2015-16 Parent Program

Fall Quarter

Communication
We looked at an article on improving communication between parents and teenagers and then talked about problem-solving steps when addressing an issue. We then asked for examples from our group about times that they either struggled with or had successful communication with their children.

Stress and Anxiety
Our article focused on identifying signs of stress in children and thinking about these in relation to each parent’s own children. We also looked at the Mood Meter from the Yale Center for Emotional Intelligence. We again asked for examples from our group of times of success and challenges when helping their children manage stress.

Social Media
The final parent program of fall quarter focused on social media use by teenagers. We looked at 3 articles that talked about helping parents navigate their children’s social media use as well as discussing the different social media platforms that currently exist. We ended the night with reflective questions for our parents to consider related to their own social media use.

Winter Quarter

Procrastination and Perfectionism
Our best attended session of the year looked at two articles – one addressing the causes behind our theme and the other giving strategies for addressing it. We finished the evening with an open discussion about how our theme has impacted our students in different ways.

Finding a Balance
Our theme for the evening centered on helping parents find a balance between managing their rules and expectations while also finding ways to allow their children to explore the world around them. We looked at two articles and then broke into groups to brainstorm the important experiences parents want their children to have in college and how to navigate these when children are younger.

Making Decisions
Our last session of the quarter focused on helping children make decisions in their lives. We looked at two articles that discussed adolescent risk taking and decision making tips. We ended the evening in small groups brainstorming 3 steps to use when helping teens navigate a decision.

Spring Quarter

Reflection on the year
Our last session of the year will give our parents a chance to look back and reflect on the successes and challenges they and their children experienced this year. We will use our reflections to set goals for the coming year related to parent expectations and adolescent growth.
2015-16 Parent Program Resource List

Fall Quarter

Winter Quarter