

## Workshop Descriptions

- 1) Asthma Free School Zone - Children learn best when they feel well. Come to this workshop and discover how 150 NYC schools became safer, healthier learning environments.
- 2) Autism: Early Signs and Interventions - Concerned that your child may have autism? This workshop will explain the early behavioral signs of autism and how parents can respond to the needs of autistic children.
- 3) High School Application Process/Transitioning to High School - Help your child make a positive transition from middle school to high school; learn how to find the right school for your child; explore the broad range of high schools in NYC; find out about the admissions test for specialized high schools; and learn how to fill out the application for high school admission.
- 4) Homework Help - Learn how to help your child do his/her homework the painless way. Homework can be rewarding and a chance to bond with your child.
- 5) It's Your Turn - (For parents thinking about going back to school.) Did you ever think about returning to school, but had many excuses not to? Now is the time to overcome any obstacles and start thinking about returning to school. GED, college admission and financial aid will be discussed.
- 6) Special Education - Do you know about the DOE's new initiative for special education? How is it being implemented and what does it mean for your child? Do you know how important the IEP is and have you heard about the new IEP form soon to be implemented? Join us for a discussion of these and other special education topics of interest.
- 7) Test Taking Techniques Grades 3-8 - This workshop will equip parents with essential and effective test-support strategies to assist their children before, during, and after test. They will learn strategies that will reduce test anxiety to help maximize performance and increase their child's academic achievement. Suggested follow-up activities that will promote and build their child's confidence will also be discussed.
- 8) Writing and the Core Standards (Grades 3-8) - The session on student writing and the new Common Core State Standards (CCSS) in writing will begin by looking at the CCSS writing standards and how they connect to the reading Common Core State Standards. Participants will be doing an analysis of how the standards dovetail not only with literacy, but also social studies and science. In addition, participants will look at the College and Career Readiness Standards and student grade appropriate standard bearing writing samples.
- 9) Child Development/Communicating with your Child - Learn about the different stages children experience and how this can affect your child's development. Explore proper and effective communication methods to use with your child so you can obtain outcomes. Verbal and non-verbal techniques, rewards, and positive reinforcement will be discussed.

- 10) Help! I have a Teenager - This workshop is geared for parents of adolescent children. Discuss changes, problems, bullying, peer pressure, and specific needs of adolescent children. Learn how to effectively deal with adolescent issues.
- 11) Literacy/Reading and Writing (Grades K-2) - Learn practical ways to encourage a love for language through read aloud, storytelling, speaking and writing. Develop connections between the oral and written language.
- 12) Obesity/Nutrition - Addressing Adult and Childhood Obesity in NYC : Effective Programs and Strategies . Deputy Director for Physical Activity and Nutrition Programs at the NYC Department of Health will present on alarming trends in obesity among New Yorkers; current efforts to make it easier for New Yorkers to eat healthy and exercise more; and specific tips for parents on how to maintain a healthy weight both for themselves and their families.
- 13) Parent Teacher Conference/ARIS - What should you ask at a PT conference? Come prepared and maximize the time with your child's teacher. Learn the benefits of ARIS and how to navigate the system.
- 14) Resolving Conflicts - This workshop identifies underlying causes of conflict and examines how each parent responds. Assists parents to learn ways to manage or resolve conflicts as well as understand their role in conflict management and resolution.
- 15) Test Taking Techniques Grades 6-12 - This workshop will equip parents with essential and effective test-support strategies to assist their children before, during, and after tests. They will learn strategies that will reduce test anxiety to help maximize performance and increase their child's academic achievement. Suggested follow-up activities that will promote and build their child's confidence will also be discussed.
- 16) The College Search - This workshop will provide general information on factors to consider when searching for the right college/university; the college admission application review process; and financial aid and scholarships.