



PREPARING HIGH SCHOOL FAMILIES FOR A SUCCESSFUL TRANSITION TO COLLEGE

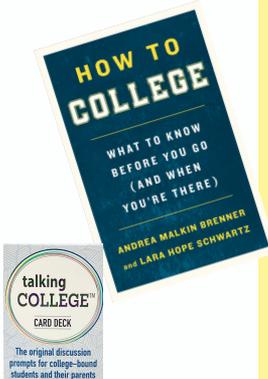
PARENT AND STUDENT TALKS AND WORKSHOPS

Dr. Brenner has worked for years to guide college-bound students and their parents through the transition process, preparing both groups to thrive as they adapt to new experiences.

Andrea Malkin Brenner, PhD is a college transition educator and speaker. She's the creator of the Talking College™ Card Deck and co-author of *How to College: What to Know Before You Go (and When You're There)*. Andrea shares her insider knowledge as a college professor and first-year student administrator with high school students and their parents at talks and workshops throughout the United States.

Discounted sales of her cards and book are available at her presentations.

Visit AMBrenner.com for more information or to request a presentation for your school or organization.



"I am going to start with some of your tips and tricks to change the way I discuss college with my high school junior—thanks for sharing your knowledge—your talk was awesome."

"Your presentation was very interesting and helpful as we start to think about college prep for our daughter who is a sophomore."

"Incredibly helpful and informative talk. Andrea is personable and real, and gave us lots to think about. We like that she bring her expertise as a college insider and as a parent."

"Dr. Brenner was really knowledgeable and funny. I learned a lot. I hope that I have a lot of college professors like her."

If there's a high schooler in your home, you've started thinking—and perhaps worrying—about college. These workshops will provide parents with the skills and steps to help their children prepare for the transition ahead.

Three Parent Presentation Options

Option 1- *Beginning to Build Critical "Adulthood" Skills in High School: It's More Than Learning to do Laundry*

Nothing in the college admissions process prepares high school graduates for the changes they will face as they transition from high school to living independently in college. Parents will finish this session with a complete list of the critical life skills first-year students should master before leaving home (and tricks for teaching these skills). Some topics include: taking care of their physical and mental health; sharing a living space and communicating with peers across differences; new responsibilities for personal safety, eating, and sleeping routines; budgeting and money management; taking advantage of campus resources; professional communication; and handling stress without the "scaffolding" of home.

Option 2- *Your Changing Role: How to Prepare to be a Great College Parent*

The roles and responsibilities of the college student and of the college itself are stated plainly in the school's mission, but the roles and responsibilities of the college parent are not clearly defined. There can be a considerable learning curve for parents who have helped support and advocate for their children for 18 years. Although parents may feel suddenly "kicked out" of the process (and by law, through FERPA), the college views your child as a capable young adult. How do you learn to be a college parent? This session will focus on how parents can lessen their daily involvement in their students' lives and simultaneously increase their support as students become self-reliant and college-ready. Topics include teaching students to understand the responsibilities that come with independence; preparing them for the differences between high school and college academics; practicing self-sufficient problem solving; and learning to build resilience after challenges and setbacks.

Option 3- *Your Neurodivergent Teen and the Launch to College*

Anticipating the shift from high school to college can feel overwhelming for many parents and teens; neurodivergent teens may face even more challenges in navigating this transition. This presentation will help parents approach the change as a gradual process, helping their child take charge of their academics and build the self-advocacy skills needed to become a successful college student. Parents will learn to pivot from the role of high school parent to the role of college parent by helping their student create an awareness and narrative of their specific learning needs; prepare for the important differences between high school and college academic expectations; understand what it means to seek learning accommodations and other support resources in college; and expand their teen's ability to independently problem-solve.

**Visit [AMBrenner.com](https://www.ambrenner.com) for more information
or to request a presentation for your school or organization.**

These student-facing workshops are for 11th-12th grade students in assemblies, during college preparation/transition programs, or in high school English or leadership classes.

Three Student Presentation Options

Option 1- *The Real Differences Between High School and College Academics (and How to Prepare for Them)*

A student's high school education will undoubtedly serve as an excellent foundation for their college learning, but most high school graduates are unfamiliar with the surprising number of differences between high school and college academics. First-year students who understand what's expected of them in the college classroom set themselves up to thrive academically in their new environment. This interactive student-facing presentation includes topics such as *college-level coursework*—varied types of assignments and expectations for writing, reading, and evaluating ideas and sources; *college-level professionalism*—communicating with professors and staff in person, by email, and by phone; and *college-level academic standards*—time management, expectations for class participation, taking personal responsibility for academic setbacks, and preparation for class.

Option 2- *Building "Adulthood" Skills You'll Need in College (psst: It's More Than Learning to Do Laundry)*

Nothing in the college admissions process prepares high school graduates for the changes they will face as they transition from high school to living independently in college. Students will leave this session with a complete list of the life skills they should master before leaving home. Some topics will include: budgeting and money management; sharing a living space and communicating with peers across differences; new responsibilities for personal safety, eating, and sleeping routines; taking care of their physical and mental health; using campus resources; professional communication; and handling stress without the "scaffolding" of home.

Option 3- *Unpacking the Mysteries of Higher-order Critical Thinking in the College Classroom*

In college, students are asked to engage with academic material and current issues in a more complex manner than they were in high school. This is often referred to as "higher-order critical thinking"—but what does "higher-order critical thinking" really mean? How can students acquire these skills? This interactive student-facing workshop explains what college professors expect of first-year students and presents tips and tricks for acquiring and practicing these skills while still in high school. Topics include understanding higher standards of persuasive writing; moving from demonstrating comprehension to recommending original solutions; selecting appropriate academic sources; analyzing, comparing, and evaluating ideas; and crafting arguments to thoughtfully engage with college classroom discussions.

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