



Parent-Connect Schedule

Live Parent-Connect webinars occur monthly on Monday evenings from 8:00pm to 9:00pm Eastern Time. A recording of each session is available on your school's e-Classroom. Here, parents can watch these archived recordings and access resources, guides, handouts, and key links.

Alcohol and High-Risk Drinking

October 4, 2010

Special Focus: *The Teen Brain and Today's Chemical Culture*

Research reveals the adolescent brain continues to develop past twenty years of age. What are the implications of serving your teenager a glass of wine at dinner? What is pre-gaming and how has it changed? Are your teen's peers drinking shots between classes? What are the distinctions between brownouts and blackouts? Does an addicted brain differ from a normal brain? Join our panel of experts to examine the neurobiology of alcohol's influence on the teen brain, compelling research results, and valuable parenting tips to help your kids navigate today's chemical culture.

Expert Presenters: **Dr. Cynthia Kuhn**, Professor of Pharmacology and Cancer Biology and Professor in Psychiatry and Behavioral Sciences, Duke University; **Marisa Silveri, Ph.D.**, Assistant Professor of Psychiatry, Harvard Medical School/McLean Hospital Cognitive Neuroimaging Lab; **Drug & Alcohol Peer Advisor**, Harvard University student

Learning and Study Skills

November 1, 2010

Special Focus: *What's My Teen's Style? Linking Learning Styles with Test & Study Skills*

What do J.K. Rowling, Peyton Manning, and Mozart have in common? All three individuals demonstrate exceptional skill in their craft. Teens often try to look and feel their best by emulating trends from their favorite celebrities. Likewise, today's young adults can perform optimally by adapting their learning style using customized academic approaches. Our expert panel discusses study skills, time-management, and test-taking strategies for success.

Expert Presenters: **Betty Caldwell**, Founder and Director of Stressless Tests[®]; **Dr. Russell French**, University at Tennessee – Knoxville, Institute for Learning Styles Research; **Nicole Subik**, Learning Support Specialist, Villanova University

Internet Safety and Technology

December 6, 2010

Special Focus: *Connected Kids: How Logging On Affects College Admissions and Career Decisions*

Teens publish pics, pokes, and posts to communicate with peers. Facebook has replaced malls, arcades, and movie theaters as the new hangout. What tracks are young adults leaving online that will impinge upon their future careers and college admission chances? Who's looking and what are they seeing? How far back will they look into cyber-space to decide whether someone is worthy of a scholarship? Join our panel of experts as they explore colleges' and employers' use of Facebook, MySpace, and Twitter to make decisions about your children.

Expert Presenters: **Megan Harlan**, Director of College Counseling, St. Mark's School; **Nolan R. Jones**, Director of Football Operations, Northwestern University; **J.T. O'Donnell**, Founder and President of Careerealism.com

Bullying and Harassment

January 3, 2011

Special Focus: *The Contemporary Face of Hazing*

When are rites of passage wrong? How can teens differentiate between acceptable bonding activities and hazing practices? What can bystanders do to stop hazing? In these high-pressure moments, the lines often blur for teens about what to accept as normal and part of tradition. Learn how to teach your teen about these issues effectively with our experts who have conducted extensive research, authored seminal readers, and worked directly with teens and college students around the country to define and prevent emotional and physical harms of hazing practices.

Expert Presenters: **Dr. Elizabeth Allan**, Associate Professor in Higher Educational Leadership, University of Maine; **Hank Nuwer**, Professor, Franklin College; **Mary Wilfert**, Associate Director of Health and Safety, National Collegiate Athletic Association (NCAA)

Body Image and Eating Disorders

February 7, 2011

Special Focus: The Spectrum of Disordered Eating and Seeking Support Away from Home

Tabloids and magazines detailing fashion and the fad diets commend, “Nothing tastes better than skinny feels.” America’s Next Top Model and music videos glamorize the ultra thin. Websites instruct teens on better bulimia techniques. What are the signs of body image issues in children and teens? When does thin become too thin? Should you worry even if your child is of healthy weight? Can your teen make nutritious food choices when you’re not around? Our experts detail eating habits, the continuum of disordered eating, and preparation for living away from home.

Expert Presenters: **Dr. Sharlene Nagy Hess-Biber**, Professor of Sociology and Director of the Women’s Studies Program, Boston College; **Elise Phillips**, Director of Health Education and Student Support, Simmons College; **Eating Concerns Hotline & Outreach Peer Counselor**, Harvard University Student

Drugs and Addictions

March 7, 2011

Special Focus: Marijuana: Myths, Motivations, and Medicine

“It’s not addictive.” “Weed’s not as bad as cigarettes.” “I’m more creative.” “A doctor can prescribe it, so it can’t be harmful.” Marijuana remains the most common illicit drug used by young adults in the United States, yet misperceptions about its use abound among adolescents and adults alike. Medical marijuana use affects our view of drugs in America. Our panel will unravel the myths associated with marijuana using the latest research and explore teen motivations that contribute to its use, abuse, and cessation.

Expert Presenters: **Katie Dunker**, Assistant Director of Health and Counseling, University of Denver; **Dr. Betsy Foy**, Health Educator, Washington University; **Dr. Ranna Parekh**, Clinician, University Health Services, Harvard University

Healthy Relationships

April 4, 2011

Special Focus: More than the Birds and the Bees: Human Sexuality, Sex Education, and Sexual Assault

“Don’t GNOC, bc MOS.” Are teens having more sex or just texting about it? Is oral sex the new goodnight kiss? How do family and religious values influence teen sexual choices? Join our panel of “sexperts” as they analyze contemporary teenage sexuality, the complexities of sexual identity, issues of sexual assault, and critical decision-making skills that build a foundation for healthy relationships.

Expert Presenters: **Peter Lake, J.D.**, Charles A. Dana Chair and Director, Center for Excellence in Higher Education Law and Policy and Professor of Law, Stetson University College of Law; **Joleen Nevers, MAEd, CHES**, Health Education Coordinator, University of Connecticut; **Deborah Roffman**, Author, [Sex and Sensibility: The Thinking Parent’s Guide to Talking Sense about Sex](#)

Mental Health and Depression

May 2, 2011

Special Focus: Healthy Sleep Strategies

Sleep is an integral part of human health, essential to strengthening the growing mind and body. Unfortunately, stress, studying, and socializing often are given priority over sleep by teens. To stay awake, alert, and fully engaged during their waking hours, teens must adopt healthy sleeping habits. Overcome barriers to a good night’s sleep with our panel’s helpful tips and strategies for catching more ZZZs, getting more A’s, and promoting adolescent wellbeing.

Expert Presenters: **Eric Davidson**, Associate Director of Health Promotion and Education, Eastern Illinois University; **Lawrence Epstein, MD**, Regional Medical Center Director for the Harvard-Affiliated SleepHealth Centers and Instructor for Harvard Medical School

Parent-Connect moves with excitement into its sixth year with a burgeoning number of new and returning subscribers. Our many multi-year institutions attest to the intrinsic value provided by the series in keeping their parents informed, involved, and supportive of their health and wellness programs.

Please contact us for a list of references or access to our sample session and preview e-Classroom. For more information, please visit CampusOutreachServices.com or call 866.966.9901.

