



2017-18 Parent Program

Fall Quarter

Developing social networks

We focused on how to support students as they develop social networks. We discussed how social networks may shift, that it takes time to develop new ones, and that there is no right or wrong way to feel social, as long as the student feels their needs are being met. We also spent time reflecting on the development of our own social networks.

When learning isn't about a grade

We focused on some of the common experiences our students face by watching a video on student experiences of being labeled as gifted. We also discussed how grades are talked about at the RC as well as a focus on scholarly skill development over GPA alone. Finally we had parents reflect on what a 'good' grade is and how that might shift in college.

Conversations with RC Alumni

We hosted two EEP and 2 Academy alums who had graduated in the last few years to talk about their experiences finishing college and figuring out next steps. Parents had time to hear from and ask questions of our alumni. We finished by brainstorming in small groups the best ways parents can support their children as they navigate the post-grad world.

Winter Quarter

How do we model and enact resilience?

We hosted Dr. Anne Browning from the UW Resilience lab to share with us some of her work on resilience with students. She talked about the importance of studying resilience, the keys to cultivating resilience, and behavioral practices for developing resilience. We finishes the evening learning more about emotional intelligence and self-compassion.

Shifting dynamics of parent/child relationships

We talked about how our relationships naturally shift with our own parents/caregivers over time and reflected on how and when these changes took place in each of our own lives as well as the role that culture played in these shifts. We looked at what might be considered normal vs concerning changes in these relationships and finished by brainstorming ways to find support with navigating these changes.

Taking to your child about sex, gender, and relationships

We updated parents on the recent lessons that Planned Parenthood offered to our TS cohort. We spent time thinking about our comfort level talking about these topics with our children as well as our own experiences of learning about these topics as we grew up. We looked to our article and our own experiences to think about what messages we want our students to hear and how best to convey them.

Spring Quarter

Understanding Gender Identity and Sexual Orientation

We started the evening looking at the differences between biological sex, gender roles, and gender expression. Parents had the chance to reflect on the traditional gender binary that many of us grew up with and then we moved on to better understand how gender is now viewed as being on a spectrum. We looked at ways this shift is showing up in our day to day life (bathroom signage and pronoun use) and talked about the concept of gender identity and understanding the terms cisgender and transgender. Parents had time to reflect on the changes they have witness in their lifetime and then we ended the evening talking about how sexual orientation is different from gender identity.

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.

References and Resources

Lastly, below is our list of resources that we used in our sessions.

Fall Quarter

College Life: Freshman Friends: <https://psychcentral.com/lib/college-life-freshman-friends/>

Does GPA Matter In College? 5 Reasons It's Secondary:

<http://www.takeyoursuccess.com/does-gpa-matter-in-college/>

Rethinking Giftedness: <https://www.youcubed.org/rethinking-giftedness-film/>

How to survive your first year after college: <https://news.ucsc.edu/2013/05/uc-after-cruz-story.html>

Winter Quarter

Why Self-Compassion Works Better Than Self-Esteem:

<https://www.theatlantic.com/health/archive/2016/05/why-self-compassion-works-better-than-self-esteem/481473/>

Healthy Parent-Teen Relationships: <https://www.thewholechild.info/resources/age-group-13-18/parenting-tips-ages-13-18/healthy-parent-teen-relationships/>

Teenagers Are Sexting – Now What?:

<https://www.nytimes.com/2018/03/12/well/family/teens-are-sexting-now-what.html>

Spring Quarter

Understanding Gender: <https://www.genderspectrum.org/quick-links/understanding-gender/>