

Parent JumpStart

Welcome to our first annual Parent JumpStart for all students in the Conroe High Feeder Zone! We are so excited to have you here! Please pick 3 sessions to attend and do not forget to visit our Mental Health Fair in the cafeteria. Each session is 30 minutes with 10 minutes between each session to allow you time to get to your next session and time to visit the Mental Health Fair in the cafeteria.

Session 1- 6:30-7:00

Session 2- 7:10-7:40

Session 3- 7:50-8:20

Sessions:

Session Title	Presenter	Description	Session 1	Session 2	Session 3
Flipping the Switch on Anxiety	Kelly Locke, CISD LPC/Mental Health Specialist	An easy to understand approach to brain-based research on anxiety and interventions.	154	154	154
College Planning K-12	Laura Willard, CISD College Readiness	A myth-busting discussion on how to prepare students - and parents - for college	Auditorium	Auditorium	Auditorium
FOMO is a NO GO	Denise Cipolla, CISD Coordinator of Guidance and Counseling	FOMO is the fear of missing out. We will discuss the definition, how it is affecting our kid's mental health, ties to addiction and how to fight back against it. Parents will be given tips they can immediately implement for their children.	150	150	150
Welcome to the Triad- Working Together to Achieve Success	Ilyn Marinero, Runyan Elementary Counselor	How we can work together to achieve success. Learn how to access Parent Access Accounts, Student	151	151	151

		Access Accounts, Canvas. Working together is always better.			
Relational Aggression/Girl Wars	Kristen Brennan, Peet JH Counselor	Recognizing and intervening with aggressive behaviors in girls	162	162	162
The Law and Your Child- Bullying, Sexting, and other online issues	Amanda Hill, Attorney- The Law Office of Amanda Jean Hill	What families need to know about the digital world and the law.	161	161	161
Off the table- what parents can do now to prevent suicide later	Tessa Stuckey, MA, LPC- The Woodlands Family Institute	Helping build coping skills now to pr	LGI	LGI	LGI
Financing College	Kara Hipchen, Lone Star College	A brief overview of different ways to finance college including financial aid and scholarships.	CCC	CCC	Not offered
Financing College for Current International Students	Kara Hipchen, Lone Star College	A brief overview of the TAFSA and other opportunities for current students who are international.	Not offered	Not offered	CCC
You can go!	Jessica Rivera and Aimee Castillo, CHS Newcomer Counselors	Current international students are able to attend college and trade schools after high school! Come learn about different programs open to you.	163	163	Not offered
Social Media and You	Heather Hadash, CHS Counselor	Social media can be a positive or a negative influence on your students. This session will cover things every parent should know regarding their student's digital life.	160	160	160

