



Parent Education Wellness Series

2023 -2024 School Year

6:30 - 8:30 p.m.

The DePaul Prep Parent Education Wellness Series is facilitated and led by the DePaul Prep Counseling Department. We believe that in partnership with local community agencies, DePaul Prep faculty, staff, and families are best able to support and guide our students through their high school years. These workshops are carefully crafted to bring the best programming our staff and community have to offer. There will be a variety of workshops targeting both social-emotional wellness and post-secondary preparedness. This is an effort to cultivate our FRESH values for the whole of the DePaul Prep community focused on Excellence, Service, and Health. The more we partner and learn as a community the better we can empower the whole student.

Monthly PEWS programming is hosted on Tuesday evenings for your convenience.

Please find the [RSVP HERE](#)

August

29th

Senior College Kick off

DePaul Prep College Counselors will reignite the college conversation and help set up families for the fall application season. We will preview the college-related programming that will be rolled out in Advisory class, re-introduce our Maia college software and offer strategies to attack the weeks and months ahead. College Admissions professionals will join our team to add perspective, offer guidance, and share insight on the application season.

September

12th

YWCA Sexual Misconduct Training for Parents and Students

YWCA presents a comprehensive understanding of what consent is, sexual violence and will enhance awareness of how to appropriately respond to survivors of sexual violence. Additionally, the DePaul Prep Deans and Counseling Staff will provide context on the structure of services and protocols in place to support students and families who may have experienced sexual violence.

26th

Academic Achievement Strategies

The DePaul Prep Learning Specialists Team will help families get off to a great start for the new year as they share strategies that students can use to prepare for a variety of assessments. Topics include written essays, long-term projects, and tests. Parents will walk away with an understanding of how to help their student(s) create and use active study strategies that provide feedback.

October	
3rd	<p>Real Talk: A Conversation on Substance Abuse Awareness and Prevention</p> <p>DePaul Prep has partnered with Peer Services, the local expert on Substance Abuse Prevention. Join us for “Talking and Tacos Tuesday”! We ask both parents and students to come and learn how to have hard conversations around substance awareness, use and abuse, while enjoying everyone’s favorite food, the taco!</p>
10th	<p>Financing College (VIRTUAL)</p> <p>DePaul Prep College Counselors tackle the difficult college cost conversation. Learn the intricacies of the “sticker price” in relation to the actual cost of college, as well as ways to help subsidize the expense.</p>
17th	<p>Living with ADHD: A Presentation by Anne Byrne, LCSW</p> <p>Join us for this in-person event by our very own in-house specialist, Anne Bryne. Ms. Byrne has worked in both the public and private sectors to educate and inform families about ADHD.</p>
24th	<p>Upstander Movie Presentation</p> <p><i>Upstanders</i> explores all sides of bullying, from the brain science to how it plays out from subtle scenarios to full-blown bullying. Social media’s power means that bully behavior is now a 24/7 phenomenon, where even changing schools, jobs, and phone numbers, or deleting accounts cannot stop the cycle. COVID has increased the incidence of cyberbullying by 70%. The <i>Upstanders</i> film shares safe and proven strategies and is rooted in character building. It inspires kindness, honesty, respect, empathy, trust, and connection. Join the DePaul Prep Counseling team and revisit some of the important conversations and topics covered in the film and in your student’s Advisory course!</p>
November	
7th	<p>Course Registration Preview: Choosing the Right Classes for Your Student (VIRTUAL)</p> <p>The Depaul Prep Counseling team will provide a brief overview of offerings for the 2024-25 school year. In addition, Heidi Bojorges, International Baccalaureate (IB) Program Coordinator, will explain the experiences and benefits of participation in our IB program.</p>
14th	<p>Continuing College Conversations (Virtual)</p> <p>Reconnect with the DePaul Prep College Counselors right after the early college application deadlines to look to the next steps in the process. Topic will include scholarship opportunities, mid-year transcripts, and communication with admissions reps. This presentation will be virtual.</p>
28th	<p>College Planning Kick Off for 11th Grade Students and Parents</p> <p>Families of 11th grade students are encouraged to join the DePaul Prep College Counseling Team as we provide an introduction to the college process and offer insight into our post secondary planning program. A panel of college admissions professionals will add perspective</p>

	to this dynamic program, designed to help kickstart this exciting next step in your student's journey.
December	
5th	<p>Introduction to College Process</p> <p>Families are eager to learn about the college process and are engaging college counselors earlier than ever. Freshmen and Sophomore families are encouraged to join the DePaul Prep College Counseling Team as we provide an introduction to the college process and offer insights into our post secondary programming. Find out what you can be doing now to prepare your student!</p>
January	
16th	<p>Cyber Safety and Security</p> <p>The Cook County Internet Crimes Against Children Task Force will present an Internet Safety Workshop to parents and community members. Adults are given an overview of basic internet safety, cyberbullying and sexting as well as the warning signs they may see if their children are involved in unsafe online behaviors and how to report. Resources will also be shared for further assistance.</p>
23rd	<p>Exploring College Differences (Virtual)</p> <p>Colleges and Universities have an ever changing landscape. This special presentation by the College Counselors is designed to explain to families all the “differences,” that come with college. Learn about everything from “What does LAS stand for?” to “My student is interested in Engineering, what now?” This presentation will be virtual.</p>
February	
6th	<p>Real Talk: Continuing the conversation around substance use awareness and prevention</p> <p>DePaul Prep has partnered with Peer Services, the local expert on Substance Abuse Prevention. Join us for “Talking and Tacos Tuesday”! We ask both parents and students to come and learn how to have hard conversations around substance awareness, use and abuse, while enjoying everyone’s favorite food, the taco!</p>
13th	<p>NCAA: Admissions and Athletic Recruiting Process (Virtual)</p> <p>This presentation addresses the pathway to collegiate athletics, including perspectives from College Admissions Reps, the DePaul Prep College Counselors will share a typical day in the life of a college student athlete and detail the next steps in the recruitment process.</p> <p>*College Counselors available for follow ups to discuss individual questions.</p> <p>This presentation will be virtual.</p>
March	

<p>19th</p>	<p>Gaining a Better Understanding of Teen Anxiety and Depression DePaul College Prep is excited to offer support to families in gaining a better understanding of teenage anxiety and depression. We have assembled a panel of experts in the field to participate in an on-campus discussion.</p>
<p>26th</p>	<p>Enrichment: Summer Enrichment Programs for your student(s) This is a collaborative presentation offered by both Counseling teams where we discuss how to find, and apply for enrichment opportunities for your Vincentian learner. Counselors will discuss how these programs help set your student up for understanding their likes and dislikes, as well as creating exposure to different interests. Please join us in our journey to explore the enrichment possibilities available for your student.</p>
<p>April</p>	
<p>9th</p>	<p>Mental Health Awareness Month Expo Explore different mental health strategies with the DePaul Prep Counseling team and surrounding partners! This interactive workshop is designed to expose families to the wealth of mental health offerings in our community.</p>
<p>23rd</p>	<p>Transitions to College Join the DePaul Prep College Counselors as they provide perspective on what to expect in the months ahead as your child transitions to college. Current college students will be present to share typical first year student scenarios and examples of healthy student experiences that support a positive and successful start to college.</p>
<p>May</p>	
<p>21st</p>	<p>Grade level Transition Meetings (Virtual) This all school event (by grade level) is designed to help families understand what to expect for your student as they transition to the next grade level. Join DePaul Prep Faculty and Staff as they share the expectations for your matriculating student. This event will be held virtually.</p>