

PREPARING YOUR CHILD FOR COLLEGE 4 SMART STRATEGIES FROM A PRO

A Special 'How to College' Workshop for High School Parents

If there's a high schooler in your home, you've probably started thinking—and worrying—about the college transition. There are many things parents can do, starting in the freshman year, to help build the emotional and life skills necessary for students to flourish in college.

Although colleges are reporting that incoming students are underprepared for their first year of college, this workshop is aimed at providing parents with the skills and steps to feel confident to help their child prepare for the transition.

In this workshop, Dr. Brenner will cover four key college transition topics. During each section, she will provide “insider” information, practical strategies, and discussion prompts and hands-on exercises to use with your student.

We will cover these four important topics:

- 1. Knowing College Today:**
The Differences Between High School and College That Matter
- 2. Building Critical Skills:**
Establishing College-Level Skills Well *Before* College
- 3. Your New Role:**
Defining Your New Role as a College Parent Before They Leave
- 4. Perspective-taking:**
Seeing the Process Through Their Eyes

*Note this workshop is for high school parents only

THE STUDYPRO

COLLEGE WORKSHOP - DR. ANDREA BRENNER

TOPIC OVERVIEW

TOPIC 1: Knowing College Today: Preparing our Students for the Differences Between High School and College that Matter

In this topic, we will explore the academic and developmental changes students should prepare for as they transition from high school to college. These include more advanced requirements for time-management, college-level professionalism, and readiness for classes. We will also discuss how to best prepare students for their need to self-advocate, explore personal and career interests, and most importantly, assume their new role in the transition to independence.

TOPIC 2: Building Critical Life Skills: Establishing College-level Skills Well Before College

The “adulting” skills soon-to-be-college students need before leaving home are not taught in high school the way academic content is. In this session, we will review the life skills (beyond laundry!) that students need to thrive in college. We will learn methods for teaching skills such as tips for writing professional emails and voicemails, budgeting time and money, taking responsibility for travel plans, making appointments, health and wellness, and building resilience after setbacks.

TOPIC 3: Your New Role: Defining Your New Role as a College Parent Before They Leave

This section will cover how college parents can lessen their daily involvement in their students’ lives and simultaneously increase their supportiveness as students establish college-level responsibilities. Participants will learn how to 1) help students become more responsible, motivated, and respectful without nagging, 2) allow teens to (safely) learn from their mistakes, 3) encourage their self-esteem and 4) avoid typical scenarios where over-parenting hinders college students’ growth.

TOPIC 4: Perspective-Taking: Seeing the Process Through Their Eyes

As students transition from adolescents to young adults, they also transition from needing protective attention to mentoring attention from their parents. In this section, we will reflect on your own experience leaving home for the first time, with your own dreams and fears and tackle one of the most challenging issues for parents and their college-bound students: the disconnection between each parties’ expectations of the transition process.

Participants will take home experiential exercises and conversation prompts from the workshop they can use with their college-bound children.

THE DETAILS

Schedule, Cost and Group Size:

- **COST:** The 3-hour workshop cost is **\$189.00**.
- **SIZE:** The parent group is limited to **20 parents***.
- **DATES:** The workshop will be offered on:
 - **THURSDAY FEB 20TH** from **9:30am - 12:30am**
and
 - **SATURDAY FEB 22ND** from **1:00pm- 4:00pm**.

Note that these are both the same workshop so please select the date/time that is most convenient to you.

- **LOCATION:** The group will meet at The StudyPro offices:

6849 Old Dominion Dr. Suite 200
McLean, VA 22101

Feedback on Dr. Brenner's Book:

*As a professor, I dream of having first-year students arrive with the knowledge so accessibly outlined in **How to College**. A student who comes in already working on these skills is poised to thrive in my classes!*

-Angie Chuang, Associate Professor of Journalism, University of Colorado, Boulder

THE go-to guide for making the transition from high school to college... practical advice and examples make it easy for collegegoers to communicate with roommates, staff and college professors to present their best, professional self as they start the next chapter in their academic career.

-Todd A. Olson, Ph.D., Vice President for Student Affairs, Georgetown University

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