

2015-2016

# GPS GLENBARD PARENT SERIES

*Navigating Healthy Families*



## MISSION

To facilitate real-world parenting skills that enhance our teens' social and emotional development, encourage responsible decision-making, and promote respect-based relationships keeping our adolescents safe.



College of DuPage



CEBRIN GOODMAN CENTER  
an affiliate of lillian and larry goodman  
FOUNDATIONS

DuPage Medical Group  
WE CARE FOR YOU

Emmy Gaffey  
FOUNDATION

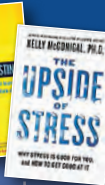
Trust  
Company  
OF ILLINOIS

# Join other parents, high school and middle school students and professionals to learn about issues facing today's youth.

The Glenbard Parent Series engages top experts, parents and school staff to become proactive and informed in pursuit of the mutual goal to strengthen our communities. Programs are **FREE** and open to the public.

**Dr. David Larson,**  
Superintendent

**Gilda Ross,**  
Student and Community Projects Coordinator



John Underwood



Carlotta Walls LaNier



Dr. Kelly McGonigal



Julie Lythcott-Haims

## CALENDAR OF EVENTS

### August 2015

#### Fall Sports Orientation

Parent and Athlete Meetings  
John Underwood

**Life of an Athlete/Pure Performance to Maximize Your Potential**

**TUESDAY, AUG. 18**

6 p.m., Glenbard East Auditorium  
7:30 p.m., Glenbard South Auditorium

**WEDNESDAY, AUG. 19**

6 p.m., Glenbard North Auditorium  
7 p.m., Glenbard West Auditorium

#### Family Read

**THURSDAY, AUG. 27**

Carlotta Walls LaNier  
**A Mighty Long Walk: My Journey to Justice at Little Rock Central High School**  
7 p.m., Glenbard East Auditorium

### September 2015

**TUESDAY, SEPT. 15**

Dr. Kelly McGonigal  
**The Upside of Stress: Why It's Good for You and How to Get Better at It**  
*Embracing stress for better self-control, to be stronger, and smarter.*  
7 p.m., Glenbard West Auditorium

**WEDNESDAY, SEPT. 16**

Dr. Kelly McGonigal  
**The Upside of Stress: Why It's Good for You and How to Get Better at It**  
*Embracing stress for better self-control, to be stronger, and smarter.*  
Noon to 2 p.m., District 15 Marquardt Administration Center

### October 2015

**THURSDAY, OCT. 8**



Julie Lythcott-Haims  
**How To Raise An Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success**  
Noon to 2:00 p.m.,  
Glenbard South Auditorium

**MONDAY, OCT. 12**

Dr. Randy Sprick  
**Positive Parenting: Mastering Motivation, Attitude and Responsibility**  
*Practical strategies to impart independence, problem solving and self-control.*  
6:30 p.m., Pre-meeting Columbus Day holiday dinner  
7 p.m., Glenbard South Auditorium

**TUESDAY, OCT. 13**

Dr. Alec Couros  
**Raising the Selfie Generation**  
*The opportunities and implications of growing up in today's digital world.*  
7 p.m., Glenbard North Auditorium

**THURSDAY, OCT 22**

Dr. John Dominguez  
**A Paradigm Shift: Helping Kids Create an Environment Where Bullying is Obsolete**  
Noon to 2:30 p.m., CCSD District 93 Administration Center

### November 2015

**TUESDAY, NOV. 17**

Dr. Ken Ginsburg, M.D.  
**The Skills to Succeed**  
*Mastering the tools to thrive in a high-pressure culture now and in the future.*  
6:15 p.m., Wellness Expo, College of DuPage,  
McAninch Arts Center  
7 p.m., College of DuPage, McAninch Arts Center

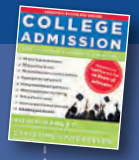
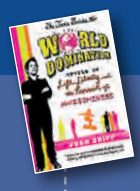
**WEDNESDAY, NOV. 18**

Dr. Ken Ginsburg, M.D.  
**Fostering Resilience and Coping Skills to Meet the Challenges of Today's Teens**  
Noon to 2:30 p.m., District 15 Marquardt Administration Center

### December 2015

**WEDNESDAY, DEC. 2**

Dr. Marc Brackett  
**Raising a Happier, Healthier, More Competent and Compassionate Teen**  
*The practice of emotional intelligence to reduce stress, gain inner strength and interpersonal success.*  
7 p.m., Glenbard South Auditorium



Dr. Randy Sprick

Dr. Alec Couros

Dr. Ken Ginsburg, M.D.

Dr. Marc Brackett

Dr. Laurence Steinberg

Josh Shipp

Jonathan Mooney

Dr. Pedro Noguera

Christine VanDeVelde

## January 2016

### WEDNESDAY, JAN. 20

Dr. Brenda Gorman  
**Instructional Strategies and Literacy Development in Dual Language Learners**  
Noon to 2:30 p.m., Glenbard South Auditorium

### TUESDAY, JAN. 26

Dr. Laurence Steinberg  
**Age of Opportunity: The New Science of Adolescence**  
*Myth-shattering, research-based information on the capacity of the teenage brain.*  
7 p.m., College of DuPage, McAninch Arts Center

### WEDNESDAY, JAN. 27

Dr. Laurence Steinberg  
**The Essential Guide to Adolescence**  
**Ages 10-25: Teenage Behavior Explained**  
Noon to 2:30 p.m., CCSD District 93 Administration Center

## February 2016

### THURSDAY, FEB. 4

Dr. Scott Bellini  
**Building Social Relationships: A Systematic Approach to Teaching Social Interaction**  
*Skills to help children and adolescents with autism spectrum disorders and other social difficulties.*  
Noon to 2:30 p.m., District 15 Marquardt Administration Center

### THURSDAY, FEB. 18

Josh Shipp, "Live Life Well" Speaker  
**Helping Adults Understand Teens and Teens Understand Themselves**  
7 p.m., Glenbard North Auditorium

## March 2016

### THURSDAY, MAR. 3

Jonathan Mooney  
**Learning Outside the Lines: The Tools for Academic Success**  
*Empowering students to celebrate their learning differences.*  
7 p.m., Glenbard West Auditorium

### WEDNESDAY, MAR. 16

Dr. Patrick McGrath  
**Don't Try Harder, Try Different: Managing Anxiety and Stress**  
Noon to 2:30 p.m., CCSD District 93 Administration Center

## April 2016

### WEDNESDAY, APR. 27



**FILM SCREENING**  
Moderator: Dr. Pedro Noguera  
**Film: The Mask You Live In**  
*Is masculinity harming our boys, men and society at large?*  
7 p.m., Glenbard East Auditorium

## May 2016

### THURSDAY, MAY 5

Christine VanDeVelde  
**Calming the Nerves: Everything You Need to Know About the College Admission Process**  
*Step-by-step guidance, from application to acceptance.*  
7 p.m., Glenbard South Auditorium

## Program Locations:

**Glenbard North:**  
990 Kuhn Road, Carol Stream, IL 60188

**Glenbard South:**  
23W200 Butterfield Road, Glen Ellyn, IL 60137

**Glenbard East:**  
1014 S. Main St., Lombard, IL 60148

**Glenbard West:**  
670 Crescent Blvd., Glen Ellyn, IL 60137

**CCSD District #93 Administration Center:**  
230 Covington Drive, Bloomingdale, IL 60108

**College of DuPage, McAninch Arts Center:**  
425 Fawell Blvd., Glen Ellyn, IL 60137

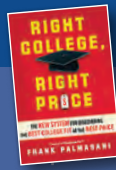
**District #15 Marquardt Administration Center:**  
1860 Glen Ellyn Road, Glendale Heights, IL 60139

## CPDUs available for education professionals.

For more information, contact Gilda Ross, at (630) 469-9100 or [gilda\\_ross@glenbard.org](mailto:gilda_ross@glenbard.org)

### Join us!

- [facebook.com/glenbardparentseries](https://www.facebook.com/glenbardparentseries)
- [twitter.com/D87\\_GPS](https://twitter.com/D87_GPS)
- [glenbardparents.blogspot.com](http://glenbardparents.blogspot.com)



Dr. Lourdes Ferrer

Ray McElroy

Dr. Lynn Burks

Frank Palmasani

Gloria Mueller

## GPS Programs in Spanish

### SATURDAY, FEB. 6

Dr. Lourdes Ferrer  
**Grooming for Excellence Academy**  
10 a.m. to 2 p.m., Glenbard East Rider Auditorium

## Mental Health Strategies Series

Mariana Proske,  
Glenbard East School Psychologist  
7 p.m., Glenbard East Library

### WEDNESDAY, OCT. 21

**Stress Management Techniques**

### WEDNESDAY, JAN. 20

**Understanding the High School Blues**

### WEDNESDAY, APR. 20

**Helping Girls Thrive:  
The Mother-Daughter Relationship**

*Translation headsets are available for all GPS programs upon request.*

## African-American Parent Committee

F.U.S.E.  
(Families United for Students' Excellence)  
**Co-sponsored by the DuPage County Branch NAACP**

### THURSDAY, AUG. 27

**Kick-Off for School Success Family Picnic**  
6:15 p.m., Glenbard East Cafeteria

### WEDNESDAY, DEC. 9

Greg Baker and Dr. Raquel Wilson  
**Resources, Skills and Strategies to Achieve and Holiday Gathering**  
7 p.m., Glenbard North Faculty Cafeteria

### SATURDAY, MAR. 19

Ray McElroy  
**Awards Program and the Secrets to High School Victory**  
11:30 a.m. to 1:30 p.m., Glenbard West Library

### THURSDAY, APR. 14

Dr. Lynn Burks  
**Career Trends: Planning for the Future**  
7 p.m., Glenbard South Little Theater

## GPS – Navigating Higher Education

**All are welcome to attend.**

Programs are presented in English and Spanish. Free continental breakfast and childcare are provided.

### SATURDAY, SEPT. 26

Frank Palmasani, *English presentation*  
Norma Vega Rodriguez, *Spanish presentation*  
**Conquering the Challenges of College Costs**  
10:30 a.m. to noon, Glenbard West Library and Auditorium

### SATURDAY, OCT. 24

Chris Lubiniecki, *English presentation*  
Norma Vega Rodriguez, *Spanish presentation*  
**The College Application Process and Web-Based College Research Tool - Naviance**  
10:30 a.m. to noon, Glenbard South Library and Auditorium

### TUESDAY, JAN. 12

**FAFSA Financial Aid Completion Workshop for Seniors (Bring Necessary Forms)**  
6:30 to 8 p.m., Glenbard North Computer Lab

John Healy, *English presentation*  
Susanna Melon, *Spanish presentation*  
**Study Skills Workshop, Resources and ACT Test Tips for Freshman, Sophomores and Juniors**

7 to 8 p.m., Glenbard North Auditorium and Faculty Cafeteria

### SATURDAY, FEB. 6

**FAFSA Financial Aid Completion Workshop for Seniors (Bring Necessary Forms)**  
9:30 a.m. to noon, Glenbard East Computer Lab

Gloria Mueller

**The College Transition: Movin' On/The Road to Adulthood**  
10:30 a.m. to noon, Glenbard East Auditorium

Please visit [glenbardgps.org](http://glenbardgps.org) for more information about all GPS programming, schedule updates and parent resources.