



JHHS Parent University

Each year, the John Hersey High School Student Services Department offers parent programs on academic, social/emotional and college/career related topics. Listed below are the 2018 Parent University programs:

Thursday, August 29th, 7 p.m., JHHS Theatre

Parent University for parents of seniors: Kick-off To College Applications

Nancy Davis, JHHS College Counselor

This session covers everything parents of seniors need to know to guide a student through the process of finalizing a college list, college applications, and financial aid & scholarships. While students are welcome to attend, this presentation summarizes information seniors will receive in classroom sessions this fall. If you are unable to attend this Parent University, a condensed version of this presentation will be given at the Coffee with the Counselors in the JHHS Titre Room on September 5th at 7:15 a.m.

Wednesday, October 17, 2018 – 7 to 8:30 pm, JHHS Theatre

Parent University for all parents: Vaping: What Parents Need to Know

Dr. Aaron Weiner, PhD – Director of Addictions, Linden Oaks Behavioral Health

Learn about current trends with teens and the important role parents play in knowing the facts about vaping. Hear eye-opening information about how big tobacco is marketing to your teen and what you need to know to educate your teen about the dangers of these products. In addition, you will have the opportunity to walk through our educational “Mock Teen Bedroom.” *This program is presented in partnership with Link Together Coalition.*

Wednesday, October 25th, 7 p.m., JHHS Theatre

Parent University for junior parents: Finding The Right Fit

Nancy Davis, JHHS College Counselor

Junior year is when the college search process steps into high gear. Get an overview of the college planning process, learning about:

- Building a college list with online and traditional tools
- Estimating college costs & finding schools that "fit" your family budget
- Understanding which standardized tests your student needs and when to test
- Preparing for the college application process

While students are welcome to attend, this information will be covered in classroom sessions in October. If you are unable to attend this evening program, a condensed version of this presentation for parents will be given at the October 31st Coffee with the Counselors at 7:15 a.m. in the JHHS Titre Room.

Thursday, November 29th, 7 p.m., JHHS Theatre

Parent University for freshmen, sophomores and their parents: So You Want To Go To College?

Nancy Davis, JHHS College Counselor

All college-bound freshmen and sophomores are encouraged to attend this annual session with their parents at least once during their first two years at JHHS. Families will learn what can be done now to prepare for college and the application process. Topics covered include academics, standardized testing, involvement & leadership, career exploration and informal college exploration.

Wednesday, February 27th, 2019, 7 p.m., JHHS Theatre

Parent University of all parents: Understanding Teen Stress & Anxiety: How to Raise a Healthy, Confident & Successful Adult

Jacqueline A. Rhew, LCPC, CADC, Author, Keynote Speaker, Clinical Consultant & Liaison for Amita Health, Co-founding of the Center for Emotional Wellness, Co-founder of Successful Parenting.

Teen anxiety is at an all-time high, and arming kids with healthy coping strategies is more important than ever. Is it alright to be an average teen in today's world? What is the difference between success and perfection? Are your teens focused on avoiding failure or are they operating out of a place of achieving to their greatest ability, based on their individual strengths and weaknesses. This presentation will review specific interventions designed to assist children in managing their anxiety, as well as promote increased motivation, healthy goals setting and active school engagement. Factors that contribute to avoidant behaviors, as well as ways to early identify maladaptive coping responses will be explored. Attendees leaving the presentation will have learned how to develop parenting strategies to assist their children with healthy coping responses and engage them in effective communication and language that promotes self-advocacy and independence.