

COLLEGE TRANSITION WORKSHOP

Are you ready?

A Workshop for Parents and Their Junior/Senior Students

60%

of first year college students wish they had been more emotionally prepared for college.*

This can lead to:



a lower GPA



regularly consuming drugs and alcohol



taking a leave of absence



rating the college experience as terrible or poor

87%

of first year students said college preparation focused more on academic than emotional readiness.*

Let's face it: The transition to college is tough! And the application process is just the beginning! *Are you ready?*

In this workshop for parents and their junior/senior students, participants will learn:

- ★ Why it is important to prepare for the non-academic transition to college
- ★ What social and emotional stressors keep students from succeeding in college
- ★ How to assess which college is the right fit (and what you should really be asking on those college tours)
- ★ How to negotiate and balance new independence
- ★ To build a toolkit of healthy coping skills to manage and respond to stress

April 25, 2019
6:15 - 7:30 pm

NEW LOCATION!

Guilford High School (Commons)
605 New England Road, Guilford

\$10 per family (students & parents)

*Includes dinner

To register please contact
GY&FS at 203-453-8047



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