



Rocklin Unified's Parent University

Please join us for high-quality educational workshops for parents/caregivers in a variety of sessions to meet the needs of RUSD families.

EVENT DETAILS:



WHEN:

Wednesday March, 2023
6-7:30PM



WHERE:

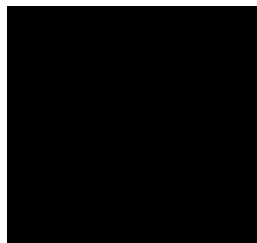
Whitney High School
701 Wildcat Blvd, Rocklin



WHO:

Parents, Guardians and
Community Members
(Please leave children at home)

RSVP



MAP



SESSION 1 6-6:40PM

ROOM

F4



Supporting Your Student in Math
(Elementary Focus)

ROOM

E1



Early College
Planning for Grades 8-10

ROOM

F2



How to Help Your Child
When They Struggle

ROOM

E5



Organization and Study Habits
(Secondary Focus)

ROOM

F6



Safety on Social Media

ROOM

E3



Supporting Mental Health

ROOM

E6



SESSION 2 6:50-7:30PM

ROOM

F4



Supporting Your Student in Math
(Secondary Focus)

ROOM

E1



Early College
Planning for Grades 8-10

ROOM

F2



How to Help Your Child
When They Struggle

ROOM

F4



Organization and Study Habits
(Elementary Focus)

ROOM

F6



Safety on Social Media

ROOM

E3



Supporting Mental Health

Love and Logic

Please attend the full 6:00-7:30 session



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SESSION DESCRIPTIONS:



Supporting Your Student in Math and Growth Mindset

This session helps caregivers understand the power of a growth mindset. We will also cover why math looks different compared to when they were students and how this approach sets students up for success. Strategies and resources will be provided to use at home to support learning.

Presenters: RUSD Math Instructional Coaches



Organization and Study Habits

Join us to learn strategies to support your student with time management, organizational techniques and study skills to promote success at school. The secondary session will also feature tips to help with the transition to middle and high school.

Presenter: RUSD Coordinator of Expanded Learning Opportunities



How to Help Your Child When They Struggle

Navigating the school years can be difficult for both parents and students. What can families do at home to help their child when they are struggling and improve their learning and experience in the classroom.

Presenter: RUSD Instructional Coaches



Safety on Social Media

In the digital world we need to understand the internet from a child's perspective. This session will empower caregivers to know how to keep their children safe from becoming victims of online exploitation.

Presenter: FBI Agent



Early College Planning for Grades 8-10

Come find out about how to plan and support your student in the college process. Topics include course requirements, applications, and financial aid. This session will give you a planning overview with resources for more information.

Presenters: RUSD Counselors and College and Career Tech



Supporting Mental Health

Join Wellness Together to recognize our role as parents and guardians in helping students learn, thrive and regulate. Participants can expect to discuss stigma, attitudes, and concerns around mental health. Learn coping tools to help ourselves and our students stay regulated.

Presenter: Wellness Together



Love and Logic

Parenting strategies focused on Love and Logic techniques. Topics will include speaking with love and empathy and how to get children to do responsibilities without nagging and losing your mind.

This is ONE session. Please plan to attend for the full time.

Presenter: Love and Logic Trainer