GUILFORD PARENT ACADEMY
COURSE CATALOG
HELPING PARENTS HELP CHILDREN SUCCEED
Review the course catalog and select the workshops that best fit the needs of your school. Then, complete the workshop request form, which you will find here: Workshop requests must be submitted at least three weeks prior to the requested workshop date.
ACT Information Session
Target Audience: Parents and Families of students, Grades 10-11
Families and students will learn about the ACT - the junior administration, test structure, content covered and practice opportunities and resources.

Advocacy 101: Effective Home/School Communication
Target Audience: Parents, Grades K-12
Keeping the lines of communication open between home and school is important. Learn strategies for working as a partner with your child’s teacher and school, what to ask at parent-teacher conferences and how to communicate your concerns effectively.

AG 101: A Guide for Families on AG Identification and Service
Target Audience: Parents and Families of students, Grades K-3
Families of primary-grade students will be informed about the AG identification process and tools used to measure aptitude and achievement. Families will also gain understanding about characteristics of gifted students and how to nurture those characteristics in and outside of the classroom. Finally, families will learn what AG service looks like in grades K - 12.

AG Transitions to Middle School
Target Audience: Parents of AG Students, Grades 5-8
Families of AG students will learn about how AG service changes from elementary to middle school. Discussion topics include math placement criteria and pros/cons of highly accelerated math sequences, what differentiation should look like in ELA, magnet options, typical social/emotional challenges of middle school and extracurricular opportunities for advanced students.

AG Transitions to High School
Target Audience: Parents of AG Students, Grades 8-12
AG families will learn about how AG service looks in high school. Families will learn about Advanced Placement, International Baccalaureate, Early colleges and dual enrollment options. The presentation will also address typical social/emotional challenges that advanced learners face in high school and extracurricular opportunities to be on the lookout for.

ARC In Middle School – A Comprehensive Core Curriculum for Learners
Target Audience: Middle School Parents and Families
Parents will connect with and/or further explore ARC curriculum and standards-based thematic instruction.
Arts Fair
Target Audience: Parents and Families of Students Grades 5 & 8
Geared more toward fifth grade and eighth grade students, parents will learn about the arts offerings at each middle and high school as well as community arts organization offerings for extended learning opportunities. Performances will also be provided.

Building Family-Friendly Schools: Increasing Student Success through Family Engagement
Target Audience: GCS School Staff and GCS Parents
This session will give you a blueprint on how you can increase family engagement at your school. You will learn how staff members can do small, yet powerful things to engage parents/caregivers and encourage them to be full partners in their children’s education. You will leave this session with several practical tips and powerful strategies that can be implemented immediately to build strong, positive relationships with the families at your school and increase the success of students in the classroom and beyond.

Career and College Promise Opportunities for GCS Students
Target Audience: Parents and Families of Middle and High School Students
Parents will understand the opportunities for dual enrollment credit offered through North Carolina's Career and College Promise program.

Civic Engagement
Target Audience: Parents and Families of all GCS Students
Parents will explore resources and means to teach and encourage civic awareness and engagement in their students.

Charting on a Bell Curve
Target Audience: Parents and Families of EC (Exceptional Children) Students
The Bell Curve is a visual aid that allows parents to see where their child’s scores fall. This training also includes definitions of standard scores, percentile ranks, standard deviations, age equivalents, z-scores, stanine, and scaled scores and shows parents how to chart their child’s test scores themselves. This training is meant for small groups to ensure appropriate assistance can be given.

Easy and Reliable Info Bits for Research Projects
Target Audience: Elementary and Middle School Students
The features of state-wide databases of NC WiseOwl, Gale and Discovery Education using a science and social studies standard enabling attendees to see materials instead of copyrighted Google images and Wikipedia misinformation.
English I and ARC – A Comprehensive Curriculum for Leaners
Target Audience: Parents and families of High School Students
Parents will connect with and/or further explore ARC curriculum and standards-based thematic instruction.

Exceptional Children (EC) 101
Target Audience: Parents and Families of EC (Exceptional Children) Students
This session provides a brief overview of the special education process with an emphasis on the parent's role in the process, dispute resolution options for parents, and the importance of building good relationships.

Charting on a Bell Curve
Target Audience: Parents and Families of EC (Exceptional Children) Students
The Bell Curve is a visual aid that allows parents to see where their child's scores fall. This training also includes definitions of standard scores, percentile ranks, standard deviations, age equivalents, z-scores, stanine, and scaled scores and shows parents how to chart their child's test scores themselves. This training is meant for small groups to ensure appropriate assistance can be given.

From Cradle to College and Beyond
Target Audience: Parents, Grades K-5
Starting in kindergarten, decisions you make as a parent have a big impact on whether your child will be prepared for college-level coursework in high school or beyond. Find out what you need to know at every grade level – elementary, middle and high school – to make sure your child is well prepared to pursue his or her dreams. Also, explore College Bound, an online program that takes expert-approved tips on helping kids succeed and passes them on to parents.

GCS eBook Access
Target Audience: Parents and Families of all GCS Students
Parents will gain an understanding of how their children can access and use the GCS eBook shelf with over 10,000 titles FREE.

Getting Your Baby or Preschooler Ready for School
Target Audience: Parents of children ages 0-5
This workshop session will teach simple ideas and tips for making sure children have the early literacy experiences necessary for a good start in school. Parents can find out about free library materials and services, fun early literacy activities to do at home, and simple ways to help their children become eager to read and learn. Participants will learn brief basic facts about early literacy and brain research, plus important pre-reading skills and how they can be developed before beginning school.
Governor's School Parent and Student Informational Session
Target Audience: Parents and Families of Students, Grades 10-11
Families of students in grades 10 and 11 will learn about the Governor's School summer learning opportunity for advanced students. A representative from the Governor's School will present information and resources about the structure and program. Student alumni will be present to provide the participant perspective. Families will learn about the nomination and application process, deadlines for participation and next steps to begin the application process.

High School Options Nights
Target Audience: Middle and High School Families
Middle and High School families will learn about the numerous options available for high school studies. Each high school option, CTE pathways, and Career and College Promise host a booth to inform families about their programs.

Historical Skills: Skills Your Kids Need in Social Studies
Target Audience: Parents and Families of all GCS Students
Help parents understand the historical skills standard in social studies, and what that can look like in and out of the classroom.

Homework Help: One Click Away
Target Audience: Educators, Parents and Families of all GCS Students
Homework can be hard for children and frustrating to parents as well. Join us to learn how you can help your child with math and reading from the comfort of your home. Guilford Parent Academy will guide you and show you fun and interactive resources on the GPA website to enhance at home learning. Homework time does not have to be stressful, we can help!

How to Help Your Child Improve Reading Skills?
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents, Grades K-8
This workshop is geared toward supporting parents with resources and activities to extend a love of reading into the home. Participants will leave with activities, resources and ideas for making reading a family event. Culturally relevant texts

How to Help Your Child with Mathematics
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents, Grades K-5
Parents want to be supportive of math education but they sometimes feel frustrated when the way their children are learning math at school is different from the way they learned it years ago. This workshop will allow parents to experience the same hands-on approach to learning math that GCS students receive in the classroom. Parents will find out what they can do to apply at home what students are learning at school.
How to Help Your Child with Mathematics?
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents, Grades 6-12
Parents want to be supportive of math education but they sometimes feel frustrated when the way their children are learning math at school is different from the way they learned it years ago. This workshop will allow parents to experience the same hands-on approach to learning math that GCS students receive in the classroom. Parents will find out what they can do to apply at home what students are learning at school.

Individualized Education Program (IEP) Notebook Make and Take
Target Audience: Parents and Families of EC (Exceptional Children) Students
Creating an organized file can be instrumental in advocating for your child. The notebook is a very powerful tool in reviewing your child’s history, recording what other professionals have said about your child, and keeping an accurate record of what the school has committed to and what they have done. This training is meant for small groups to ensure appropriate assistance can be given.

Navigating and Unpacking Documents – What We Teach in Social Studies
Target Audience: Parents and Families of all GCS Students
Session aimed at helping parents understand Social Studies standards from the state, and what content is generally expected to be covered. Historical skills will be highlighted as well.

New to AG
Target Audience: Parents of AG Students, Grade 3
Parents of newly identified AG students will learn all the ins and outs of AG programming in elementary school. We will discuss the reading and math curriculum of the third grade AG classroom, ways families can reinforce the learning at home, and what to expect in the coming years. Parents will also learn about ways to connect with other AG parents in the community. Too much information to miss!

Research Skills
Target Audience: Parents and Families of Middle and High School Students
Targeted more towards middle and high school; parents will learn about why research is important for social studies classes; parents will learn about what types of research sources to avoid; parents will explore good places for student research.

Surrogate Parent Training for Educators
Target Audience: Parents and Families of EC (Exceptional Children) Students
This training is designed to assist educators in deciding when to appoint a special education surrogate parent. This training will provide guidance on how to:
- Identify and verify the need for a special education surrogate parent;
- Recruit and train individuals to be surrogate parents;
• Assign surrogate parents appropriately;
• Monitor and evaluate the surrogate parent and surrogate parent program; and
• Review and revise special education surrogate parent assignments, as appropriate

SOS: Spotlight on Science
Target Audience: Parents, Grades 5 and 8 enrolled in Science and/or Biology
In this session, parents will receive specific information about the science curriculum. Resources, such as parent pacing guides, websites, and North Carolina Department of Public Instruction materials, will be shared and discussed. Information from this session is designed to positively impact the learning of students in grade 5 and 8 Science and Biology.

Study Abroad Interest Meeting
Target Audience: Parents and Families of High School Students
Raise awareness about study abroad opportunities available to Guilford County Schools; raise awareness about scholarship opportunities available to GCS students regarding study abroad programs.

Student Success – It Starts with Great Attendance!
(Only available during non-instructional hours for Title I Schools)
Target Audience: All Parents and Caregivers of Children
Did you know that absences impact the whole child, from academic performance to psychological development and emotional well-being? During this session, parents will learn what the specific effects of absenteeism are and why it is essential for students to be in school each day.

Understanding and Preparing Your Child for State Tests
(Only available during non-instructional hours for Title I Schools)
Target Audience: All Parents and Caregivers of Children
Learn more about state standardized tests, what they mean, why they are given and how you can help your child prepare for End-of-Grade and End-of-Course tests. This class will include tips for alleviating test anxiety.

Understanding Your Student’s Reading Data
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents, Grades K-3
Parents will leave this session with an understanding of the reading data gathered three times per year in grades K-3, often referred to as “DIBELS & TRC” data. Parents will also leave with specific ideas of how to support students with each of the skills listed on the parent information sheet sent home by schools.

Workshop Series for Parents of Children 0-5
Target Audience: Parents of children ages 0-5 Course
In preparation for PreK, parents will learn about an array of topics including prenatal care, early literacy, discipline, what to expect in Kindergarten, and raising confident and kind children.
TOOLS
FOR PARENTS
Anti-Bullying and Internet/Cyberspace Safety
Target Audience: All Parents and Caregivers of Children
In today’s society, children, tweens and teens can easily access social media networks and other applications from cell phones, tablet computers and even gaming systems. Learn the lingo, find out what’s online, how to keep your child safe and encourage responsible use. Additionally, teachers, principals, students and parents all have a hand in preventing bullying. Come learn how you can help fight bullying in today’s digital age—and help our schools create a culture of caring.

Being a Man Take GUTS (Genuine Unified Talented Servants)
Target Audience: Male Role Models, Grades K-12
This is a motivational but interactive presentation geared toward making people think about their role in life and the impact it has on the lives of others. This 35-40-minute interactive session will give the audience an introspective look at their decisions and how to make better choices. It would provide strategies to get rid of bad attitudes and "stinking thinking," influencing our environment and those around us, especially our children. This fast-paced and humorous workshop will focus on real topics to being a man with GUTS.

Boys Will Be Boys
Target Audience: Parents of Boys, Grades K-12
Based on brain function, boys learn differently than girls. This workshop covers how to deal with challenging behaviors that boys can present and strategies for creating a boy-friendly environment at home.

Building Character in Students
Target Audience: All Parents and Caregivers of Children
Character development is about guiding children to make the right choices. And if we can emphasize it from the moment a child begins school, character development can equip students with the tools and motivation necessary to be the change they wish to see in the world. The Character Development department supports parents in reinforcing positive character. We emphasize monthly character traits in our schools and encourage parents to use them at home as well. These engaging sessions focus on a specific character trait and resources available to support and increase character development at home.

College and Career Options Specific to Students with Disabilities
Target Audience: Parents, Grades 6-12
Participants will learn about college and career options within North Carolina that are available to students with disabilities. The discussion will cover educational and vocational options for students with varying degrees of ability, including specific college options for students with intellectual disabilities. Information about Project SEARCH will also be shared.

How to encourage a Growth Mindset in Your Child?
Target Audience: All Parents and Caregivers of Children
How can we encourage students to move beyond life’s roadblocks toward success? Often times, our children do very well, but when they meet difficulty in school or other aspects of their lives, they have trouble moving forward. This workshop will introduce parents to the idea of a “growth mindset” and share ways to cultivate this mindset in their children.
Impact of Fathers
Target Audience: Fathers and Male Caregivers of Children
Children benefit when fathers or other male role models are an active part of their lives. Come learn about the unique and important role fathers play in the lives of their children, and practical ways fathers can help children create strong relationships.

Observing Your Child’s Progress in Canvas
Target Audience: Parents and Families of all GCS Students
Parents will learn how to download the Canvas app and view their child’s progress (Note: The child’s teacher must be using Canvas in their classroom in order for parents to view the progress).

Parenting with Purpose
Target Audience: All Parents and Caregivers of Children
Parents are invited to come learn how to be purposeful in parenting. Through this workshop, parents can learn how to have greater success in parenting and thus have more of an impact on their children. Parents will learn how to communicate more effectively and how to create manageable expectations that will reduce frustration, tension and even feelings of inadequacy and rejection.

Positive Discipline that Works
3F’s: Firm, Fair, and Friendly (How to talk with your child and get them to listen)
Target Audience: All Parents and Caregivers of Children
Is it possible to be kind and firm at the same time? Positive encouragement can go a long way in discouraging negative behaviors. Parents are invited to come discuss positive discipline, and the most effective ways to give feedback to a child.
Risky Behaviors
Target Audience: Parents, Grades 6-12
The statistics on teens engaging in inappropriate and/or risky behaviors can be startling. Part of the reason teens participate in these behaviors is because their brains aren’t fully developed yet. Learn how you can identify factors that influence your child’s behavior—and help intervene when undesirable behaviors happen.

Transitions: Preparing for Elementary School
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents of Students Entering Kindergarten
The transition to elementary school can seem overwhelming for both parents and students. Get some tips on how to make sure the transition is smooth; also, learn more about what to expect in elementary school, and how to ensure your student is ready for school.

Transitions: Preparing for Middle School
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents and Students, Grades 4-5
The transition from elementary to middle school can seem overwhelming for students and parents. Get some tips on how to make sure the transition is smooth; also, learn more about what to expect in middle school, and how to ensure your student is on the right track for success in high school and beyond.

Transitions: Preparing for High School
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents and Students, Grades 7-8
Moving from middle school to high school can also be daunting. Make sure your child is on the right track for success and get some tips to help you along the way. Also, learn more about different high school options within the district and the diverse course offerings that are available to GCS students.

Transitioning to College and Beyond
Target Audience: Parents, Grades 9 – 12
Are you stressed out about your child going to college? Are you wondering how you will pay for it? Let us put your mind to rest. Join us for a workshop on ensuring your child is successful in college and beyond. In addition to the transition to college, the workshop will also include financial aid basics such as: finding scholarships and grants, student and parent loans, tuition payment plans, work-study programs, completing the Free Application for Federal Student Aid (FAFSA) and more.
HEALTH AND WELLBEING
Family Heart Fitness
Target Audience: Parents K-12 students
Participants will learn the following. - Understand how eating, active habits and stress can affect heart health. - Identify opportunities to promote heart health through food preparation and eating habits. - Recognize holistic stress management options. - determine family-friendly physical activities and fitness. (fitness session followed by family fitness session with certified trainer)

Getting Fit with the Family
(Only available during non-instructional hours for Title I Schools)
Target Audience: Parents and Students, Grades Pre K-12
The presentation is designed to be engaging and help the attendees see the importance of being active. Families will have the opportunity to learn strategies for healthy cooking while also learning creative ways of staying active. Each family in attendance will receive a jump rope.

How to Be an “Askable” Parent/Understanding the Teen and Tween Brain
Target Audience: Parents, Grades 5-12
Does your child consider you an “askable” parent? Come learn suggestions on how to establish healthy dialogue with your child on topics such as sexuality, relationships, adolescent development and more. This interactive, participative workshop to help parents manage behavior, identify factors that influence children’s behavior and help parents intervene when undesirable behaviors happen. Parents will also receive tools to help children reflect on their own behavior in ways that promote self-discipline.

Prescription Drug Abuse
Target Audience: Parents and Families of all GCS Students
CVS pharmacists will share with parents the prescription drug use/abuse issues in the US and Guilford County. Signs to look for as well where to get help.

Ready, Set, G.R.O.W.: Parents as Healthy Role Models
Target Audience: Parents, Grades K-5
This interactive workshop will highlight parenting strategies and behaviors related to healthy eating in families of school-age children. Presenters will introduce the key research and findings of funded project and how parents/guardians can apply these strategies to their parenting practices. Participants will "take away" the following: the importance of parents serving as role models in children’s eating behaviors and physical activity; short-term and long-term gain of children’s active involvement in their health and well-being; how to use an edible garden/container garden to help children plant and grow vegetables, receive a booklet of healthy and “fun” snack recipes as well as physical activities that work or may not work in their respective families.

Understanding the Mental Health and Wellness of Students
Target Audience: All Parents and Caregivers of Children
Is there something different going on with my child? Workshop participants will leave having a better understanding of the warning signs of mental illness in children and the type of psychiatric disorders appearing in students’ preschool age through young adulthood.
**Sex Trafficking**
Target Audience: Parents and Families of all GCS Students
Greensboro Police Department will present to parents and community members about trends and signs to look for when the topic of sex trafficking is being discussed.
Balancing College and Retirement Funding for Parents
Target Audience: Parents, Grades K-8
The workshop will focus on the fundamentals of financial planning (budgeting, debt management, and saving) for parents. Emphasis will be placed on the costs of college and retirement. David will discuss tax advantaged savings vehicles to achieve both college and retirement objectives. He will also discuss some of the tools and resources available to parents.

Computer Skills for Today’s Job Seeker
Target Audience: All Parents and Caregivers of Children
Develop computer literacy skills essential for success in today’s job search. Sharpen your keyboarding skills for finding and applying for jobs online. Conduct online job searches and learn tips for completing online job applications. Learn how to respond to an online job posting and how to post your resume online. Gain computer skills that will help you find employment.

Excel Basics
Target Audience: All Parents and Caregivers of Children
This is a five-class series exploring how to get started with Excel. It also covers cell basics, modifying columns, rows, and cells, formatting cells, saving, creating simple formulas, worksheet basics and printing. As a result of this course, participants will:
- be able to create a basic worksheet(s)
- be able to modify columns, rows and cells
- be able to save a workbook, create simple formulas and print

Microsoft Office Basics
Target Audience – All Parents and Caregivers of Children
(Offered only at 501 W. Washington Street)
This workshop will provide participants with a basic overview of: Microsoft features of creating new documents, enhancing, saving, etc. information, basic forms of interaction, pronouns, numbers and the alphabet.

Money Smart
Target Audience: All Parents and Caregivers of Children
Money Smart was developed by the Federal Deposit Insurance Corporation (FDIC) and is designed to help adults build financial knowledge and develop positive relationships with financial institutions. The curriculum covers the following topics: Bank on It (an introduction to bank services), Borrowing Basics (an introduction to understanding credit), Check It Out (how to open and maintain a checking account), Pay Yourself First (the importance, benefits and methods for saving money), Money Matters (preparing a personal budget), Keep It Safe (consumer rights and responsibilities), To your Credit (the importance of credit history), Charge it Right (the, costs and benefits of using a credit card), Loan To Own (knowing what you are borrowing before you buy), Your Own Home (an introduction to home loans).
NextGen: A Training Program for Young Adults ages 16-24  
Target Audience: Young Adults ages 16-24
Participants will learn about NextGen: an intensive training program designed for young adults ages 16-24 with removing barriers to becoming gainfully employed. The program offerings include soft skills training, case management, on the job training, career exploration and scholarship opportunities. An opportunity for pre-screening and inquiries will be made available.

Skills for Employment  
Target Audience: All Parents and Caregivers of Children
Discuss the six areas of wellness (including financial wellness and budgeting), and how they each contribute to employability. Identify stressors in your life, and learn how to deal with them. Complete self-assessments, as well as steps to maintaining self-esteem. A review of what employment looks like today and the steps for becoming employed, such as proper application completion, resumes and covers letters, and how to actually search for a job. Work on communication skills, including an interview role play. Discuss leadership behaviors and self-directed work. Learn about business etiquette and work ethic in the workplace.

Time Management for Busy Parents  
Target Audience: All Parents and Caregivers of Children
In this session, you will learn to identify what is draining your time and how to find time you didn’t know you had. Take home practical time-saving tips that you can use to make an immediate difference in your family’s life and learn strategies to manage your time and energy to achieve what you desire for yourself and your children.

Tools for an Effective Job Search  
Target Audience: Parents of students grades K - 12
Participants will learn tools and tips to employ when conducting an effective job search including an introduction to Online resources, networking, Applicant Tracking Systems and resumes. Handouts/materials to assist in their job search will also be provided.

Winning Resumes  
Target Audience: All Parents and Caregivers of Children
Create a resume (either from a blank page or from a template) utilizing Microsoft Word and/or other resources such as NC Works. Learn the parts, format and function of a resume, and the difference between a chronological and functional resume, as well as, the difference between a print resume and an e-resume. During the resume preparation, you will identify your personal strengths and transferable skills to be included on your resume. Learn to save, print, and e-mail your resume. In addition to resume completion, you will also receive instruction on cover letters and thank you letters.