

Your Teen Ready for College

More Success. Less Stress.



Hosted by Dr. Maggie Wray

Event Workbook

July 14-19, 2018

Event Schedule

Saturday, July 14th

- **Dr. Maggie Wray** - Secrets of Successful Students: How to Earn Better grades with Less Stress
- **Leslie Josel** - Kick Procrastination to the Curb: Strategies to Get Your Student Unstuck and Started!
- **Dr. Dan Siegel** - YES! Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Teen
- **Dr. Sharon Saline** - Building better brains: How improving executive functioning skills fosters academic success

Sunday, July 15th

- **Jessica Yeager** - The Ultimate Guide to the Common App...how to make your application stand out from the crowd!
- **Ethan Sawyer** - Four Essential Steps to Creating an Amazing College Essay and Application
- **Dr. Shirag Shemmassian** - The myth of the 'perfect' application: how to turn weaknesses into strengths

Monday, July 16th

- **Dr. Shaan Patel** - Secrets to maximizing your teen's scores on the SAT and ACT
- **Dr. Jed Applerouth** - Taming the Tiger of Test Anxiety: Improving performance on high stakes tests
- **Elizabeth Dankoski** - How mentors can inspire students to find the spark that sets them apart
- **Nick Soper & Kristine Tye** - The Launch to College: How to build a successful and fulfilling life after graduation

Tuesday, July 17th

- **Stuart Canzeri** - How to make college more affordable, even if you don't qualify for financial aid
- **Jodi Okun** - Secrets of a Financial Aid Pro: How to master the college funding process
- **Jocelyn Paonita** - A 6-Step System to Securing Over \$125k in College Scholarships

Wednesday, July 18th

- **Jill Castle** - Fueling teens' brains & bodies for maximum performance
- **Sarah Andersen** - Helping teens develop grit & self-confidence, and escape the comparison trap
- **Anya Manes** - Talking with teens about sex & relationships (before college!)
- **Laurie Dupar** - College Accommodations & Success Strategies for Students with ADHD

Thursday, July 19th

- **Susan Stiffelman** - Parenting Without Power Struggles: Raising joyful, resilient teens while staying calm, cool, and connected
- **Lori Petro** - Conscious communication: How to connect with & influence your teen
- **Elaine Taylor-Klaus & Diane Dempster** - How to support your teen with less stress (for both of you!)



Dr. Maggie Wray
Saturday, July 14th

**Secrets of Successful Students:
How to Earn Better Grades with Less Stress**

1. What is the first step to take if you want to help your teen earn better grades this year?
2. How can we help teens avoid procrastination, and stop leaving their work until the last minute?
3. How do students normally study, and what *should* they be doing instead?
4. How can parents help their teens adopt a *growth* mindset?
5. What should you keep in mind if you start to feel stressed about college?
6. How is academic coaching different from tutoring?



Leslie Josel
Saturday, July 14th

Kick Procrastination to the Curb: Strategies to Get Your Student Unstuck and Started!

1. Which types of tasks are students *most* likely to procrastinate on?
2. What can you do if your teen says "*I work better under pressure!*"
3. How can you help your teen break down the college application process so they're less likely to procrastinate on it?
4. What can you do to jumpstart your teen's progress with the college essay? (or any writing project they've been putting off?)
5. How can you help your teen stop procrastinating and get started with their work...even if they're *not* feeling motivated?
6. What are some *environmental* changes you can make to help reduce the urge to procrastinate?



Dr. Dan Siegel
Saturday, July 14th

The “Yes Brain”: How to Cultivate Courage, Curiosity, and Resilience in Your Teen

1. What is *really* going on in the adolescent brain?
2. What is the “essence” of adolescence?
3. What is the difference between having a “No” brain and a “Yes” brain?
4. What are the elements of an integrated brain? (*remember the acronym!*)
5. How can we help our teens develop *balance*?
6. How can we help our teens become more *resilient*?
7. How can we help our teens develop more *insight*?
8. How can we help encourage our teens to have more *empathy*?
9. As a parent, what is the best gift you can give your teen?



Dr. Sharon Saline
Saturday, July 14th

Building Better Brains: How Improving Executive Functioning Skills Fosters Academic Success

1. What are executive functioning skills, and why are they so important?
2. When do executive functioning skills naturally tend to develop?
3. What can you do as a parent to help improve your teen's executive functioning skills?
4. What should you do if you notice your teen has a gap in their executive functioning skills?
5. What do teens *wish* their parents knew?
6. How can "efforting" help teens develop executive functioning skills??



Jessica Yeager
Sunday, July 15th

Ultimate Guide to the Common App...How to Make Your Application Stand Out from the Crowd

1. What are the main differences between the Common and Coalition app?
2. Do schools with their own applications want students to use them?
3. When can students start working on their Common Application?
4. What are the BEST ways for students to make their Common Application stand out from the crowd?
5. What can parents help with? When is it good to get outside guidance?
6. What can younger students start doing NOW that will help them stand out?
7. How should students be approaching the *supplements* to the Common App?



Ethan Sawyer

Sunday, July 15th

Four Essential Steps to Creating an Amazing College Essay and Application

1. What are the 3 things that set outstanding college essays apart from essays that are just “OK”?
2. What are students’ personal statements *actually* supposed to be about?
3. What 4 qualities do all truly GREAT personal statements have in common?
4. How can you brainstorm essay ideas if you don’t know where to start?
5. What are the 2 essay structures, and how do you know which to choose?
6. How can students include accomplishments in their essay without sounding like they’re bragging?
7. How should students be approaching their supplemental essays?
8. How much time does it typically take to write and revise a college essay?



Dr. Shirag Shemmassian

Sunday, July 15th

The myth of the 'perfect' application: how to turn weaknesses into strengths

1. Is it better to get an "A" in an honors course, or a "B" in an AP class?
2. Why is trying to keep up with all of your classmates' accomplishments actually *not* a good idea?
3. What types of activities do colleges really *want* to see students getting involved in, and which ones don't matter as much?
4. What should students keep in mind when filling out the honors & awards section of their application?
5. What can you do to build connections with top schools, even if you don't have a family legacy there?
6. How can students with disabilities or learning differences address those in the application in a positive way?



Dr. Shaan Patel
Monday, July 16th

**Secrets to maximizing your teen's scores
on the SAT and ACT**

1. How do students' SAT and ACT scores affect college admissions and financial aid decisions?
2. What changed about the SAT when it was redesigned recently, and how has this affected students' scores?
3. Should you take the SAT, ACT, or both? How do you know which to pick?
4. How does the PSAT work, and how is it different from the SAT?
5. When should students start studying for their standardized tests?
6. What are some tips students can use to improve their scores on the tests?



Dr. Jed Applerouth

Monday, July 16th

Taming the Tiger of Test Anxiety: Helping teens score their best on the SAT & ACT

1. How common is test anxiety?
2. How can we help students manage test anxiety? What are some examples of effective interventions that can reduce their stress level?
3. What is the ideal timeline for ACT / SAT prep, especially for a student who is prone to anxiety on the test?
4. Why is important for students to take "mock" tests before their actual test?



Elizabeth Dankoski

Monday, July 16th

How mentors can inspire students to find the 'spark' that sets them apart

1. What is the biggest difference between students who get into top colleges and others who look good on paper but are rejected?
2. What are some examples of leadership projects that Elizabeth's students have pursued? How do these differ from typical school activities?
3. What questions can you ask to help students identify things they're passionate about?
4. How can students find and connect with a mentor in an area they're interested in exploring?



Nick Soper & Kristine Tye

Monday, July 16th

The Launch to College: How to build a successful and fulfilling life after graduation

1. What are employers looking for in job applications from recent graduates?
2. How important is a student's major when it comes to getting a job?
3. How do you know if a college you're considering has good internship opportunities and connections with future employers?
4. What can students be doing during their time in college to maximize their chances of getting a job after graduation?
5. How can you help a student plan for the future if they have no idea what they want to do "when they grow up"?
6. What can you do if your teen is anxious or indecisive about the future?
7. How can you help creative or "out-of-the-box" students choose a path for college & their career that helps set them up for success in the future?



Stuart Canzeri
Tuesday, July 17th

**How to make college more affordable...
even if you don't qualify for financial aid**

1. Exactly how much have college costs gone up in the past 10 years?
2. What does it mean to "know before you go"? Why is this so important?
3. What are some examples of ways families can reduce their EFC?
4. If you can't lower your EFC, what else can you do to reduce the cost of college?
5. What are some of the biggest mistakes families make when it comes to paying for college?



Jodi Okun
Tuesday, July 17th

**Secrets of a Financial Aid Pro:
How to master the college funding process**

1. Should you bother applying for financial aid if you don't think you'll qualify?
2. How can parents calculate their EFC? What's the best way to find out the true cost of a particular college?
3. Should families avoid putting high-cost colleges on their list if they don't have that much money to pay for college?
4. How do financial aid factors affect the choice of whether to apply early or regular decision?
5. When should families be filling out the FAFSA and CSS?
6. What should you look for in your financial aid award letter? What can you do if you get less aid than you expected?



Jocelyn Paonita
Tuesday, July 17th

A 6-Step System to Securing Over \$125k in College Scholarships

1. What are some of the biggest myths and misunderstandings that keep students from winning as many scholarships as they could?
2. Which scholarships are *not* worth taking the time to apply to?
3. What is the most important thing students can do to increase the number of scholarships they WIN?
4. What are the best ways to find scholarships to apply to?
5. When should students start looking for and applying to scholarships?
6. How can parents best support their teens with the process of finding and applying for scholarships?



Jill Castle
Wednesday, July 18th

Fueling teens' brains & bodies for maximum performance in school and sports

1. How does what teens are eating affect their performance in the classroom?
2. What are the most common mistakes and misunderstandings about teen nutrition?
3. What are some good guidelines for what teens *should* be eating?
4. How can you encourage your teen to make healthier choices, without creating an overly restrictive mindset about food?
5. What are some warning signs to watch out for that suggest your teen could be struggling with an eating disorder?
6. There are so many unhealthy foods in college...how can parents help teens set up healthy eating habits now, *before* they leave for college?



Sarah Andersen
Wednesday, July 18th

**Helping teens develop grit & self-confidence,
and escape the comparison trap**

1. What is "GRIT", and why is it so essential for our teens?
2. How can you help your teen redefine their failures and develop more resilience?
3. What is the difference between "fake" and "real" self-confidence?
4. How can parents help teens develop real confidence and trust in themselves?
5. What can parents do to help their teens develop a healthier relationship with social media?



Anya Manes
Wednesday, July 18th

How to talk with your teen about sex & relationships (before college!)

1. Why is it important to talk with your teen about sex and relationships before they leave for college?
2. What is really important for teens to focus on in college, when it comes to building relationships?
3. What can you do *before* your teen leaves for college to help them stay safe and set the right expectations for their time on campus?
4. How can you help your teen learn how to set and maintain effective boundaries?
5. How can you initiate these discussions with your teen, and make them as comfortable as possible?



Laurie Dupar
Wednesday, July 18th

College Accommodations & Success Strategies for Students with ADHD

1. What are some of the biggest challenges students with ADHD encounter when transitioning to college?
2. How can you find out which schools have the best support services?
3. What are the biggest differences between getting accommodations in high school and college?
4. What can you do if your teen is hesitant to set up accommodations?
5. What are some pros and cons of taking a “medication vacation” when transitioning to college?
6. What can you do do after your teen gets to campus, to make sure you’re aware of what is going on?
7. How can you know if your teen is really ready to transition to college? And what should you do if they’re not?

8. What can parents do to help their teens start to develop these skills *before* they leave home for college?

9. How can parents determine if their student is truly prepared and ready for the transition to college?

10. What can parents do to maintain communication with their student once they get to college, and stay informed about how they're doing?



Susan Stiffelman
Thursday, July 19th

Parenting Without Power Struggles: Raising joyful, resilient teens while staying calm, cool, and connected

1. What does it mean for parents to be the “captain of the ship” for their teens? Why is this so important?
2. What are some signs that you’re getting into a “power struggle” with your teen?
3. How can you stay calm, cool, and connected when you’re in the middle of a conflict with your teen?
4. How can you avoid nagging your teen, and set more effective limits...especially around hot-button issues like screen time?
5. What is an appropriate level of involvement for parents to have when it comes to the college application process?
6. What are some questions to consider if you’re concerned your teen might not be ready to go away to college?



Lori Petri
Thursday, July 19th

Conscious communication: How to connect with and influence your teen

1. What is conscious parenting, and how it can help you connect more effectively with your teen?
2. What are some simple strategies you can use to 'tune in' to your teen and communicate more consciously?
3. How can identifying triggers help stop arguments in their tracks?
4. What's the difference between the message you're *sending* and what your teen is *hearing*? How can you help bridge this communication gap?



Elaine Taylor-Klaus & Diane Dempster
Thursday, July 19th

**How to support your teen with less stress
(for both of you!)**

1. What are some (secret) signs that your teen may be stressed out?
2. What does it *really* mean when your teen tells you, "*don't worry, I've got this!*"
3. What is a quick perspective shift that can help you parent more peacefully and compassionately?
4. What is the #1 most important priority to focus on when parenting your teen?
5. How can you get better at recognizing and managing your teen's triggers (and your own)?