



2019-20 Parent Program

Fall Quarter

You learned about what? Engaging your student's academic content and homework.

We focused on thinking about what students are learning and how best to engage with them. We recognize that some of the topics that students cover in their classes may feel advanced or adult-level to families. We discussed ways to engage with this learning and how to talk with students about our concerns. We also looked at an article that talked about the best ways to support students to set up a good homework routine.

Book Conversation: So You Want to Talk about Race

Parents and staff read the book *So You Want to Talk about Race* during the month of November and then we gathered in December to discuss our reading. Christine Tang from Families of Color Seattle (FOCS) joined us that evening as our facilitator. Christine led us in a conversation to think about our own experiences with race and the best ways to engage with and support our students as they have their own lived experiences with race and racism.

Winter Quarter

RC Culture: Supporting the social/emotional needs of our students.

We were joined by Janice DeCosmo, Associate Vice Provost for Undergraduate Research and Associate Dean of Undergraduate Academic Affairs, who will be facilitating a review of the Transition School and EEP programs in the coming months. We also shared updates with families about steps we have taken to enhance the culture and climate of the RC. Finally, families had a chance to give input on the upcoming program review and we continued our conversation from last month about student experiences at the RC and how we can work as a community to ensure all students have the best possible experience during their time at the RC and UW.

Spring Quarter

How Are We Coping with Online Learning?

We had a chance to talk about how parents are coping with their student's move to online learning. We also looked at an article that gave concrete ideas for how to support students with this move. Finally parents submitted questions in advance that we discussed in smaller groups to provide support and resources.

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

How to End Homework Battles

<http://www.parentmap.com/article/homework-solutions-stress-contract>

Oluo, Ijeoma (2018). *So You Want To Talk About Race*

Spring Quarter

Help Your Student Succeed at Remote Learning

<https://www.collegiateparent.com/academics/help-your-student-succeed-at-remote-learning/>

Student Skills for Surviving & Thriving during COVID-19 and Beyond: Radical Acceptance:

<https://www.youtube.com/watch?v=Ov6hs-HbhUI>

CCFW drop-in classes: <https://depts.washington.edu/ccfw/events-classes/>

DBT in Schools: <https://www.dbtinschools.com>

How to Talk to Your Kids About the Coronavirus:

<https://rightasrain.uwmedicine.org/life/parenthood/talk-with-kids-about-coronavirus>

This Is the New Normal:

<https://www.psychologytoday.com/us/blog/going-beyond-intelligence/202003/is-the-new-normal>

Making the 'New Normal' Work – How to help kids, teens, and your family through social isolation:

<https://www.heysigmund.com/making-the-new-normal-work-how-to-support-children-and-teens-through-social-isolation/>