FLIBS

PARENT SEMINARS:

HOW TO ENGAGE YOUR IB PARENTS

PALM HARBOR UNIVERSITY HIGH SCHOOL

MRS. KIMBERLY BARKER & DR. KAI RUSH

DECEMBER 4, 2018
PARENT SEMINARS

Mrs. Kimberly Barker
- Palm Harbor University High School
- Assistant Principal, IB Program

Dr. Kai Rush
- Palm Harbor University High School
- Teacher, Inquiry Skills
PARENT SEMINARS

1 2 3 4
The first topic will focus on stress: Stress of an IB student and stress on the IB parent and family.

DATE: SEPTEMBER 25, 2018
TIME: 6:00-7:00 PM
REFRESHMENTS & CHECK-IN TIME AT 5:30 PM.
PLACE: PALM HARBOR UNIVERSITY HIGH SCHOOL CAFETERIA
Purpose: Learn how the ACE program supports 9th graders’ success in AP classes or IB programs.

Objective 1: Meet the facilitators; Overview of the ACE program

Objective 2: Recognize that many factors affect a student’s path towards success

Objective 3: Learn how students respond to academic stress; which coping styles are effective

Objective 4: Learn ways to increase your child’s school engagement
PRIOR RESEARCH ON AP/IB STUDENTS

• SURVEYED 2379 HIGH SCHOOL STUDENTS IN AP AND IB CLASSES

• DIVERSE SAMPLE
  • GRADES 9 – 12
  • > 50% FROM A RACIAL OR ETHNIC MINORITY GROUP

• 19 LARGE PUBLIC HIGH SCHOOLS ACROSS FLORIDA

• 10 IB + 10 AP PROGRAMS

Suldo & Shaunessy-Dedrick, 2010
PURPOSE OF ACE PARENT PROGRAM

- INCREASE YOUR AWARENESS OF WHAT STUDENTS ARE LEARNING THROUGHOUT THE CLASSWIDE PROGRAM.

- SUPPORT STUDENTS’ USE OF:
  - Effective coping skills for managing academic stress.
  - Strategies for connecting to teachers and peers, and feeling pride in their school.

- SHARE INFORMATION ABOUT PARENTING PRACTICES AND HOME ENVIRONMENTS THAT SUPPORT STUDENT ACADEMIC AND EMOTIONAL SUCCESS
# ACE Program Coping Chart

## Coping Chart

<table>
<thead>
<tr>
<th>Effective Coping Styles</th>
<th>Ineffective Coping Styles</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Thinking</strong></td>
<td><strong>Withdraw/Self-Reliance</strong></td>
</tr>
<tr>
<td>• Tell yourself that you can do it, for example that you’ve managed similar situations before.</td>
<td>• Keep problems to yourself.</td>
</tr>
<tr>
<td>• Adopt an optimistic or positive attitude.</td>
<td>• Try to ignore feelings of stress.</td>
</tr>
<tr>
<td>• Think about the bigger picture (your goals or values) to put things in perspective.</td>
<td>• Become quiet (talk less or not at all to others).</td>
</tr>
<tr>
<td>• Remind yourself of future benefits or rewards of finishing your school program, such as getting into college or getting scholarships.</td>
<td>• Try to handle things on your own.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Time and Task Management</strong></th>
<th><strong>Reduce Effort on Schoolwork</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Prioritize the order in which you complete your work.</td>
<td>• Stop caring about schoolwork.</td>
</tr>
<tr>
<td>• Focus on the work until it is complete.</td>
<td>• Stop trying (give up).</td>
</tr>
<tr>
<td>• Get and keep materials for school organized.</td>
<td>• Work less on or just don’t do assignments that are less important.</td>
</tr>
<tr>
<td>• Be purposeful about how you schedule and spend all of your time.</td>
<td>• Turn in assignments late.</td>
</tr>
<tr>
<td>• Break work into manageable pieces.</td>
<td><strong>Use Illicit Substances</strong></td>
</tr>
<tr>
<td>• Use a planner to keep track of activities and assignments due.</td>
<td>• Drink alcoholic beverages, such as beer, wine, liquor, etc.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Seek Academic Support</strong></th>
<th><strong>Skip School</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Get extra help for class from tutors.</td>
<td>• Take a day off from school to get work done.</td>
</tr>
<tr>
<td>• Study with other students.</td>
<td>• Take a day off from school to sleep or relax (a “mental health day”).</td>
</tr>
<tr>
<td>• Ask teacher(s) questions about assignments or coursework.</td>
<td>• Skip school to avoid tests you are not ready for or assignments you have not finished.</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th><strong>Turn to Spirituality</strong></th>
<th><strong>Take Short Cuts at School</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rely on your faith to help deal with the problem.</td>
<td>• Share (split-up) assignments with classmates.</td>
</tr>
<tr>
<td>• Go to church or place of worship.</td>
<td>• Copy other students’ homework and assignments.</td>
</tr>
<tr>
<td>• Pray.</td>
<td>• Take less demanding classes.</td>
</tr>
</tbody>
</table>

## Coping Styles with Mixed Effectiveness

(These coping styles below co-occur with some but not all negative emotional or academic outcomes, so are not targeted in our program.)

<table>
<thead>
<tr>
<th>Social Activities</th>
<th>Seek Temporary Diversions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go shopping.</td>
<td>Play team sports, like soccer, football.</td>
</tr>
<tr>
<td>Hang out with friends.</td>
<td>Take part in enjoyable extracurricular activities.</td>
</tr>
<tr>
<td>Have fun with other people to get your mind off the problem</td>
<td>Exercise (run, go to the gym, dance, etc.).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tech/Media Activities</th>
<th>Focus on the Negative Features of the Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Surf the Internet</td>
<td><strong>Talk with Classmates and Friends</strong></td>
</tr>
<tr>
<td>• Play videogames.</td>
<td>• Talk to classmates (friends in your school program) about what’s bothering you.</td>
</tr>
<tr>
<td>• Watch TV or videos.</td>
<td>• Vent or complain to friends outside of your school program.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Express Strong Emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Get mad, annoyed, or irritated.</td>
</tr>
<tr>
<td>• Take it out on others (lash out).</td>
</tr>
<tr>
<td>• Yell, scream, or swear.</td>
</tr>
<tr>
<td>• Panic or “freak out” about the problem without trying to fix it.</td>
</tr>
<tr>
<td>• Keep thinking about work to be done (obsess about workload).</td>
</tr>
<tr>
<td>• Go over and over a negative situation in a talk with a friend.</td>
</tr>
</tbody>
</table>

- **Sleep**
  - Take naps.
  - Sleep to recharge so you can tackle a problem.
  - Sleep to escape or put off the problem.
GROUP 1-3
How are you coping with the stress of an IB student at home?

GROUP 4-7
WHAT WAYS ARE YOU TESTING OUT TO DEAL WITH THE STRESS AT HOME?

GROUP 8-10
WHAT IS STRESSING YOU OR YOUR IB STUDENT OUT?
PARENT SEMINARS
WELCOME
IB PARENT SEMINAR #2
TOPIC: TIME MANAGEMENT

OCTOBER 9, 2018
Palm Harbor University High School
DATE: OCTOBER 9, 2018
TIME: 6:00-7:00 PM
REFRESHMENTS & CHECK-IN TIME AT 5:30 PM.
PLACE: PALM HARBOR UNIVERSITY HIGH SCHOOL CAFETERIA

IB PARENT SEMINAR

THE SECOND TOPIC’S FOCUS IS TIME MANAGEMENT.
OUR ESSENTIAL QUESTION IS HOW DO WE ORGANIZE OUR IB STUDENT’S ACADEMIC AND SOCIAL LIFE. BRING YOUR PAPER OR DIGITAL PLANNERS!
WHAT DOES THE RESEARCH SAY AND HOW TO COPE ...

Time and Task Management - Part I

The purpose of this session is to introduce students to the importance of using time and task management strategies to cope with academic stressors. Students learn how to navigate their busy schedules, identify their personal strengths and weaknesses, and increase their time and task management skills.

Research Says... Students who have
- Higher Grades
- Higher Exam Scores
- Higher Life Satisfaction
- Minimal Emotional Distress

Use Time and Task Management Skills Most Frequently!

In ACE, students learn 6 elements of time and task management:

- **Organize**: Get and keep materials for school organized
- **List Activities**: Use a planner to keep track of activities and assignments due
- **Breaking Down Tasks**: Break work into manageable pieces
  - Step 1: Think about everything you need to do in order to complete the task from start to finish.
  - Step 2: Determine materials needs for each step (e.g., textbooks, additional materials, printer)
  - Step 3: Set realistic dates for when each task needs to be completed
- **Managing Time**: Be purposeful about how you schedule and spend all of your available time
- **Prioritizing Tasks**: Prioritize the order in which you complete your work
- **Focusing**: Focus on the priority work/tasks until they are complete

Key Terms Defined:
WHAT DOES THE RESEARCH SAY AND HOW TO COPE ...

**Time & Task Management - Part 2**

The purpose of this module is to introduce students to the last time and task management element: focusing on tasks until they are complete. Students learn the I-SUPER plan and tips to overcoming procrastination.

**What Does the Research Say?**

In a study of about 700 AP/IB students, USF researchers found that the more often students responded to academic stress by putting off work until the last minute (“procrastinating”), they experienced:

- More overwhelming levels of stress
- Lower life satisfaction (happiness)
- More absences from school
- Less use of time and task management coping strategies
- Less positive attitudes towards school, teachers, and learning

**What Students Learn: I-SUPER Plan**

**Interruptions**
- Prevent [remove distractions] & Refuse other activities

**Success**
- Imagine how great you will feel when you complete the task and achieve success!

**Procrastination**
- First finish the tasks, then fun activities

**Enthusiasm**
- Enjoy the learning process, appreciate the time you have to increase your knowledge, get into the work flow

**Rewards**
- Check progress and reward yourself regularly

**What is Procrastination?**

When one delays beginning or ending an intended course of action.
TIME MANAGEMENT TOOLS TO CONSIDER

- Agenda
  - Add details and create subtasks

- MyHomework
PARENT SEMINARS
STRESS 2.0 FOR FAMILIES

Thursday, November 15, 2018
6:00-7:00 PM
Palm Harbor University High School Teaching Auditorium

We will present activities to relieve the stress in your home and how to help your IB student. Come learn about restorative circles for families.
MRS. KIMBERLY BARKER
PALM HARBOR UNIVERSITY HIGH SCHOOL
ASSISTANT PRINCIPAL, IB PROGRAM

MRS. LYANN SANTANA
Palm Harbor University High School
Behavioral Specialist

Dr. Kai Rush
PALM HARBOR UNIVERSITY HIGH SCHOOL
TEACHER, INQUIRY SKILLS
ICEBREAKER

RESTORATIVE FAMILY CIRCLES
ACTIVITY

#YourLifeRightNow

Examples:
  #Crazy
  #Happiness
  #BahamasCruise
  #Whenistheweekend
WHAT ISSUES WITH STRESS ARE YOU DEALING WITH AT HOME?
- STUDENTS
- PARENTS
- SCHOOL
WHAT ISSUE ARE YOU DEALING WITH IN THE IB PROGRAM THAT GIVES YOU THE MOST STRESS?
PARENT SEMINARS
THE FUTURE

TOPICS:
✓ PROCRASTINATION
✓ TIME MANAGEMENT
✓ STRESS*
✓ HOW PARENTS CAN BE A SUPPORT SYSTEM
Q&A