



GUILFORD PARENT ACADEMY COURSE CATALOG

**BRIDGING THE GAPS FOR STUDENT SUCCESS THROUGH
FAMILY AND COMMUNITY ENGAGEMENT**

Guilford Parent Academy is a division of Guilford County Schools that supports parents and families caring for children in Guilford County. Aligned with the district's Strategic Plan 2018-2022 goals, Guilford Parent Academy works to bridge the gaps for student success by providing resources for parents and families and engaging them in their children's education. Our course catalog offers informational sessions that aid in family success and enhances school-parent-community partnerships. The workshops have been vetted through an internal Curriculum Review Committee consisting of a diverse group of parents, educational professionals, and community members. Guilford Parent Academy accepts proposals from validated community agencies that support the work and mission of Guilford County Schools.

REQUEST A WORKSHOP OR COURSE:

1. Review the course catalog and select the workshops that best fit the needs of your school or organization.
2. Then, [CLICK HERE](#) to complete the workshop request form. Guilford Parent Academy staff will follow-up on the request within 48 hours.

Requests should be submitted at least three weeks prior to the requested workshop date.

ACADEMIC SUCCESS



Academically Gifted (AG): Are You an AG Newbie?

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!

ACT Awareness Seminar

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: The Lines We Draw: Building 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: Raising Awareness For Families Through 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 Excelling 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 Excelling 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.

Are You Ready? Getting Your Baby or Preschooler Ready for School

Target Audience: Parents of children ages 0-5

This workshop 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.

Arts Engagement 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.

Be Here to Get There - Student Success Starts with Great Attendance

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.

Branding 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.

Get in the Game with Mathematics Vision Project (MVP): The New Math for High School

[Only available during non-instructional hours for Title I Schools]

Target Audience: Parents, Grades 9-12

Mathematics Vision Project (MVP) is an open-source high school mathematics curriculum written by and for teachers. MVP was created to address the future needs of students competing in a global community. This workshop will inform parents about the new GCS instructional resource for NC Math 1.

Governor’s School: Residential Summer Learning For High School Students

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 5½-week 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.

Have No Fear: Prepare Your Child for Standardized 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.

High School Options Nights: What High School Journey is Right For Me?

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.

Homework Help: Eureka Math for Parents

(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.

Homework Help with GPA: You Are 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 through fun and interactive resources on the GPA website to enhance learning at home. Homework time does not have to be stressful, we can help!

Open Up Math for Parents**[Only available during non-instructional hours for Title I Schools]**

Target Audience: Parents, Grades 6-8

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.

Prep for PreK: Workshop Series for Parents of Children 0-5

Target Audience: Parents of Children ages 0-5

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.

Reading is Fundamental: 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.

Seize the Summer and Study Abroad

Target Audience: Parents and Families of High School Students

Up for an adventure like no other? Our Global Navigator summer abroad programs take you places, far away from home. Explore a different culture in more than 40 amazing destinations across the world. Come home with new skills, newfound passion, a broader perspective – and maybe even college credits! This session raises awareness about study abroad opportunities available to Guilford County Schools. Learn about study abroad programs and scholarships available to GCS students.

Six Principles of School-Family Partnerships: Striving for a Family-Friendly School Climate

Target Audience: GCS School Staff, Parents and Caregivers

Family-school partnerships are collaborative relationships and activities involving school staff, parents and other family members of students at a school. Effective partnerships are based on mutual trust and respect and shared responsibility for the education of students at the school. For true partnership, parents, teachers and staff must develop opportunities for two-way communication, through which learning is the key goal. Both must take responsibility to develop positive outcomes for the student. Successful parent engagement means mutual participation by families and teachers. Family engagement is the process used to build genuine relationships with families. Relationships with families support overall family well-being and student healthy development. When families are engaged, partnerships are created that have a common focus one that assist students to grow and thrive. Family involvement and family engagement often appear interchangeable, but that is not the case. Simply put, parent involvement is often more of

a "doing to," while engagement is a "doing with." With involvement, schools tend generally tell parents what they should do. Engagement, on the other hand, has schools leading with their ears enabling true parental interaction and decision making. This presentation will introduce six principles that will lead to true school-family partnerships that will last beyond the classroom.

Special Education Surrogate Parent Training for Educators

Target Audience: Educators 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

Special Education: The Basics Families Should Know

Target Audience: Parents and Families Receiving EC (Exceptional Children) Services

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.

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.

Take Two: Dual Enrollment Opportunities Through the NC Career and College Promise Program

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.

The ABC's of DIBELS and TRC: Reading Data Awareness Seminar

(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.

The Evolution of a Student: 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.

The Importance of Civic Engagement and Awareness

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.

TOOLS FOR PARENTS



A Father's Love – The Fatherly Role Model

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.

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.

Budget & Money Flow

Target Audience: All Parents and Caregivers of Children

This session focuses on planning and preparing to live within your budget. From starting out to retirement, learn how to budget and save for tomorrow.

College and Career Options for Students With Different Abilities

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.

College Boot Camp: Basic Training

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.

Consumer Credit Counseling: Mastering a Spending Plan

Target Audience: All Parents and Caregivers

Various Sessions: Build Your Own Budget — A two-hour workshop for families who are interested in creating an effective spending plan. Credit to Be Proud Of — A two-hour workshop on how to establish credit, repair it and manage it. The session will also clear up myths and misinformation about credit. Practical Decision Making to Achieve Financial Stability — A series of three two-hour group sessions on making sound financial decisions; mastering a spending plan; preventing scams and identity theft; recognizing predatory practices; how to take out and pay for student loans; and creating a financially healthy household. One-On-One Sessions — One-on-one coaching sessions are also available on financial counseling, credit counseling, pre-homeownership and foreclosure prevention.

Consumer Credit Counseling: Cash for College

Target Audience: All Parents and Caregivers

This two-hour workshop for future college students covers strategies on creating a college spending budget. Students will learn ways to earn money and be self-sufficient with money.

Families and Housing Insecurity: A Look at Fair Housing

Every family deserves a fair, safe, and affordable place to live. Many time parents are not aware of the rights that they have in order to make sure that their housing is safe and secure for their children. Children need a safe and stable housing experience in order to perform well in school and extracurricular activities. The City of Greensboro is responsible for educating families about their rights and sharing the resources available to address issues of housing discrimination and landlord-tenant conflicts. Our session will address seven types of discrimination that the Human Relations Department investigates as well as some examples of how we help residents navigate landlord-tenant disputes. Our goal is to effectively equip families with the tools to ensure that school age children have a safe, fair, and affordable place to live for optimal success.

Filter Your Thoughts – Growing the Intellectual 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.

GPA 101: Get RESOURCEfully fit with GPA

Target Audience: All Parents and Caregivers of Children

Family engagement is vital in building strong home-school-community relationships, developing support systems to enhance quality of life, and ultimately changing life outcomes for families. Guilford Parent Academy wants to serve our families with resources designed to improve student

learning and help families thrive. This session provides an overview of Guilford Parent Academy and how schools can increase family involvement in their child's education. Experience a live demonstration of Guilford Parent Academy's FREE online digital resources and learn how our community partners help families reach their goals.

Healthy Parenting

Target Audience: All Parents and Caregivers of Children

Healthy Start is a free child abuse prevention program that provides pregnant women and parents of infants with high stress factors home-based support for nurturing their baby's growth and development. It connects them with other community resources that can help improve the quality of life for the entire family. In-home therapy is also offered to clients who are engaged in the program. Parenting Group is a free evidence-based parenting curriculum and support group for parents of pre-school and elementary aged children. Meals, transportation (bus passes), incentives and childcare are provided for this 14-week interactive, educational and fun parenting series in Guilford County.

Inside Out: What's Your Character Trait

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.

Is Your Child Ready? Starting the Journey of 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.

Is Your Child Ready? Moving On Up to 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.

Is Your Child Ready? The High School Experience**(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.

It's a Different World - 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.

Positive Discipline that Works – Exploring the 3F's: Firm, Fair, and Friendly & Getting Your Child 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.

Retire in Comfort - Retirement Planning

Target Audience: All Parents and Caregivers of Children

Most Middle-Income Americans do not think they will be able to retire comfortably. This educational course on retirement planning shows how to plan and prepare for retirement offering free confidential analysis to help reach financial goals. Learn what you need to know, how to utilizing your resources and the plans available.

Risky Behaviors in Teens: When to Intervene

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.

Social Security Awareness

Target Audience: All Parents and Caregivers

Understanding your Social Security program: Covering three parts of social security, understanding the program and how it will impact their individual financial future. Most Americans do not understand their social security program. This session educates families on the three parts of social security and how to understand each program.

Supportive Services

Target Audience: All Parents and Caregivers of Children

Supportive Services offer support for victims of domestic violence, sexual assault, child abuse and other crimes. Community Outreach Specialists for children and teens provide educational training in areas such as body safety (K-12), online safety (upper elementary through high school), and teen dating violence and sexual assault (high school) as well as for adults, in areas such as child abuse awareness and prevention, domestic violence, sexual assault and human trafficking.

The Art of Parenting: 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.

Thrive EDU: Providing Hope for Students and Parents who Within Justice-Served Communities

Target Audience: All Parents and Caregivers of Children

Everyone needs a second chance. Parents and students are missing out on opportunities because of past encounters with law enforcement that resulted in charges or imprisonment. The opportunities include college enrollment, financial aid, jobs, and parent volunteerism to name a few. The Human Relations Department with the City of Greensboro is committed to helping people who may have criminal backgrounds or are connected to justice served communities get back on track. Our initiative, Thrive GSO, focuses addressing issues associated with housing, employment, voting, and education for those with a justice served background. Our goal is to educate parents with knowledge about the impact of criminal charges on their students' access to resources, as well as address the importance of coordinating efforts with school administrators to ensure the best outcome for their children post-infraction. Additionally, our goal is to make parents aware of the way in which laws and policies impact expungement of criminal records so that they can best advocated for themselves to participate in volunteer efforts for their children's school and/or access other resources to thrive as a resident of Greensboro.

Thrive International: Helping Newcomers Navigate the Justice-Served System

Target Audience: All Parents and Caregivers of Children

People make mistakes, especially those who are not altogether sure of the rules and policies in a new environment. Immigrant and refugee parents are sometimes at a loss for how to help their children or themselves when it comes to navigating the justice-served system in the United States, and specifically North Carolina. Many are unaware of what resources are available to gain a better understanding of not only how criminal charges impact access to resources such as education or employment, but they are also unaware of how those factors intersect with the pursuit of citizenship. Thrive GSO, a reentry initiative with the City of Greensboro, is committed to equipping parents regarding the cultural differences in law enforcement, the impact of criminal charges, and how those charges may impact citizenship.

HEALTH & WELLNESS



Behavioral Health Services

Target Audience: All Parents and Caregivers

Learn about Mental Health and Substance Use Counseling Services available to parents and families dealing with substance use, anger management, anxiety, depression, abuse or grief.

Services include trauma-focused care, case management, walk-in services, and psychiatric medication evaluation and management. Whole person care is provided in an integrative system focused on overall wellness.

Get Fit, Stay Fit: The Importance of Living A Healthy Lifestyle

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

Good Health is Wealth

(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.

Mental Health Check: Understanding the Mental Health 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.

Mental Health First Aid - Youth Course

Target Audience: All Parents and Caregivers of Children

Mental Health First Aid is a course that teaches how to help someone who may be experiencing a mental health or substance use challenge. The training helps to identify, understand and respond to signs of addictions and mental illnesses. Get involved with the material and relate learning to real-life applications. Stay engaged through discussion topics, exercises, and other activities in the course.

Prescription Drugs: Properly Use, Don't 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.

Say No to Opioids! Addressing the Opioid Epidemic

Target Audience: Parents, Grades 5-12

Participants will receive an overview of the dangers of opioid usage. Parents will receive information about prevention and tips to help their children stay drug free. The misuse of over-the-counter and prescription drugs are also addressed during this session.

The JUUL is Not Cool: What Parents and Students Should Know About Vaping and Juuling

Target Audience: Parents and Families of all GCS Students

GCS' Guilford Parent Academy and the Department of Health Services and Nursing invite parents and students to learn about the most current trends in adolescent e-cigarette usage; including vapes, JUULs and other electronic nicotine delivery systems. These sessions aim to debunk the myth that vaping is safe for teenagers and adolescents. Learn about prevention resources and tips to help students stay nicotine free. Parent and Student Sessions run concurrently in separate locations.

PERSONAL DEVELOPMENT & FAMILY SUPPORT



Computer Wellness Skills for Job Seekers

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.

Financial Freedom: Finding Balance in College and Retirement Funds

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. Learn tax advantaged savings vehicles to achieve both college and retirement objectives. Receive tools and resources available to parents.

It's All About 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.

Know the Function: Basics of Excel

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

Know Your Worth: 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.

Land Your Dream Job: Resume-Building Seminar

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.

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).

More to Learn: How Well Do You Know Microsoft Office?

Target Audience – All Parents and Caregivers of Children

This workshop will provide participants with a basic overview of Microsoft Office. Microsoft features of creating new documents, enhancing, saving, etc. information, basic forms of interaction, pronouns, numbers and the alphabet.

Seeking a New Job: 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.

The Click is Ticking: 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.