

2024 [Rady's Mental Health Webinar Series](#) Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

April 24, 2024

[Supporting School-Life Balance to Achieve Academic Success](#)

Katherine Nguyen Williams, PhD

Short description of webinar: *Day by day, adolescents strive to navigate school assignments, extracurricular activities, friendships, and occasionally, instances of bullying. This can result in them feeling overwhelmed. Join Katherine Nguyen Williams, PhD, as she provides practical guidance for parents and caregivers to assist young individuals in identifying and handling both academic and life-related stress. She will lead participants through strategies aimed at fostering a healthy balance between school and life, both in the present and for the future.*

Pre-Webinar Activity:

1. **Have you noticed if your child's school-life balance might need attention or adjustment? If so, what have you noticed?**

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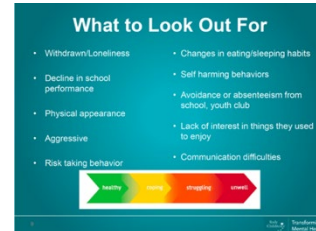
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Post-Webinar Activity:

1. For your family, which of the school-level transition periods have you found to challenge school-life balance the most?
 - Elementary to middle school
 - Middle school to high school
 - High school to college
2. What types of signs might you look out for that could be indicators of a school-life imbalance?

Possible answers:

- Withdrawn/Loneliness
- Decline in school performance
- Physical appearance
- Aggressive
- Risk taking behavior
- Changes in eating/sleeping habits
- Self-harming behaviors
- Avoidance or absenteeism from school, youth club
- Lack of interest in things they used to enjoy
- Communication difficulties



3. Which areas of executive functioning support would you use to help with your youth's school-life balance?

Possible answers:

- Home routine
- Organization skills
- Time management

4. Which of the common cognitive distortions have you noticed your youth tends to experience?

Possible answers:

- Black & white thinking
- Overgeneralizing
- Fortune-telling
- "Should" statements
- Control fallacies
- Mind-reading
- Labelling

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- Catastrophizing
- Mental filtering
- Personalization

5. Which of the “Challenge Your Thoughts” messages do you think would be most helpful for your youth to practice?

Possible answers:

- “... I do get things right.”
- “I can take time to process my thoughts without reacting first.”
- “I can learn to control how I react.”
- “My emotions are my brain processing info.”
- “What if things work out?”
- “What would my friends tell me?”

6. Which of the following skillsets would be beneficial to strengthen for your youth:

Possible answers:

- Distress Tolerance
- STOP Skills
- TIPP Skills
- Identifying Pros and Cons
- Distraction as a Coping Tool
- Self-Soothing: Using Your Five Senses
- Emotion Regulation
- Opposite Action

7. When considering the signs, strategies, and tips for “Striking the School-Life Balance”, which areas stand out as good things for your family to focus on?

Possible answers:

- Take stock of strengths
- Note areas for improvement
- Create a school-life balance family plan
- Build in reassessments
- School resources (School counselor, teacher)
- Access additional help! (Executive functioning coach, mental health clinicians, behavioral coaches)

