

 		<p>Please contact the Office of Family & Community Engagement for requests to schedule any workshop listed in this catalogue.</p> <p>Suzanne Berberian: berberian.suzanne@pusd.us, Ext. 88195 Elizabeth Palomares: palomares.elizabeth@pusd.us, Ext. 88196</p>			
<p><i>Please note: Some workshops may be offered with translation services.</i></p>					
Name of Course	Presenter	Brief Description	Virtual - (In Person - when safely permitted)	School specific	Districtwide workshop
Navigating PUSD- How to Advocate for your child's education	FRC Staff	How to work with school/district staff to help support your child's academic and social-emotional development. Who are the people on campus that you can go to for help. What district departments can help you and how to contact them.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Parent Portal and Gmail Account Set-up	FRC Staff	Parents will learn how to create a Gmail account and Parent Portal Account	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Technology- Basic Computer Training	Adult Ed. Staff	Introductory 12 hour computer program which trains students to become successful with basic computer technology as the first step on a path towards using computer application as a clerical support. Students will learn: to understand and use the components of desktops, laptops and Chromebooks; to access the internet, be a good digital citizen, and create an email; to access and use the PUSD Parent Portal; to access an online Learning Management System (Canvas) and cloud-based applications (Google Suite); and to join online video conferencing (WebEx)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Financial Literacy	Adult Ed. Staff	Learn the basics of managing household finances	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Leadership Development 101	FRC Staff	How to become active in your school, advocate for your child and for all students. What are the parent leadership groups at your school and at the district. How to collaborate with parents/staff to support your child and all students. How to work with parents/staff who may not agree with you all the time. How to participate and/or conduct a successful parent meetings.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Roles and Responsibilities of Parent Groups- District Parent Groups Coaching	FRC Staff	What are the school level and district level parent groups, what's the purpose of each group and how are they supported. How to participate and/or conduct successful meetings.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

School Site Council Training	Special Programs, State and Federal	This workshop will present information pertaining to the roles and responsibilities of the School Site Council. Topics will include California requirements for the School Plan for Student Achievement (SPSA), general principles for how to conduct meetings in accordance with the Greene Act, and updates to valid school site council composition based on updates that went into effect in 2019.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Title I	FRC Staff	This workshop will provide information on how parents shall be involved in the development of the school and the district Parental Involvement Policies, how Title I funds must be used at the school and at the district to support students and families. What are the family engagement goals in each school's SPSA and how parents are involved.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
LCFF and LCAP	Special Programs, State and Federal	Working on Description	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
District and School Budget		Working on Description	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PUSD Academics	PUSD Academics	Learn all about PUSD Academics that allow students to explore their interests and prepare them for college, career and life!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Senior Defense	PUSD Academics	Learn about the purpose of the Senior Defense as part of the High School Graduation Requirements	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
DUI Prevention	Day One	Learn about DUI rates in southern California, and laws that are in place to help teens in dire situations. The session ends with a discussion on safety tips and pointers teens can utilize to avoid peer pressure.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Turnt	Day One	Understand the impact that alcohol and other drugs have on you, your body, and your community.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Marijuana 101	Day One	Learn the ins and outs of recent marijuana policy changes and brain science to empower youth to make healthy decisions.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Self-Medicated	Day One	In this session we will learn about prescription drug misuse and how to prevent it. We will share information about common abused prescription drugs and trends in how to safely store and dispose of expired prescription medication.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

Vaping	Day One	Learn about the harms of exposure to secondhand smoke in outdoor public areas, what cities have done to combat the issue, and the health effects of e-cigarette/vape use and exposure to secondhand aerosol.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Coping with Anger	Day One	Learn how to understand and identify anger amongst youth, its triggers, and its physical effects and consequences. Identify the emotions and issues and learn tips on how your youth can manage anger.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Coping with Anxiety	Day One	Understand the physical and mental effects of anxiety amongst youth. Learn and identify common causes of anxiety, and how youth can manage their their anxiety.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Communication with your Teen	Day One	Learn how to communicate effectively and avoid misunderstanding by enhancing your verbal and non-verbal communication skills.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
What's going on in there? Using brain science to understand behavior	Young & Healthy	Do you ever look at your child and wonder where their behavior is coming from? Or what is it driving their emotions? This workshop will help explain that. We use brain science and child development to explain behaviors and provide strategies to enhance child development and parent-child relationships. This workshop can be done in one to four separate 1-hour sessions. Content can be adjusted to meet specific needs, ages and timing as necessary.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Fight, Flight, Freeze	Young & Healthy	It happens to all of us, our brain tells us that there is danger and we go into protection mode. What does that look like? What is it that makes us feel unsure, uncomfortable, or unsafe? When we know what our "triggers" are we can better prepare our responses. This conversation will help us to recognize triggers and be more prepared to handle them.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Calm brains make better choices	Young & Healthy	This conversation will focus on how to recognize feelings for parents and their children, and how to get back to calm. We will talk about some strategies to help all of us to focus so that we can make better decisions and have more meaningful conversations.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Changing negative self-talk into positive self-talk	Young & Healthy	Remodel your brain. Your brain is yours to control. What do you want to focus on? Who do you want to be? You can choose. You can change the way you think, you control the way your brain is wired. This workshop will focus on some strategies for changing negative self-talk into positive self-talk for all ages, especially during this critical time of change for us in so many areas of our lives.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

Self-Care is not selfish!	Young & Healthy	Let's be real, we all have stress, and we are not going to be able to avoid it. Self-care is the antidote, it can help to reduce our feelings of stress, as well as maintain and enhance our short-and-long-term health and well-being. This conversation will focus on the importance of self-care and its role in building resilience.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
My self-care plan	Young & Healthy	Sleep, exercise, social connections, gratitude, and nutrition are all nourishment for your brain. In this session, we will talk about different ways to develop a self-care plan for yourself and for your family.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Virtual learning at home...tips, ideas, and techniques to not only survive, but thrive!	Young & Healthy	Like it or not, we are doing this, we are supporting our students while they are learning from home. This session will focus on strategies that parents can implement to make this the best possible experience for their families.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Brain Breaks!	Young & Healthy	We all need brain breaks during our day. Taking a break from what we are doing actually makes us more effective learners. How often and what we do when we break, matters. Join this conversation for some brain break ideas for all members of your family.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Resilience: The 2020 Version	Young & Healthy	No one ever imagined that our world would change so drastically. Resilience is the ability to advance despite adversity. This conversation will focus on what Resilience looks like in today's world and how we can help to be Resilience Builders in our families.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Take it Outside	Young & Healthy	With all of our focus being on screens, school, work, social life... everything revolves around a screen. Let's not forget how important it is to be outside (and away from our screens). This conversation will offer some ways to transition away from the screens and incorporate the outdoors into your learning experience and the importance of getting up and moving around not only for our bodies, but for our brains!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Growth Mindset	Young & Healthy	Everyone hates to make mistakes. But what if we could learn to celebrate our mistakes as opportunities to learn? People who see mistakes as opportunities to learn have a Growth Mindset. This conversation will define and explain Growth Mindset as well as offer tips and strategies for building Growth Mindset in our families.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Family Dynamics	Young & Healthy	A sense of belonging and identity is essential for navigating the teen years. Middle schoolers are figuring out who they are, and are beginning to experiment in social situations. A strong personal relationship with their caregiver is the essential constant in their life as everything else (body, school, friends etc.) is changing. This workshop offers day to day strategies to strengthen family relationships, form a family identity and promote a child's sense of belonging. This workshop can be done in one to four separate 1-hour sessions. Content can be adjusted to address the transition to and from middle school, specific needs and timing as necessary.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

Homework strategies	Young & Healthy	Do you hate homework? Do you have a daily struggle with your child over homework? Are you exhausted just thinking about your child's homework each night? This workshop offers some new perspective and strategies to help make homework less of an issue in your home so that your child can thrive instead of just survive. This workshop can be done in a 1-hour session. Content can be adjusted to meet specific needs, ages and timing as necessary.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Navigating the Healthcare system	Young & Healthy	Do you have insurance but are not sure what is covered and what is not? Are you not sure what to do when Medi-cal cancels your benefits? Are you unsure of which insurance programs you qualify for? This workshop will cover different health program benefits and eligibility criteria as well as troubleshoot individual cases (as time permits)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Ask the Doctor	Young & Healthy	Spend time in a question and answer session with a pediatrician who will answer any and all questions asked by you, the parent! When should I call the Doctor? What should I expect to happen at a well child checkup for my middle schooler? How do I know when to take my child to the emergency room? These and all of your questions will be answered by a friendly, knowledgeable pediatrician who is currently practicing.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Dental Hygiene	Young & Healthy	The first place children learn about healthy oral hygiene is at home. Young & Healthy is here to help you teach your child all they need to know about properly caring for their teeth. This workshop offers tips on how to make oral hygiene effective, fun and part of your daily routine. This class is geared towards parents/guardians of young children and lasts 30-60 minutes.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Teaching gratitude	Young & Healthy	Practicing gratitude increases mental strength, improves self-esteem, reduces aggression, improves physical health and opens the door to more positive relationships. Learn how to instill an "attitude of gratitude" in your children through an understanding of how information is processed in the developing brain. This workshop is done in one 1-hour session. Content can be adjusted to meet specific needs, ages and timing as necessary.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Building Strong Sibling Relationships	Young & Healthy	Friendships may come and go but you are "stuck" with your siblings. This relationship is one of the most enduring that you will have in your life. Like it or not sometimes, you have to work things out and figure out how to get along. The good news is that we can help our children to make this relationship a cherished and loving one that they will appreciate for a lifetime. This workshop is done in one 1-hour session. Content can be adjusted to meet specific needs, ages and timing as necessary.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

Attachment	Young & Healthy	Building healthy attachments at any stage in life- fostering a healthy attachment between you and your child will give them the tools to go out and be successful on their own academically, socially, and professionally later in life. What does a healthy attachment look like and how are they built? This workshop is done in one 1-hour session. Content can be adjusted to meet specific needs, ages and timing as necessary.	☑	☑	
7 habits of highly effective people	Young & Healthy	<p>Learn how to incorporate the “7 habits” into your child’s life and your family structure. Using information and adaptations from Sean Covey’s The 7 Habits of Healthy Kids and Stephen Covey’s The 7 Habits of Highly Effective Families, take your family from surviving to thriving by understanding and using the “7 habits” in your family routines. We will use the basis of brain development to understand how these habits can be the tools that we need to have a thriving family. This workshop can be done in one 1-hour session or in multiple sessions. Content can be adjusted to meet specific needs, ages and timing as necessary.</p> <ol style="list-style-type: none"> 1. Be Proactive- teach kids to take responsibility for their own lives, for their own fun or boredom, for their own happiness or unhappiness. 2. Have a Plan- planning ahead always leads to good things. 3. Put first things first- help for teaching kids how to delay gratification and do the hard thing, avoid procrastination and be prepared. 4. Think Win-Win- think about another as well as yourself. 5. Seek first to understand, then to be understood- listening with our ears isn’t good enough because less than 10% of communication is verbal. 6. Synergize- “alone we can do so little, together we can do so much”. Foster teamwork in your family for success and lasting connection. 7. Sharpen the saw-Balance Feels Best- Self-care comes into play for everyone, when we take the time to renew ourselves we are healthiest and happiest. 	☑	☑	
Mindfulness	Young & Healthy	Mindfulness is “paying attention in a particular way: on purpose, in the present moment and non-judgmentally.” (Jon Kabat-Zinn) Evidence shows that the practice of mindfulness can not only change your mind, but can also change your brain through neuroplasticity. This session will focus on mindfulness practices for the family and ways to incorporate them into your everyday life.	☑	☑	

Things that your child wishes you knew	Young & Healthy	Ever feel like you are simply surviving? Wish that you could shift into thriving? Are you craving more of a connection with your children? This session will focus on creating connection and unlocking the mysteries of the parent child relationship so that you can shift from surviving to thriving.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Teaching Self-Regulation/Self-Regulation VS. Self-Control	Young & Healthy	Self-control is the ability to stop and think before acting. Self-Regulation is the ability to manage emotions so that more positive choices can be made, especially when angry or upset. This workshop will give parents a basic understanding of how these skills can be developed and supported in our families along with some practical tools and tips for encouraging self-regulation and self-control at home.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Making Mistakes is a Good Thing!	Young & Healthy	Experiencing challenging situations gives us the opportunity to develop problem solving and coping skills. When we allow our children to experience adversity, we also give them an opportunity to build resilience and self-esteem as a result of learning from our mistakes. This workshop will focus on ways to teach our children that making mistakes are an opportunity to learn and grow from our experiences.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Organization, Time Management and Planning: How to support development of these skills	Young & Healthy	The fancy name for these skills is “executive function”. These skills are all necessary for success not only in the classroom but as we learn to navigate life. Learning these skills takes time, effort and practice, but the results are worth the effort. This workshop will focus on how to support the development of executive function through parenting skills and fun activities that can be done with our families.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Surviving Sunrise and Sunset: strategies for the most hectic times of day	Young & Healthy	Tips for crazy mornings and bedtimes, and aren't they all?! How to turn crazy into peaceful or at least a little bit better. We will talk about why these times of day, and transitions in general, can be more hectic for a family. Strategies and tools for encouraging calm will be discussed.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Raising Compassionate Kids	Young & Healthy	Kindness and compassion are superpowers! When we incorporate more kindness and compassion into our lives it makes us healthier, happier and more relaxed. Kindness and compassion also stimulate the thinking learning parts of the brain and help us to be more effective learners. Tools and strategies will be offered for creating kinder, more compassionate attitudes throughout the family.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

#GOALS: planning for success at every age	Young & Healthy	Research shows that people are 33% more likely to achieve their goals if they are clearly defined and written down. Having clear goals can increase productivity and time management, and also reduce stress and conflict among members of a family. Join us as we use goal setting strategies for every age and stage. Individual as well as family goal setting will be discussed and tools for success will be offered.	☑	☑	
Social Emotional Intelligence supports academic achievement	Young & Healthy	How does understanding your emotions, having self-control, being able to self-regulate and knowing how to express your emotions help you to be a better student? This workshop will explain that and give you tools and strategies for encouraging social emotional intelligence in your children.	☑	☑	
Be Proactive	Young & Healthy	Teach kids to take responsibility for their own lives, for their own fun or boredom, for their own happiness or unhappiness. Between stimulus and response there is freedom to choose if you will react or response. This session will focus on how to slow down and be purposeful in our responses.	☑	☑	
Have a Plan	Young & Healthy	Planning ahead always leads to good things. When there is a plan, we can be intentional about our family life. We spend time planning schedules, meals, shopping trips, but do we spend time planning our family life? Do you have a vision for your family? If so, does everyone know what your vision is? This session will focus on being purposeful with our family plan.	☑	☑	
Put First Things First	Young & Healthy	Help for teaching kids how to delay gratification and do the hard thing, avoid procrastination and be prepared. When we prioritize, we know what is important to us, and those are the things that can be focused on.	☑	☑	
Think Win-Win	Young & Healthy	Think about another as well as yourself. It isn't all about me, it isn't all about you, it is about US. This session will focus on why win-win is important and strategies for achieving win-win solutions to common problems.	☑	☑	
Seek first to understand, then to be understood	Young & Healthy	Listening with our ears isn't good enough because less than 10% of communication is verbal. From the moment we are born our brains are wired to connect with each other. Listening first, enhances connection and understanding. We will talk about how to be an empathetic listener.	☑	☑	
Synergize	Young & Healthy	"Alone we can do so little, together we can do so much". Foster teamwork in your family for success and lasting connection. Strategies, ideas, and techniques for fostering an environment of teamwork will be discussed.	☑	☑	

Sharpen the saw-Balance Feels Best	Young & Healthy	Self-care comes into play for everyone, when we take the time to renew ourselves, we are healthiest and happiest. Self-care is a priority not a luxury. This session will focus on the importance of self-care and what that can look like in your family.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
The Gift of Gratitude	Young & Healthy	Having an attitude of gratitude changes the way that we see the world and the way we see ourselves. Practicing gratitude has the power to change our focus to one that is more positive and healthier. Join us to discuss ways that you can incorporate gratitude into your family life.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
The Gift of Showing Up	Young & Healthy	In all of the child development research that is done, the single most common finding is that children who do well have at least one loving, stable and committed adult in their life. We will talk about why and how to be that adult for your children.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
The Gift of Connection	Young & Healthy	Brain function, productivity, learning, and coping are all enhanced by human connection. Our brains are meant to connect with each other. Strategies, techniques, and tips for building connection in our families will be offered and discussed.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Talking to your kids about COVID-19	Young & Healthy	Navigating the unknown, addressing anxiety and fear, answering questions, and offering a sense of safety during uncertain times will all be talked about as we explore this compassionate conversation for all ages.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Talking to your kids about scary and hard things	Young & Healthy	The world feels like a scary, hard place right now. Perhaps you notice behavior changes in your child that don't make sense to you, but your child won't talk to you about what they are thinking or experiencing. This session will offer help and tips for talking to your kids about scary and hard things and helping them to talk to you.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Emotional Intelligence	Young & Healthy	Emotional intelligence includes the ability to manage your own well-being. This conversation will explore ways to improve your own as well as your child's emotional intelligence, including compassion and empathy, so that all can thrive.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Approaching Parenting with Compassion	Young & Healthy	When we approach our children with compassion it helps them to know that regardless of what is happening around them, they will always have someone that they can rely on and trust. This conversation will focus on the importance of compassion in helping our children to feel secure.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

How to handle conflict and other big emotions	Young & Healthy	It is inevitable, we will have conflict. It is virtually impossible to have a relationship without ever disagreeing! Conflict is a normal part of life. The way that we deal with conflict and big emotions can set the stage for healthier relationships. Join this conversation to learn some tips and techniques for successfully navigating conflict and big emotions.	☑	☑	
Name That Feeling!	Young & Healthy	The conversations that we have and the words that we choose, are helping to shape and wire our child's brain. Being able to have conversations, name feelings, and otherwise express ourselves helps to create neural connections that lead to overall well-being, and better school performance. How can we help our children to more effectively express themselves? Join this conversation to find out.	☑	☑	
Dealing with the Trauma of Continued Social Distancing While My Kids are Home	Theresa Reed, PCC Foster Care Kinship Education	Just when we thought schools were reopening and we all could begin to recover from the trauma of social distancing, we received the update. During this interactive workshop, participants will gain an understanding of the interconnection between change, stress, and trauma for both parent and child. They will reflect on how stress impacts their mental and physical health. Parents will receive strategies for coping with the stress and anxiety of balancing work/school/and children; for increasing the sense of safety for their children; and how to create an environment conducive to homeschooling.	☑	☑	
It's Not Drama, It's Vicarious Trauma	Theresa Reed, PCC Foster Care Kinship Education	This workshop will cover how we are unexpectedly affected by the traumatic situations happening around us. Participants will receive a better understanding of the effects of trauma, triggers and reminders, and how behaviors we may deem as dramatic are a manifestation of a trauma past. They will learn how working trauma survivors can be traumatizing and even abusive. Parents and caregivers will develop the skills to deal with their own secondary trauma or compassion fatigue. It will encourage attendees to mindfully engage in self-care practices. Based on the book by the same title.	☑	☑	

<p>College Ready Middle Schooler</p>	<p>CAP</p>	<p>This workshop informs families on how to maximize their students' educational opportunities by ensuring that their middle school students are actively participating in programs/activities that will help them grow academically, socially, and emotionally.</p> <ul style="list-style-type: none"> • How to prepare your middle school student for high school and college • What are the various summer enrichment programs and various outreach program opportunities within PUSD • What is the importance of being involved and finding the right activities for your student 	<p>☑</p>	<p>☑</p>	
<p>College Ready High Schooler</p>	<p>CAP</p>	<p>This workshop helps families understand how they can best guide their students in high school to be ready for the college application process. Attendees will obtain a better grasp of the nuances of the college application requirements and learn how to start thinking about their student's scholar profile.</p> <ul style="list-style-type: none"> • How to create a challenging class schedule, including courses where you can earn college credit such as Dual Enrollment, Advanced Placement (AP), International Baccalaureate (IB), Honors classes • How to select electives that match your student's career and college interest • How to instill self-advocacy skills • What is a student's scholar profile and how to create one • How to work with your student if they have already identified specific career/major interests 	<p>☑</p>	<p>☑</p>	
<p>A-G requirements</p>	<p>CAP</p>	<p>This workshop helps families obtain an in-depth understanding of the required courses necessary to qualify for the UC and CSU system. While private colleges/universities do not "require" the A-G courses, this workshop will help families understand that following these courses is good practice and will increase students' college options and competitiveness.</p> <ul style="list-style-type: none"> • What is A-G ready vs A-G competitive • How to calculate the GPA (with sample transcripts) • What is the importance of when certain A-G courses should be taken to increase college eligibility • What is A-G vs PUSD graduation requirements 	<p>☑</p>	<p>☑</p>	

<p>4 Steps to College</p>	<p>CAP</p>	<p>This workshop will provide families with four steps to help them plan their student's journey into college as well as cover how CAP can support students and their families through that process.</p> <ul style="list-style-type: none"> • What are the basics of college admissions - requirements, cost, grades, options • What classes are the the "right" classes • What is the role of standardized testing and how to sign up for test prep • How to build your student's Superpower • How to find your support system and how best to use it • How to pay for college (including for Dreamers) 	<p>☑</p>	<p>☑</p>	
<p>Student Scholar Profile</p>	<p>CAP</p>	<p>This workshop familiarizes families with the student scholar profile (SSP), an academic version of a resume capturing a student's academic achievements, extracurricular activities and accomplishments in an organized chronological order, and helps families understand the value and importance of building a strong SSP.</p> <ul style="list-style-type: none"> • What is the importance of extracurricular activities • How to find leadership roles within your community • How to participate in programs that relate to your interests/career paths/ - summer programs - academic rigor • What is the importance of volunteering and community service 	<p>☑</p>	<p>☑</p>	
<p>8th grade transition to High School</p>	<p>CAP</p>	<p>This workshop will help families understand how choosing the right high school fit for your students can be different among siblings. PUSD is a unique district that has 4 high schools that each offer specialized programming worth researching. While this is not an overview of PUSD high school and their offerings, it is a workshop on how parenting your student looks different now that they are going to high school.</p> <ul style="list-style-type: none"> • What is the role of parent, student and school • What are steps students and their families can take to have a smooth transition from 8th grade into high school • What are the benefits of preparing for your college career starting in 9th grade • How to be competitive, be on track for high school graduation, and be a strong college applicant • What are the resources available in PUSD including how CAP is available to help support families and students all four years of high school 	<p>☑</p>	<p>☑</p>	

I'm the first to go	CAP	<p>This series will provide students whose parents did not graduate from a 4-year college and their families with a foundational understanding of what the college basics are. This First-to-go series can be offered as a single session or a series of 3 sessions.</p> <ul style="list-style-type: none"> • Session 1: College Options: overview the different types of degrees and colleges/universities available to students and admission requirements for these schools. • Session 2: Paying for College: types of financial aid, when to apply, and how to apply for scholarships • Session 3: First to go: addressing the concerns of parents whose students are navigating the college-going process 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Colleges and Universities 101	CAP	<p>This workshop will explain differences between the requirements for CC, CSU, UC, out of state public universities and private colleges and universities.</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
DREAMERS go to college too	CAP	<p>This workshop supports AB540 students and parents by sharing success stories of other dream families and their college journey. Attendees will learn about the CA Dream Application and other aid available for dreamers.</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Financial Aid is for Everyone	CAP	<p>This workshop will help families understand the various sources of financial aid available to pay for college in addition to what they may have saved or earn from their job.</p> <ul style="list-style-type: none"> • What are the types of aid • How to apply for financial aid (FAFSA, CSS Profile, CA Dream Application) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
How to apply for Scholarships	CAP	<p>This workshop will help families explore scholarship opportunities for their students beyond the traditional financial aid resources.</p> <ul style="list-style-type: none"> • Why it's important to build a strong scholar profile • How to cultivate relationships for strong letters of recommendations • Where and how to find scholarships • How to avoid being scammed 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

<p>I Got Into College.... Now what?</p>	<p>CAP</p>	<p>This workshop provides high school seniors and their families with the important steps that must be completed to ensure that students remain in good standing for admissions/academics and financial aid.</p> <ul style="list-style-type: none"> • How to understand and compare financial aid award letters • How to negotiate for more financial aid if needed • How do I keep up with college updates? What is a student portal and why it is important? • What is the difference between loans vs grants. Where is the free money and how to access it. • What to do when your student's financial aid award is not enough • How to accept your Cal Grant and other aid • How to decide what costs are absolutely necessary and what costs can be reduced by saving tips 	<p style="text-align: center;">☑</p>	<p style="text-align: center;">☑</p>	
<p>Show me the \$\$</p>	<p>CAP</p>	<p>This workshop for first generation students and their families covers specific financial aid information for those students who are the first in their family to go to college.</p> <ul style="list-style-type: none"> • How to pay for college and apply for scholarships • What are the basic nuts and bolts of FAFSA/ DREAMER App • How and when to apply • What financial documents/financial figures parents will have to provide for their students to submit their application • What are the steps required to submit a dreamer application including registering for selective service. 	<p style="text-align: center;">☑</p>	<p style="text-align: center;">☑</p>	
<p>Prepared to Succeed Series</p>	<p>CAP-PEN</p>	<p>This is a series of workshops at targeted school sites to help parents set college goals for their students at an early age. Parents will walk away realizing what and how to be involved in their student's education and how-to best support and advocate for their student and family.</p> <p>How to reflect and set practical goals for and with their student</p> <ul style="list-style-type: none"> • How to help their children explore their learning style and interests • What are the free programs available to all PUSD middle schoolers that will jumpstart their students on how to start thinking about preparing for their own future • Why high school graduation does not equal college acceptance 	<p style="text-align: center;">☑</p>	<p style="text-align: center;">☑</p>	

<p>Ultimate College Roadmap</p>	<p>CAP-PEN</p>	<p>This workshop provides families with “Everything you need to know to create a college plan” including a checklist for students to follow from 9th-12 grade.</p> <ul style="list-style-type: none"> ● What is the difference between being A-G ready/competitive and being ready to graduate from PUSD ● How to identify your student’s “superpower” and other key factors to consider while planning for college and application process ● What is CAP’s drop in model/program and what are other services to support students in their college and financial aid applications 	<p style="text-align: center;">☑</p>	<p style="text-align: center;">☑</p>	
<p>Right Fit</p>	<p>CAP-PEN</p>	<p>Finding the right fit college is a family affair. This workshop will review the many factors to consider when considering right fit colleges for your student.</p> <ul style="list-style-type: none"> ● How to match yourself to right fit colleges by understanding the breadth of college options available ● What are factors to consider when researching to create a college list ● What are the breadth of college options available 	<p style="text-align: center;">☑</p>	<p style="text-align: center;">☑</p>	
<p>Paying for College</p>	<p>CAP-PEN</p>	<p>This workshop helps families understand what college costs are and the difference between the “sticker” price and the actual cost. Families are provided with strategies that can be implemented to start saving for college.</p> <ul style="list-style-type: none"> ● What are 529 plans and other saving options ● What is FAFSA? ● What are the various options of aid including state, federal and private to cover the costs of paying for college ● How to access financial aid 	<p style="text-align: center;">☑</p>	<p style="text-align: center;">☑</p>	