

WALNUT VALLEY USD

4TH ANNUAL PARENT UNIVERSITY

SATURDAY, APRIL 18TH
SOUTH POINTE MIDDLE SCHOOL
20671 Larkstone Drive
Walnut, CA



8:30 AM – 9:00 AM	Registration and Coffee ~ Welcome: Dr. Simms
9:00 AM – 10:00 AM	General Session: Success Attributes by Dr. Roberta Goldberg "The skills your child need for successful life outcomes"
10:15 AM – 11:00 AM	Workshop for Session I
11:15 AM – 12:00 M	Workshop for Session II
12:00 M – 12:30 PM	Book Fair – Exhibits – Info Center

**RAFFLE
PRIZES**

Please join us and learn about
Preparing for Life After School
Test Anxiety and High Stakes Testing
College Entrance for Under Represented Students
Stress and Academic Success
The Wellbeing and Success of Your Student
Parenting Tips to Become Powerful Parents
Parenting Made Easy (or at least easier)
Get Ready for Summer: A Season for Reading
Nurturing the Emotional Intelligence of the GATE Student
Promoting Academic Success by Teaching Responsibility
Drug Abuse Prevention

If you plan on attending Parent University and have an email account, you can register by emailing parentu@walnutvalley.k12.ca.us. Please state attendee's name, Student's Name and Student's School. If you don't have an email account, please complete the form below and return it to your child's teacher by **April 3rd, 2009**.

PARENT UNIVERSITY WORKSHOPS

April 18 2009

Preparing for Life after School ~ Whittington/Garcia (Middle/High School)

This presentation is designed to give parents the information needed to help their students make the appropriate choices to meet their post-secondary goals. Participants will learn about post-secondary options; creating a four-year plan; and important timelines for entrance exams, applications and financial aid.

Test Anxiety and High Stakes Testing ~ Rob Coad (Middle/High School) Session I

How many times have your children told you that they knew everything the night before the test, but forgot it when they took the test? Do your children express being worried, nervous, and anxious before a test? This workshop will help you understand what happens before a test and how to help your children feel relaxed so they can get better grades.

College Entrance for Under-Represented Students ~ Real/Aguilar (High School)

This presentation will address a variety of issues and strategies for preparing underrepresented students for college success. The goal of the presentation is to empower parents to effectively guide their students to achieve post-secondary goals.

Stress and Academic Success ~ Stacy Woodward (Middle/High School)

What stress is: the good, the bad, and the ugly! How stress impact thinking skills. Why our kids are so stressed? What parents can do to alleviate some of the stress. How parents can teach and model positive stress management skills.

The Well Being and Success of your Student ~ Rob Coad (Middle/High School) Session II

As parents and educators we share the hope and expectation that all of our students succeed in school. More than ever, our children face multiple challenges to both their personal and educational development. If our students' are to have positive experiences in school, parents must remain aware of the daily challenges that their children face and their interconnection between emotional well being, physical health, and learning. We will discuss the keys to raising resilient children and develop an awareness of the emotional difficulties that can arise and threaten our children's learning and personal growth.

Parenting Tips for Powerful Parents ~ Steve Carr (Middle School)

Are you nervous about the middle school years? Many parents view the changes their children go through this time as scary... but relax! While this time in a child's life can be challenging, it can also be joyful watching your children grow up. Come to Parenting Tips for Powerful Parents to learn some effective, time-tested strategies to help you and your child make the best of these exciting years!