

**12th Grade
Parent Ed:
A Time of
Transition!**

- **Amanda Alayo**
- **School Counselor**
- **914-488-8399**

- **Meredith Ohmes, LMHC**
- **Student Assistance Counselor**
- **914-488-8368**

Frame our work for today

- Time of strong, often conflicting emotions
- Time of transition – for students and parents
- How do we best prepare for what is in front of them/us?

What's in
your
toolkit?



Remember
this
toolkit?



Areas to consider

- Academics
- Social
- Emotional
- Safety
- Practical
- Other?

Academics

- What if things aren't going well academically or they feel this is just not the right place for them?
- How can you encourage them to utilize the resources available?
- How can you help them have a fair assessment of what they are experiencing?
- How can you convey the message that you believe in them and changing is OK/ not failure?

Social

- How will they meet people?
How can you support/encourage them?
- How will they manage conflict with a roommate?
- What groups might be important for them to seek out?

Emotional

- How do you know when they are not ok?
- How do *they* know when they are not ok?
- What supports are available? Ex. College counseling center
- How can you utilize summer space / time to strengthen and resource?

Safety

- What do you know about their relationship with substance use today? AOD
- What feelings might they be having about this time? What healthy and unhealthy ways might they be handling these?
- What strategies do they use to engage in social life safely? Ex. Buddy system, Good Samaritan Law

Practical

- How do they manage money?
Medications (out of state)?
- Can they do their own laundry?
- Are they good about meals and eating? Sleep? What habits concern you?
- How do they communicate with you? What agreements do you have?
- FERPA/Healthcare Proxy
- Health Insurance options
- AP Credits

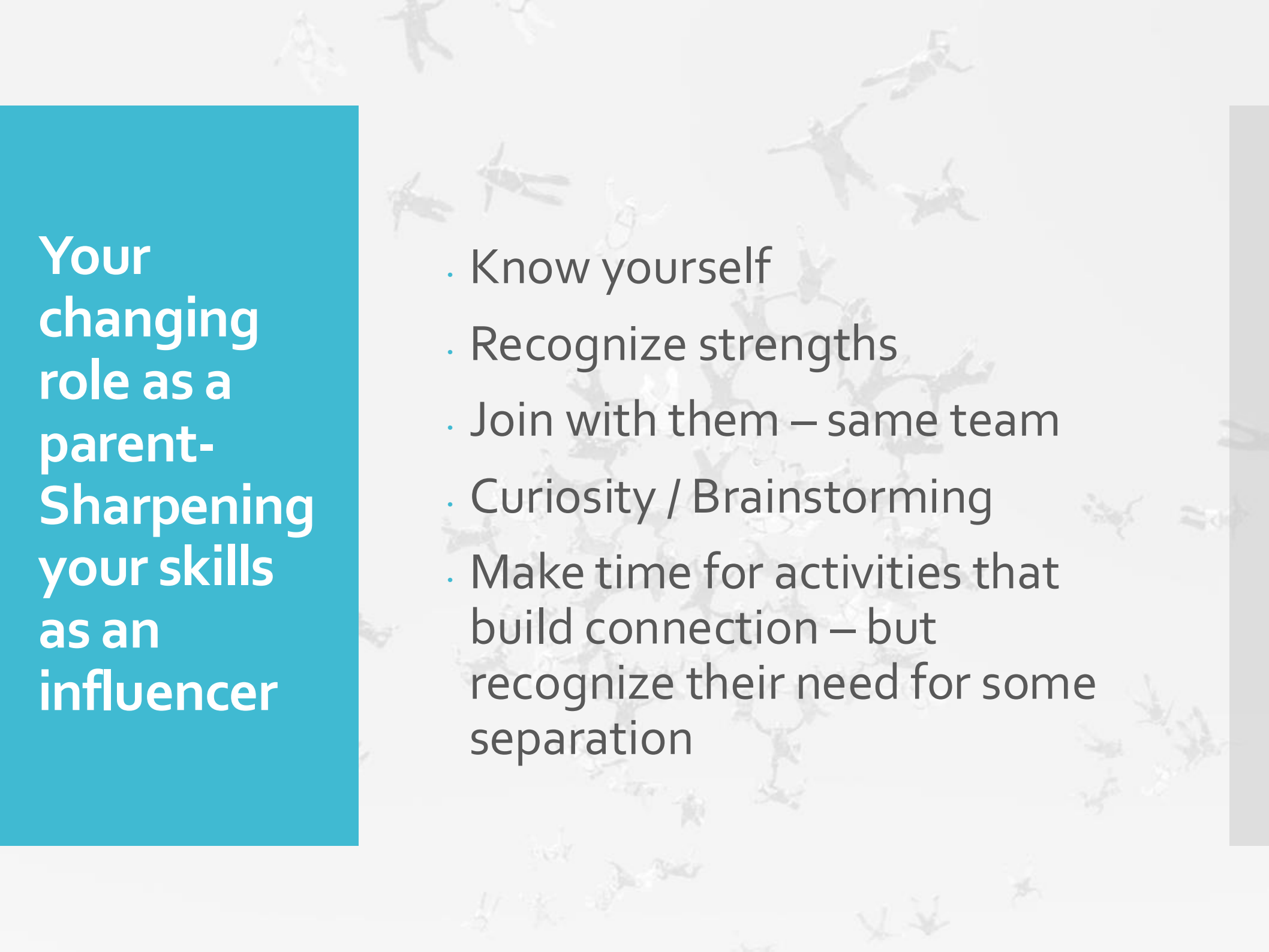
Practical continued

- Special Education (504)
- Registration Deadlines
- Academic Standing for Financial Aid
- Student Conduct Handbook
- Title IX Coordinator
- School counselor vs. Academic Advisor
- Office of Parent Engagement

Any other areas for tools?

- Attend Family Weekend in the Fall
- Send Care Packages
- Join Facebook Group for Parents
- Follow college on social media (you might end up seeing your student!)





Your changing role as a parent- Sharpening your skills as an influencer

- Know yourself
- Recognize strengths
- Join with them – same team
- Curiosity / Brainstorming
- Make time for activities that build connection – but recognize their need for some separation

There is
still time
to help
pack those
kits!





REFLECTION on this transition

- What are 3 things you are feeling?
- Who are 2 people you can talk to?
- What is 1 way you can practice self care?

High School Resources

- Amanda Alayo, School Counselor
- Jeanine Isabella, School Counselor
- Michael Muranelli, School Counselor
- Meredith Ohmes, Student Assistance Counselor
- Tim Pellegrin, School Social Worker
- Erin Ryan, Supervisor of School Counseling & Student Services
- Meredith Safer, School Counselor