

Parent University – Class Descriptions

Navigating the College System

Old SAT, New SAT and ACT

This session will present parents with an objective series of points designed to help cut through the clutter of the various test offerings so that your student's test taking choices are both cogent and well-informed. Paul Kanarek has presented to Placentia-Yorba Linda families many times since he founded The Princeton Review in California in 1983. He is usually amusing and always insightful.

Presenter: Paul Kanarek, Collegewise/Princeton Review

Date: October 15, 2015

Time: 7:00 – 8:15 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

College 101 – Improve Your Child's Chances of Getting Into a 4-Year College

This class will outline how to strategically help your child prepare for college by beginning the process early, planning academic strategies, covering the differences between the SAT/ACT exams, explaining the application process, and helping to ensure the best possible school fit for your child.

Presenters: Michael Pham and Travys Uyekawa

Date: November 3, 2015

Time: 7:00 – 8:00 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

College Essay Writing – Parent Focus – Helping Your Child Take That Next Big Step

If you have ever wondered how to help your child write a college application essay, this is the course for you! Topics to be covered will include important dates to remember, common essay questions, analysis of the essay components, techniques for finding a great essay topic, and strategies for providing critical feedback and revision techniques. Although applying to college can be a stressful experience, it doesn't need to be!

Presenter: Desi St. Amant

Date: February 11, 2016

Time: 7:00 – 8:00 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

College Essay Writing – Walk Away With a Draft (Two Saturday Sessions for Students)
Limited to 30 Students

The scariest part of the application essay is that you have complete control over it. Come learn how to get a jump-start on your college application essay. Topics will include common essay questions and how to address those prompts to showcase your strengths. Time will also be devoted to writing the application essay in a computer lab with the oversight of experienced teachers, so you can leave with a draft of your college application essay. It's time to stop staring at that blank page and turn it into a beautiful college application essay.

Presenter: Desi St. Amant

Date: March 5 **AND** March 26, 2016

Time: 12-4 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

College - Getting There From Here

Whether your children or grandchildren are learning to crawl or learning to drive, you can help make a college education a reality. We'll discuss questions to consider as you establish a college savings goal, strategies to help you reach your goal, and the features and benefits of 529 college savings plans.

Presenter: Jonathan Lising

Date: March 17, 2016

Time: 7:00 – 8:30 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

College 201 - The Road to College, Smoothing Out the Bumps

Do you know the difference between college and university? Do you know the requirements for entrance into a four-year school? What classes do you need? What tests do you need to take? Do you know how to apply for free money? The road to college is filled with obstacles. We will provide you with some of the tools you'll need to navigate this exciting journey!

Presenters: Deniz Fierro and Brandon Frank

Date: April 21, 2016

Time: 7:00 - 8:00 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

How to Prepare Your Child to Stay In College

This class will teach you strategies and tips to help your child survive and thrive his/her first year of college and beyond. Among topics discussed will be the top 10 reasons college students leave or drop out.

Presenter: Peyton Pike, Counselor

Date: May 19, 2016

Time: 7:00 – 8:00 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

Student Academics

Taking it up a Notch – Easing the Transition from Middle School to High School

Do your memories of high school make you break out in a cold sweat? Or just break out? Do you still have nightmares about failing tests or being late for class? Do you still sit in the back row at Back to School Night? Now you are going to relive that excitement and trauma of high school with your precious child!

We're here to help. We realize your child is the most important child in the entire high school. Come to our presentation to get insider tips on surviving the transition from middle school to high school. We will discuss high school expectations, how to get the most out of your parent teacher relationships, and the things you can do to help your child achieve success in high school and beyond.

Presenters: Amanda Wolf, Alyson Dixon and Frank Perez

Date: October 8, 2015 **or** April 14, 2016

Time: 7-8:15 p.m.

Location: (October 8, 2015) Professional Development Academy, 4999 Casa Loma Ave., Yorba Linda;
(April 14, 2016) District Board Room, 1301 E. Orangethorpe Ave., Placentia

Transition from Elementary to Middle School

Are you and your child trying to navigate middle school together? Would you like to learn tips to help support your child to be more successful? Join us for an overview of strategies pertaining to organization, homework, PE, technology, communication, attendance, and more.

Presenters: Katie DeGraffenreid, Brian Shay, Jodi Bonk, Gloria Johnson

Date: October 20, 2015

Time: 7:00 - 8:30 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

High School Challenge – Making the Most Out of Four Years

In this 90-minute course, three Orange County Teachers of the Year will present helpful insight into three core areas: academics, electives/extra-curricular activities, and community outreach. This course is designed for all parents who want their child to be competitive in both the college and workplace markets. In this constantly changing world, both colleges and businesses are shifting their focus. This shift requires a four year investment. This is why it is in your child's best interest to take advantage of all available high school opportunities for potential maximization. Topics discussed will include how to encourage your child to pursue a well-rounded education, and how to balance all of his/her pursuits. You will leave this evening with a better understanding of how best to focus your particular student's efforts.

Presenters: Amanda Wolf, Kathleen Switzer, Sunshine Cavaluzzi

Date: October 27, 2015

Time: 7:00 – 8:30 p.m.

Location: Professional Development Academy, 4999 Casa Loma Ave., Yorba Linda

Understanding the Emotional Development of Adolescence

This presentation will focus on the significant changes that occur during adolescence and how those changes impact teenage decision making. Adolescence is a time for mental, social, and emotional development. During adolescence, the brain undergoes significant developmental changes establishing neural pathways and behavior patterns that will last into adulthood. This coupled with hormonal changes makes your ability to communicate and nurture your child during this stage of his/her development even more important. Participants will learn about at-risk indicators for depression and anxiety as well as practical tips for effective communication and establishing appropriate boundaries.

Presenter: Judy Yen and Heather Silva

Date: March 10, 2016

Time: 6:30-8 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

English Phonics for Spanish-Speaking Parents

If you are a Spanish-speaker, but would like to be able to read with your kindergarten through second grade student and help him or her with spelling, this is the class for you! Project Read Phonology, presented in Spanish, is a class for Spanish-speaking parents who are interested in learning the basics of English phonics in order to support their children in reading. In this session, parents will learn the sounds of the letters in English and the basic rules involving short vowels for reading and spelling. They will also be shown tips for helping their beginning readers.

iSi usted habla español, pero le gustaría ser capaz de leer con su estudiante de kindergarten hasta el segundo grado y ayudar con la ortografía en inglés, esta es la clase para usted! Project Read Phonology, presentado en español, es una clase para padres que hablan español y están interesados en aprender los conceptos básicos de la

fonética en inglés con el fin de apoyar a sus hijos en la lectura. En esta sesión, usted aprenderá los sonidos de las letras en inglés y las reglas básicas que implican vocales cortas para la lectura y la ortografía. Usted también recibirá consejos para ayudar a sus lectores principiantes.

Presenter: Donna Lopez
Date: November 16, 2015
Time: 7:00 – 8:00 p.m
Location Rio Vista Elementary School, 310 N. Rio Vista St., Anaheim

Parenting Support

Common Sense Parenting Tips - Location: Kraemer Middle School

It's not easy raising children in today's hectic and high-pressure world. Every family needs help from time to time. The trick for most parents is how to find the right resources and the time to get the help they need.

After decades of serving thousands of parents and children across the country in evidence-based parenting classes, Boys Town has developed a time-efficient and high-impact parenting series called Parenting Café.

Parents of children 13 to 18 years old

- Talk with other parents about parent concerns
- Discuss parenting strategies, tips, and tools
- Facilitated by a certified common sense parenting trainer

This is a six-week course. At the first meeting an overview of the program will be presented.

Presenter: Boy's Town, Ainé Alejandre

Date: October 1, 2015
October 8, 2015
October 15, 2015
October 22, 2015
October 29, 2015
November 5, 2015

Time: 6:00 – 8:00 p.m.

Location: Kraemer Middle School, 645 N. Angelina Drive, Placentia

SPACE IS LIMITED AND SEATING MUST BE RESERVED. SIGN-UPS WILL BE DONE THROUGH THE OFFICE OF STUDENT SERVICES. PLEASE CALL DAVID GREEN (714) 985-8670, EXT. 82658.

Common Sense Parenting Tips - Location: Melrose Elementary School

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Presenter: Boy's Town, Ainé Alejandre

Date: October 2, 2015
October 9, 2015
October 16, 2015
October 23, 2015
November 6, 2015
November 13, 2015

Time: 6:00 – 8:00 p.m.

Location: Melrose Elementary School, 974 S. Melrose St., Placentia

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Common Sense Parenting Tips - Location: District Board Room

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Presenter: Boy's Town, Ainé Alejandre

Date: October 28, 2015

November 4, 2015 (class held at the Professional Development Academy,
4999 Casa Loma Ave., Yorba Linda)

November 12, 2015

November 18, 2015

December 2, 2015

December 9, 2015

Time: 6:00 – 8:00 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia; November 4 class will be held at the Professional Development Academy, 4999 Casa Loma Ave., Yorba Linda

SPACE IS LIMITED AND SEATING MUST BE RESERVED. SIGN-UPS WILL BE DONE THROUGH THE OFFICE OF STUDENT SERVICES. PLEASE CALL DAVID GREEN (714) 985-8670, EXT. 82658.

Special Education – Learning the Basics

This workshop will provide participants with an overview of the special education process. Participants will learn their roles, rights, and responsibilities so that they can be a productive and active participant in the process.

Educación Especial– Aprendiendo lo Básico

Este taller proveerá a los participantes una vista general del proceso de educación especial. Los participantes aprenderán acerca del papel, derechos y responsabilidades de manera que puedan ser productivos y activos participantes en el proceso.

Presenters: Dr. Jeanne Anne Carriere, Educational Studies, Chapman University

Date: November 2, 2015

Time: 7:00 – 8:00 p.m.

Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

Dealing With Divorce and Blended Families

This workshop will deal with the impact of divorce/separation on children and give you strategies to reduce that impact. Co-parenting strategies will be discussed, along with tips, tools and resources to help. This workshop gives you opportunity to meet other families with similar struggles.

Presenter: Neha Shahpatel, Mental Health Clinician
Date: January 14, 2016
Time: 6:00 – 7:30 p.m.
Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

Honoring Natural Development for Successful Children

Parents are their child's first teacher, but often very little training is provided and many times parents ask for suggestions of ways to help their child in school. This workshop will discuss how children learn, the stages of development, and what parents can do to enhance and strengthen the learning process. This workshop will be taught by Bonnie Bruce, MEd., a Developmental Learning Specialist with over 50 years of experience in the field of education, and owner/director of Chancy and Bruce Educational Resources, Inc.

Handouts will be provided. Time will also be allotted to ask questions.

Presenter: Bonnie Bruce, MEd.
Date: October 29, 2015 **OR** February 3, 2016
Time: 6:00 – 8:00 p.m.
Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

Parenting Gifted Children

This course will provide information about the “over-excitabilities” of many gifted children. This includes intellectual, imaginal, sensory, emotional, and psychomotor over-excitabilities. Perfectionism will also be explored. Ian Byrd is a well-respected nationally recognized presenter. He has personal experience with over-excitabilities as a gifted individual and teacher of gifted students with lifelong skills. Additional information regarding Mr. Byrd is available on his website at www.byrdseed.com.

Presenter: Ian Byrd
Date: February 18, 2016
Time: 6:00 - 7:15 p.m.
Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

Health Development

Do you have questions about your child's development? Do you need some tools to effectively communicate with your child about how their body is changing? Would you like to learn the best ways to keep your child healthy? Our district nurses will answer some of these very important parent concerns. This class will focus on the health and development of your child in the areas of physical, emotional and mental abilities. You will learn what to expect as your child matures, and parenting tips in each of these areas.

Presenter: Michelle DeHaven
Date: April 11, 2016
Time: 6:00 – 7:30 p.m.
Location: District Board Room, 1301 E. Orangethorpe Ave., Placentia

Student Safety

Internet Safety and Drugs – What You Need to Know

Do you know what Tango, wax, KIK, Spice, Omegle, and Triple Cs have in common? Your kids probably know all about them and you don't! Come join us for a presentation on cyber safety and current drug trends to find out what your kids are faced with in their peer groups. The presentation is intended for parents only.

Presenter: Orange County Sheriff's Department, Deputy Holmes
Date: November 9, 2015
Time: 6:00 - 7:30 p.m.
Location: Yorba Linda High School Library, 19900 Bastanchury Road, Yorba Linda

Current Drug Trends – Prevention and Intervention Resources

This presentation is provided by the Orange County Sheriff's Department. The goal of the presentation is to provide information and tips to prevent drug abuse. Parents will receive tips on providing their children parenting guidance, protecting their family, and setting good boundaries.

Presenter: Orange County Sheriff's Dept., Deputy Holmes
Date: November 19, 2015 **OR** March 14, 2016
Time: 6:30-8:00 p.m.
Location: **November 19, 2015** – District Board Room, 1301 E. Orangethorpe Ave., Placentia
March 14, 2016 - Yorba Linda High School Library, 19900 Bastanchury Road, Yorba Linda