



2018-19 Parent Program

Fall Quarter

Back to School! How to support student concerns

We focused on how to support students as they return to school while ensuring we think about parent concerns, too. Parents spent time in groups reflecting on what they were hearing at home from their students in terms of worries and concerns. They also thought about what was worrying or concerning to them. We ended the evening looking for themes in these worries and then discussed how best to address them.

Book Conversation: The Gift of Failure

Parents and staff read the book *The Gift of Failure* during the month of November and then we gathered in December to discuss our reading. We spent time reflecting on our own failures and what failure brings up for each of us. We thought about how agonizing it can be for parents to see their kids fail as well as how we talk to our kids about failure. We ended the evening looking at specific quotes from the book.

Winter Quarter

Book Conversation: The Gift of Failure, Part 2

We continued our conversation on *The Gift of Failure* into January, as there was a lot to cover. We reviewed our conversation from December and brought in the additional topics of how one's cultural background can impact views and experiences of failure as well as specific strategies from the book about how best to support students at different developmental stages.

Essential Skills for College Grads: They're not what you think

We started the evening by looking at an article that discussed why each of us should keep a failure resume. We then had staff share selections from their own failure resumes. We also shared a moving example of a failure resume that was offered at a past Resilience Lab event on campus from the Dean of Arts and Sciences, Bob Stacey. We then had parents create their own failure resumes and after forming small groups, they made one joint resume of failures they were willing to share with the group. We finished the evening by looking at the "Top Ten Things Employers Look for in New College Graduates" and thought about how skills and experiences from this list can come from both successes and failures.

What Parents Say and What Children Hear

Our Director started the evening by sharing recent research the Center has been conducting on parental expectations. We spent some time look through anonymous parent responses to this research study and tried to decipher the message behind each statement. We then spent time thinking about the implicit and explicit messages we send to our own children and we sent our parents home with additional questions to have their students complete about the expectations they hold for themselves, and perceive from their families and communities.

Spring Quarter

My Sexuality – With a little help from my parents

Local sexuality educator Greg Smallidge joined us for a workshop that invited parents to reflect on their work as sexuality educators for their own children (whether they knew they were or not!). Greg had us think about how sex and sexuality was discussed (or not) in our own lives growing up and how sex ed has been taught and evolved over the years. Greg encouraged us to look at the resources on his website and to contact him directly with ongoing questions.

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

Lahey, Jessica. *The Gift of Failure*. Harper: New York, 2016.

Winter Quarter

Do You Keep a Failure Résumé? Here's Why You Should Start.

<https://www.nytimes.com/2019/02/03/smarter-living/failure-resume.html>

Top Ten Things Employers Look for in New College Graduates

<https://www.aacu.org/leap/students/employers-top-ten>

Spring Quarter

Greg Smallidge: <http://www.gregsmallidge.com/resources/4593079501>

The Value of Childhood Crushes:

<https://www.nytimes.com/2019/02/13/well/family/valentines-day-children-crushes-parenting.html>