



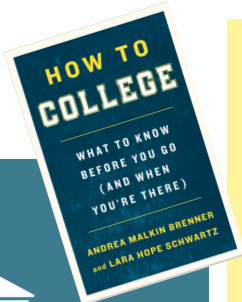
HELPING YOUR HIGH SCHOOL STUDENT PREPARE FOR A SUCCESSFUL COLLEGE TRANSITION

**A THREE-SESSION
VIRTUAL PARENT WORKSHOP
JUNE 1, 2, AND 3**

If there's a high schooler in your home, you've started thinking—and perhaps worrying—about college. This workshop will provide parents with the skills and steps to help their children prepare for the transition.

Dr. Andrea Malkin Brenner is a College Transition Educator and co-author of *How to College: What to Know Before You Go (and When You're There)*. Her parent workshops draw on her 25 years of experience as a college professor and first-year college administrator.

\$250.00 fee includes three 90-minute sessions (your choice of times) and a copy of Andrea's book mailed to your home.



AMBrenner, LLC

easing the transition to college

SESSION 1- COLLEGE TODAY: THE NEW STUDENT EXPERIENCE

JUNE 1: 1:00-2:30PM OR 7:00-8:30PM (EDT)

SESSION 2- BUILDING CRITICAL "ADULTING" SKILLS: IT'S MORE THAN LEARNING TO DO LAUNDRY

JUNE 2: 1:00-2:30PM OR 7:00-8:30PM (EDT)

SESSION 3- DEFINING YOUR CHANGING ROLE: (OR HOW TO BE A GREAT COLLEGE PARENT)

JUNE 3: 1:00-2:30PM OR 7:00-8:30PM (EDT)

Dr. Brenner has worked for years to guide college-bound students and their parents through the transition process, preparing both groups to thrive as they adapt to new experiences.

This three-part interactive workshop is exclusively for parents of rising 9-12 grade students or parents of high school graduates. The session will be capped at 15 participants to provide ample opportunities for discussion and questions.

Session Details:

Session 1- College Today: The New Student Experience

Nothing in the college admissions process prepares high school graduates for the changes they will face as they transition from high school to living independently in college. Some of the changes we'll discuss: time management and adjusting to college schedules; communicating with peers across differences; seeking independence and the responsibility that comes with it; college-level academics; handling stress without the "scaffolding" of home; using campus resources; and learning to build resilience after setbacks.

Session 2- Building Critical "Adulting" Skills: It's More Than Learning to Do Laundry

The "adulting" skills college-bound students need are rarely taught in high school. Parents will finish this session with a complete list of the critical life skills that first-year students should master before leaving home and tricks for teaching these skills. Some topics will include: budgeting and money management; sharing their living space; new responsibilities for personal safety; eating and sleeping routines; taking care of their physical and mental health (including health insurance and making appointments); and professional communication.

Session 3- Defining Your Changing Role (or How to be a Great College Parent)

The roles and responsibilities of the college and of the college student are stated plainly in the school's mission, but the roles and responsibilities of the college parent are not clearly defined. This can be a considerable learning curve for a parent who has helped support and advocate for their child for 18 years. Although parents may feel suddenly "kicked out" of the process (and by law through FERPA), ultimately, the college views your child as a capable young adult. This final session will address the differences between high school and college parenting. We'll focus on ways parents can lessen their daily involvement in their students' lives and simultaneously increase their support as students become self-reliant and college-ready.

Visit AMBrenner.com for details and registration