

“This should be a requirement for all parents - great program!” - Parent Testimonial



Parent University

Parent University is District 155's premier event for **current and future parents**. With expert presenters from the community and district, Parent University provides practical information to help parents successfully guide your children through the high school years. The event is **free** and open to all current District 155 parents and those who will have a freshman in the district's Class of 2028.



Saturday, March 2, 2024



**Prairie Ridge High School
6000 Dvorak Drive
Crystal Lake, IL 60012**



8:15 a.m. - 12:30 p.m.

Keynote Presentation

8:30 a.m. - 9:30 a.m.

Unleashing Potential: The Power of High School Extracurriculars

Unlock the potential of the high school experience with keynote speaker Ryan Ludwig, Athletic Director at Cary-Grove High School, as he shares insights into the transformative power of extracurricular activities and their impact on mental well-being. Learn how participation in these activities encourages engagement, boosts grades, attendance, and a sense of belonging. Join us for an insightful discussion on how extracurriculars shape habits, systems, foster mental well-being, and strengthen classroom connections. Gain practical tips for finding balance, building support networks, navigating systems, and cultivating resilience.

Registration Deadline: Wednesday, February 28

“Great range of topics & relevant - thank you!” - Parent Testimonial



Session Overview

Please choose two options for each session. Every effort will be made to accommodate your first choice, but courses are filled on a “first come, first serve” basis, and occasionally your second option may be used. Descriptions of each course are included in this packet.

Please use the code next to each name to indicate your desired course choices on the registration form. For courses offered multiple times, please be sure to use the correct line when registering. You will not receive confirmation or your schedule until the registration period from 8:15-8:30 a.m. on the day of the event.

Session A

9:40 a.m. - 10:30 a.m.

- A1. Building Resilient Teens
- A2. A Day in a Life: Navigating the School System
- A3. Teens and Anxiety
- A4. Financial Aid & Scholarships
- A5. Helpful Strategies for School Refusal/Avoidance
- A6. Discover Military Options After High School

Session B

10:40 a.m. - 11:30 a.m.

- B1. Post Secondary Options - Freshmen/Sophomores
- B2. Anger Management
- B3. Teens and Anxiety
- B4. Dealing with Teen Depression
- B5. High School 101
- B6. Using Mindful Strategies to Help You & Your Children Survive Life Stressors

Session C

11:40 a.m. - 12:30 p.m.

- C1. The College Process - Juniors/Seniors
- C2. Juvenile Law Trends
- C3. Parenting Tips When You Struggle with Your Teen
- C4. Navigating Adolescent Dating
- C5. Executive Functioning Skills



Anger Management (Session B2)

When situations get out of hand, it can be difficult to control your own temper or disarm your child. This session will offer pointers on how to overcome the frustrations that can escalate to anger issues.



Building Resilient Teens (Session A1)

As teens develop their identity, life can be complicated and difficult. Challenges occur with first loves, bullies, friends, and increased responsibilities. This session will help you empower your teen to have the resilience necessary to overcome adversity.



The College Process (Session C1)

A District 155 expert will provide guidance and information about the college process for junior and senior parents. This will include available resources to help parents and students at the school, on the Web, and in the community.



A Day in the Life: Navigating the School System (Session A2)

A panel of District 155 experts including a guidance counselor, school nurse, dean, and social worker will walk parents through important issues faced by students. The panel will cover topics about accessing health information, rebounding from bad grades, and how parents can work cooperatively with the school to help your child. The panel also will answer parent questions.

Session Overview



Dealing with Teen Depression (Session B4)

Learn to identify and cope with the types of depression that may impact a teen's life. The session will deal directly with these conditions and touch on suicide education and prevention.



Discover Military Options After High School (Session A6)

Learn about the different military options available to your student. This presentation will discuss the different ways to enter the military (enlisting, military service academies, ROTC, and OTS). We will also discuss the differences between enlisted and officer career fields, along with the differences between active duty, national guard, and reserves.



Executive Functioning Skills (Session C5)

An expert on organizational skills and studying will help empower parents to help their student succeed whether their child is moving from middle school to high school or transitioning to more advanced high school courses.



Financial Aid & Scholarships (Session A4)

As college costs continue to rise, funding a college education becomes more of a challenge each year. This session will introduce you to the basics of financial aid to inform you of the options that exist for you and your child.



Helpful Strategies for School Refusal/Avoidance (Session A5)

Join an industry expert and D155 dean to learn strategies to help your student who may be refusing and avoiding school.



High School 101 (Session B5)

This question-and-answer session is geared toward current 8th grade, freshmen, or transfer parents. District 155 representatives will answer your questions about what to expect as your child transitions to high school.



Juvenile Law Trends (Sessions C2)

Spend time with one of our School Resource Officers (SROs) as they discuss new trends and laws that affect our students. This session will educate parents on what police officers are experiencing with juveniles both at school as well as in our communities.



Navigating Adolescent Dating (Session C4)

Forming romantic relationships in middle school and high school is normal for teens and often scary for parents. This presentation focuses on what healthy relationships look like for teens and how to tell if your teen's relationship is healthy, unhealthy, or abusive. We will also cover some strategies to improve communication with your teen on sensitive topics.

Session Overview



Parenting Tips When You Struggle with Your Teen (Session C3)

An Open Q&A with a licensed clinical social worker (LCSW) and licensed clinical professional counselor (LCPC) where you can bring your day-to-day struggles.



Post Secondary Options - Freshmen/Sophomores (Session B1)

In this session, we will discuss the importance of getting involved and picking classes for freshmen, sophomores, and juniors. Parents will also get to see 4-year plans and what their students will complete in their seminar class.



Teens & Anxiety (Session A3 or Session B3)

This session will explore the many pressures that teens face today. Learn how to identify signs and symptoms of anxiety and the existing treatment models. We also will look at how anxiety can manifest itself in a school setting.



Using Mindful Strategies to Help You & Your Children Survive Life Stressors (Session B6)

Learn how mindful practices can help with focus, stress, and emotional regulation. We will do some practices in this workshop to show how practical and accessible mindfulness can be. Resources will also be provided so you can learn more about mindfulness and pass along these skills to your children.

Registration Information

[CLICK HERE TO REGISTER ONLINE](#)

Or Use the QR Code to Register



Select one class from each session. If you do not see a class listed, it is full. The registration deadline is February 28, 2024. Walk-ins are accepted based on availability of sessions.

Questions: Email Rebecca Saffert, rebsaffert@d155.org.

