



Families Can Teach Their Teen the Skills THAT MATTER Series

Education and business leaders say intrapersonal (internal), interpersonal (social), and cognitive (academic) skills are all equally important for success in school and in life. To experience success, teens need to develop all three types of these skills or competencies, and families can help their teens succeed in this effort!

These sessions will help families learn strategies to practice at home to support teens in becoming socially and emotionally engaged, career-equipped, lifelong learners. Families can help their teens succeed.

SESSION 1

Families Help Your Teen Better Manage Conflict
Saturday, January 28, 2023 • 10:00 - 11:00 a.m.

Make connections in daily life to promote your teen's ability to manage conflict and become workplace-ready by developing social skills (skills that employers expect from most employees).

SESSION 2

Families Help Your Teen Better Self-Regulate
Thursday, February 23, 2023 • 6:30 - 7:30 p.m.

Families will learn about tools and strategies to make connections in daily life to promote their teen's ability to self-regulate for future education, workplace, and community settings.

SESSION 3

Families Help Your Teen Express Themselves Respectfully through Assertiveness

Thursday, March 30, 2023 • 6:30 - 7:30 p.m.

Families will learn strategies to teach teens how to learn how to ask for help, use active listening skills, and express questions and concerns throughout the process. Learned skills make connections in daily life to promote your teen's ability to be assertive for school and work success.

SESSION 4

Families Help Your Teen Build Their Confidence and Persist When Facing Challenges

Thursday, April 13, 2023 • 6:30 - 7:30 p.m.

Families will learn strategies to promote their teen's ability to build confidence in facing challenging tasks and effectively communicate his or her own interest and desires.

Families register at <https://bit.ly/3ie7HVB>.



**This is a Charting
the Course Initiative.**



For more information, contact Carla Johnson at cjohnson@esc11.net or 817-740-3614.