



Parent Education and Wellness Series

The Road Ahead: Approaching the College Process	Psychological Testing	College Admissions and the Prospective NCAA Student Athlete
College Counselors Tony Minestra and Joan Murphy	Dr. Paige Hover, <i>Big Picture Psychological Service</i> and DePaul Prep Learning Specialists	DePaul Prep AD Pat Mahoney with College Counselors Tony Minestra and Joan Murphy
Jan. 26, 6:30 PM	Feb. 2, 6:30 PM	Feb. 17, 6:30 PM
RSVP	RSVP	RSVP
ZOOM LINK HERE	ZOOM LINK HERE	ZOOM LINK HERE
Join the College Counseling Team as we kick off the college conversation with our Juniors and Families. We will lay out the college application timeline and share best practices for building a healthy college process. We will also preview the College Readiness Advisory Curriculum we have developed for the class of 2022, and highlight all the post secondary resources available to our students. We will also feature voices from the college admissions world as they offer perspective from "the other side of the desk."	For teens and young adults that were typically driven high achievers, but who are starting to struggle, many often wonder if undiagnosed ADHD is the reason for their struggles. Difficulty focusing/poor concentration is one symptom of many diagnoses including anxiety, depression, OCD, bipolar disorders, and learning disorders. Join our Learning Specialists and Dr. Paige Hover of Big Picture Psychological Service, in a discussion on the process and benefits of psychological testing.	Competing in collegiate athletics can be an incredible experience, but the path to get there can also be a complicated process. DCP Athletic Director Pat Mahoney and the DCP College Counseling Team are joined by members of the DePaul University Athletic Department to guide a conversation around the recruiting process and life as a student athlete at the next level.
Tackling Vaping in our Schools	ADHD Impacts on Adolescent Academic Success	Transitioning from High School to College
Mr. Andy Duran, <i>LEAD</i>	Ms. Anne Byrne, <i>ICSJ</i> and the DePaul Prep Learning Specialists	College Counselors Tony Minestra and Joan Murphy
March 2, 6:30 PM	March 23, 6:30 PM	April 20, 6:30 PM
RSVP	RSVP	RSVP
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Join the Counseling Team and Andy Duran from LEAD for a presentation aimed at highlighting the myths around vaping and the reality of who actually is. Conversation strategies will be reviewed to support discussions with teens about potential life-long consequences, and ways to reduce usage in the community.	High School Matriculation Counselor, Anne Byrne, will join our Learning Specialists in an informational talk on ADHD (Attention Deficit Hyperactivity Disorder). Discussion will include a deeper understanding of how ADHD affects brain activity and how the symptoms can be both beneficial and challenging to a child's academic performance and social interactions. Parent will learn support both at home and at school, as well as treatment options available.	Taking the leap from High School to College can be exciting and overwhelming, all at the same time. Join the DCP Counseling Team, along with voices from Student Affairs professionals on the college side, to help guide the big transition. We'll share perspective, what to expect, and best practices for a healthy student experience in their first year on campus.
Technology Addiction: Responsible Social Media Use + Screenagers	Being an Emotional Intelligent Parent	Summer College Planning
DePaul Prep Counselors	Mr. Andy Duran, <i>LEAD</i>	College Counselors Tony Minestra and Joan Murphy
April 27, 6:30 PM	May 4, 6:30 PM	May 11, 6:30 PM
RSVP	RSVP	RSVP
Location TBD	ZOOM LINK HERE	ZOOM LINK HERE
Screenagers is an award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games and academics. Counselors will lead a film discussion around supporting teenage navigation through the digital world.	Parenting is tough, even in normal times. In journeying through what might be the hardest time in our generation to be a parent, the need to equip ourselves with tools and strategies to get our kids (and ourselves) through has never been greater. This presentation will discuss some strategies and techniques that will help you to better understand your teen and how to connect with them on an emotional level that will benefit you and your family for years to come.	Summer time is the perfect time to for a rising Senior to get excited about the college process. Join the DCP College Counseling Team as we set your student up for success ahead of the busy Fall application season. We will lay out what to expect in the months ahead, share best practices for putting a timely plan together, and hear advice from the College Admissions side on what our soon-to-be Seniors could be focused on and what they should expect from the process.

Assistive Technology
DePaul Prep Learning Specialists
May 25, 6:30 PM
RSVP
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Gain a clearer understanding of devices, software, or equipment that helps people work around challenges so they can learn, communicate, and function better. Join the Learning Specialists to discuss tools can help people work around their challenges, while also playing to their strengths. Assistive technology can help students thrive in school and in life, and this presentation will emphasize what can be utilized at DePaul Prep.



The Depaul Prep Counseling Team is honored to share this learning space with our parent community.

Please reach out with questions and suggestions.

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