

SAMPLE SPEAKER SERIES

2024-2025

PARENT Q & A Helping Your Freshman High School

Adjust to the Rigor of

JANUARY

SEPTEMBER

TEACHER SEMINAR

Step-by-Step Roadmap for Helping Your Anxious Student Thrive

STUDENT ASSEMBLY

Finding and Keeping the Right Friends for You

FEBRUARY

OCTOBER

PARENT Q & A

How to Prioritize Self-Care During College Admissions Season

PARENT SEMINAR

Under Pressure: Know When Stress Goes from Typical to Concerning

MARCH

NOVEMBER

FAMILY ASSEMBLY

Here Comes College: Top Tips for a Successful Transition

STUDENT ASSEMBLY

Healthy Habits for Managing School Stress

APRIL

DECEMBER

TEACHER SEMINAR

How to Avoid Teacher Burnout and Compassion Fatigue

PROGRAM EVALUATION

Program feedback and planning for the upcoming school year.

SPRING

AND

SUMMER

PARENT Q&A + ARTICLE

Setting Your Student Up for a Smooth Back-to-School

Transition

**Professional development opportunities available. Please let us know if you're interested.