

Practical HelpSM

FOR PARENTS



Support for Parents of Teens/Pre-Teens, Educators & Mental Health Professionals

Program Description

Helping Your Teens Navigate College Application Stress

The stresses of *deciding about* college are only peripherally about *going to* college. For parents, often the more you try to “help” with college applications and decisions about schools, the more push-back you get. For teachers, your “help” can be experienced as pressure and judgment, even though it is not likely a student will tell you this. Teens both long to leave and do things in their own way and at the same time, dread the enormity of going to college and leaving home. For some students, attending college is a foregone conclusion; for others, it is a distant hope, a burden, a luxury or an irrelevancy. And our students are often surrounded by all of these sets of responses during junior and senior years and the summer post-graduation.

This workshop is designed for parents and educators to help reduce the stress around applying for and deciding about life after high school. We’ll discuss specific strategies for providing help that your teen can really use and ways to help you balance your own needs as a parent or educator with the student’s need to find their own way in the process.

Program Outline

1. Why is Privacy Such a Key Issue in Adolescent Development?
2. Privacy, Boundaries and Social Development
3. Privacy, Boundaries and Sexual Development
4. Privacy and Family Life: Challenges, Problems and Responses
5. Privacy and School Life: Challenges, Problems and Responses
6. Translating Adolescent Behavior: Distinguishing Normal Privacy Behaviors from Signs of Trouble
7. Examples from the “Field”
8. Discussion and Questions

Options and Fees*

All workshops prices include bibliographies, copies of presentation and ancillary materials such as research articles and more in-depth treatment of material presented. Minimum prices are listed; prices may vary depending upon participant numbers.

1-Hour Presentation or Keynote: \$400

2-Hour Workshop or Staff Training: \$750

Half-day Workshop or Staff Training (3.5 Contact Hours): \$1250

Full-day Workshop (6.5 Contact Hours): \$2250

**A 15% discount is available for non-profit organizations*

Michael is approved by the Board of Behavioral Sciences as a Continuing Education Provider (PCE #3451) for Marriage & Family Therapists in the State of California.

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