

# UPLIFT Sessions Summaries:

**NOTE:** Only a few of the following courses will be offered at each conference. Some of the following will be available to parents during sessions held at your local school. Visit our website at <http://ccsduplift.weebly.com> for more information or to register for a course.

## **Student Athletes: What Parents Need to Know**

Preparing your student athlete for college requires planning. Learn what it takes to make your student athlete successful in the classroom so they can continue to play the sport they love.

## **Counting Your Money and Making Your Money Count**

Participants will discuss the various aspects of a budget and will be given resources to make their own financial future a success.

## **Credit Repair 101: Achieving the Goal of Financial Stability**

Participants will discuss strategies and practical techniques for establishing good credit, repairing bad credit and achieving financial stability.

## **College Readiness: Preparing Your Child for College**

College can be a reality for all students. This session will provide participants with information around ensuring that their child is ready – academically and financially for college.

## **Helping Boys Succeed in School**

“Boys will be boys!” Participants will discuss ways to use the natural interests of boys to keep them interested and engaged in academics.

## **Parenting with Your Ex**

Participants will discuss strategies to partner and parent with their ex, even when the relationship has completely dissolved.

## **Grandparents as Parents**

Times sure have changed! Participants will discuss the changes in parenting styles over the last generation, as well as the various challenges that children today face.

## **Organizing the Disorganized Child**

Participants will discuss solutions to frazzled mornings and messy backpacks and will learn ways to improve study skills, note-taking and time management skills.

## **Siblings without Rivalry**

“He did it!” “No, she did it!” Sound familiar? Join us for this workshop to discuss strategies to help implement and instill peace between siblings.

## **Single Parenting that Works**

Raising kids on your own is hard work. Participants will discuss ideas that single parents can use to

effectively manage their household, take care of themselves and their kids.

### **Just Say Know – Talking to your children about drugs and alcohol**

It is never too early to start talking to your children about the dangers of drugs and alcohol. Drugs are being found in *elementary* schools around America. This workshop will help you to present the facts and dangers of these drugs to your children. Participants will be given tools to discuss the topic of drugs and alcohol with their children.

### **Saving for College**

Saving for a child's college is quite a task. Learn the various alternatives available, along with the advantages and disadvantages of each. Participants will discuss 529 plans, prepaid tuition, life insurance, and personal saving and investments strategies.

### **Social Networking 101**

Participants will explore the pros & cons and ins & outs of sites such as Facebook, MySpace, Twitter, Linked In, and even a few blog sites. Whether you want to keep in touch with your family and friends across the country, are trying to track down old friends from high school, networking for a job, or following your favorite celebrities - there's a networking tool out there to help you do just that! And it's not complicated!

### **Bullying**

This session will present an overview of the CCSD Bullying Policy and provide helpful information on how to recognize, define, and prevent bullying.

### **Gang Awareness**

Participants will discuss the warning signs that may indicate a child is involved in gang activity and strategies to help children stay away from gangs.

### **Understanding and Addressing Barriers of Families in the Community**

Participants will engage in activities that will help them understand the struggles that families with language poverty barriers face in order to engage and work with students and their families in a more effective manner. "Families" will be given various situations and they must figure out how to provide for basic necessities and shelter.

### **Becoming your Child's Most Effective Advocate**

Strong advocacy skills are critical as you work to ensure your child benefits from his/her education. Learn the steps to help you effectively advocate for your child's needs. Remember, you are an equal partner in your child's education.

### **How You Say it Matters in Language Development, Literacy and Student Achievement**

Everything is casual in today's society - including the way we speak. Unfortunately, our students are experiencing the effects of casual conversation in their schoolwork and their ability to communicate. Participants will learn how language development is related to student achievement and will discuss strategies to improve the language development of their students.

### **ADHD – (Part I & Part II)**

Participants will review the rights of a child with ADD/ADHD, become familiar with classroom accommodations and discuss behavior management techniques.

### **Understanding the IEP process and your child's rights (Part I & Part II)**

Participants will become familiar with special education terms, the IEP process and parents' rights.

### **Homework without the Headache**

Participants will discuss common homework frustrations and will examine strategies to help their child complete homework without the anxiety or frustration.

### **Understanding State Assessments**

Participants will review the components of the MAP and PASS assessments and discuss strategies to help their child prepare for the tests.

### **Getting Ready for Parent Conferences – Effective Communication**

Participants will review and discuss effective questions to ask teachers at conferences to get a good idea of their student's academic progress. Participants will also evaluate their current communication skills and discuss techniques to become more effective in communication.

### **How to Help your Elementary School Child in Reading**

Participants will discuss various strategies and techniques to help young children learn to read and to understand what they are reading.

### **How to Help your Elementary School Child in Writing**

Participants will discuss various writing styles and tips to help young children develop writing skills necessary for elementary school assignments.

### **Helping your Elementary School Child in Math**

Participants will review the topics covered in elementary school and will discuss strategies to help children develop math skills.

### **How to Help your Middle School Child in Reading**

Participants will discuss various strategies and techniques to help middle school aged children continue to develop literacy skills necessary in middle school grades.

### **How to Help your Middle School Child in Writing**

Participants will review various writing styles and grammar and discuss tips to help middle school students develop writing skills necessary for middle school.

### **Helping your Middle School Child in Math**

Participants will review the math principles covered in middle school and will discuss strategies to implement at home to help their child develop math skills.

### **Reclaiming our Daughters**

Unwed mothers. Abortions. Rape. Struggles that our daughters face are real and negative. Participants will discuss ways to turn the statistics around and prepare their daughters to face the world with optimism.

## **Surviving a Step-Family**

Are you being stepped on in your step family? Participants will discuss strategies to blending families that will allow the members to survive without feeling left out or frustrated.

## **Conflict Resolution**

We all have conflict in our lives. Sometimes dealing with that conflict can be tricky, particularly if you are talking about teenagers or bosses. Participants will discuss various techniques to resolve conflict in their home and/or their workplace.

## **Staying Connected to your Teenager**

We all live in a face paced, media driven culture where it only seems that teenagers connect to phones or computers. Participants will discuss ways to keep their teenager talking to them and how to listen to what they are really saying.

## **Dad, if you only knew...Father Involvement Matters!**

Moms do a great job, but Dad, you matter too. Participants will review statistics regarding the impact of an involved father and discuss strategies for fathers to connect with their children and ensure their child's academic success.

## **A Parent's Guide to Navigating through Middle School**

Adolescent aged students are often confusing and frustrating to parents and themselves. Participants will discuss the changes that students experience in their physical, emotional and academic life. Participants will then work together to discuss solutions that will benefit both the parent and child during this life stage.

## **A Parent's Guide to Sending your Child to School**

Watching your child get on the bus for the first time brings mixed emotions for parents. Students are also often overwhelmed or nervous at the change in their lives. This workshop will discuss ways for parents to prepare themselves and their child for the start of school.

## **A Parent's Guide to Navigating through High School**

You just got used to middle school and your child is transitioning to high school. You thought your child was doing fine, but now things are falling apart. Participants will discuss ways to transition students smoothly, learn about high school graduation requirements and will be given resources to keep their child actively engaged in high school.

## **Home Ownership – Habitat for Humanity**

Purchasing a home is a complicated process. Participants will gain an understanding of the home-buying process and decide if homeownership is right for them.

## **Let's Go! Eat Smart, Move More – Clemson Extension**

How to plan healthy living for yourself and your kids! Courses are progressive and practical and include exercise tips and recopies.

## **Preventing Diabetes: Yes, You Can!**

A health educator will share tips to help you avoid diabetes. She'll also provide helpful information to children and adults who currently have diabetes. This program is in conjunction with Eat Smart, Move More Colleton County.

### **Smart Snacks and Simple Suppers**

A registered dietician will offer types about the basics of healthy eating. Free samples will be provided, while supplies last. This program is in conjunction with Eat Smart, Move More Colleton County and Colleton Medical Center.

### **Let's Move It, Move It!**

Need a little boost to get you up and going? Learn ways to add exercise into your weekly routine. This program is in conjunction with Eat Smart, Move More Colleton County.

*UPLIFT is designed for parents, to help them support and strengthen our students and our community.*

**Visit our website at <http://ccsduplift.webly.com> for more information or to register for a course.**