-advocacy, time management, and electronic organizational skills have been strong indicators of success, or lack thereof. Join the DePaul Prep Learning Specialists for an overview of the strategies utilized in their program. [ZOOM LINK](#)

## Next Steps in the College Process

11/18

Reconnect with the DCP College Counseling Team, along with a panel of college admissions counselors, after the early college application deadlines. The focus will be re-engaging in the post secondary conversation to set a plan for the Winter and Spring ahead. [ZOOM LINK](#)

## Scholarship Workshop

12/8

Begin the hunt for offsetting the cost of college by understanding the ins and outs of the process. Online resources will be explored to demonstrate potential matches for a variety of student/family profiles and academic, athletic, and co-curricular ability. [ZOOM LINK](#)

All events are held via Zoom @

6:30pm

For more info, contact:  
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