

The Ardsley High School Counseling Department is pleased to announce a series of webinar sessions in partnership with Lumate Academy, centering around the college process for parents of juniors and seniors. Our first event, which took place on October 24th, featured speaker Dr. Sarah Olivo. Dr. Olivo is the head of Lumate Academy, a clinical psychologist, and a co-host of the “College is Fine, Everything’s Fine Podcast”. The goal of the event, which was titled “Gaining Emotional Resilience for the College Application Process”, was to equip parents with skills to cope with and manage stress, and other subsequent emotions, surrounding the notoriously stressful college process. These skills included identifying core priorities vs “shoulds”, recognizing common thinking “traps” that increase anxiety, avoiding “analysis paralysis” regarding college decisions, and managing feelings of overwhelm. Parents have described this advice as “very helpful”, and “deeply resonating”. If you missed this webinar, it is available through the link below. Also, see the attached handout.

The next scheduled webinar is titled “The College Decision Waiting Game: Skills for Managing the Unknown”, and should be particularly helpful for parents of current seniors, who are likely waiting to hear back from colleges right now. This program is available on demand. See the link and deck slides below.

Be sure to keep an eye out for upcoming programs provided by the Ardsley High School Counseling Department.

RESILIENCE

Watch Dr. Sarah Olivo's Live October Webinar for Ardsley [through this link here](#). You must enter the room of the Webinar Jam with your information. [Handout](#)



[The College Decision Waiting Game: Skills for Managing the Unknown - Webinar](#) If you have a high school senior, this Live Q&A is for you. The past few months have been a sprint to the finish line. But unlike a normal race, there is no ... [The College Decision Waiting Game](#)
[Deck slide](#)