

North Clackamas School District



**Parent
Institute**

where love meets learning

**Saturday, February 28, 2009
drop in from 8 a.m. to 3 p.m.**

**Alder Creek Middle School
3801 SE Webster Road,**

**Register at:
www.techcadre.com/parentinstitute
503-353-6040**

free classes for parents of teens

Middle & High School Academics

Smooth Transitions to Middle School

Prepare your child to navigate the changes middle school brings, from multiple teachers & peer group cliques to choosing electives & building independent study skills.

Reading Help for Middle & High School Success

How you can help your child with reading comprehension in academic subjects, from literature to science, and social studies. Learn tactics to help students prepare for college and careers.

Leaving Failure Behind

Help your child move past failure using new strategies, considering alternative programs, and focusing on their future, rather than their past.

Study Skills for Middle School & High School

Secondary course work is rigorous. Help your teen learn to study for tests, do research, meet deadlines, and break long-term projects into manageable pieces.

Teen Behavior Issues

The Reality & Risks of Teen Substance Abuse

Talking to teens about depression, alcohol, drugs, & marijuana--what works, and what doesn't. Reading the signs and symptoms of substance abuse.

The Birds & the Bees, the Cars & the Keys

Sex & teens today. 10 practical parent pointers for impacting the dating years. Knowing when your teen is ready to date. Providing your teen with tools for safe dating.

The Power of Positive Peer Groups

Help your middle or high schooler form lasting & positive friendships by building social skills, sharing extracurricular activities, & working on group projects.

Helping Teens Shape Healthy Beliefs & Clear Standards

Whether they admit it or not, teens look to their parents as role models in developing their values. Learn ways to keep communication channels open so you can continue to be a positive influence on your teen's decision-making.

Risk Prevention for Teens

Driving, dating, drugs, and cyberspace all pose risks to teens. Learn ways to help your teen to make smart choices and navigate new situations with safety as a priority.

Navigating Adolescence

Reaching the heart while teaching the head. Navigating the minefields of adolescence. Avoiding shipwrecks while enjoying the cruise.

MySpace & Facebook

What parents need to know about Internet safety.

Preparing for College

Saving for College

It's never too soon --or too late-- to save for a college education. Find out more about 529 plans & other opportunities designed to help families set aside funds for future college costs while providing them with special tax benefits.

College 101

Learn about the differences between vocational-technical schools, community college, and 4-year universities. Find out the minimum requirements for Oregon universities and college admissions in general. Compare costs for all two and four-year colleges in Oregon, and find out more about financial aid, & private college admissions.

College Scholarships: Search, Apply and Compete

Learn the basics of scholarship research & competition, including useful tips on essay writing & using the OSAC's unified application form for more than 320 scholarships.

