



Parent University-Effingham (02-10-2018)

Name: _____

Gender: Female _____ Male _____ Ethnicity: _____

Age: 17 to 18 _____ 18 to 30: _____ 31 to 59: _____ 60 and above: _____

Please list school(s) your children attend.

Name: _____ Grade: _____ School: _____

Name: _____ Grade: _____ School: _____

Name: _____ Grade: _____ School: _____

Session Schedule

1st Session: 9:40 – 10:40

2nd Session: 10:50 – 11:50

3rd Session: 12:00 – 1:00

*CORE Classes are offered to teach, inform, update or clarify specific subject matter relevant to the home, school and community. The intent of CORE classes is to improve student achievement and strengthen the family unit. Shaded areas indicate class not offered.

Choose Sessions Here			*CORE	Credits	Classes Offered & Description (Subject to change)
1 st	2 nd	3 rd			
<i>For attendees arriving by 9:00 a.m.</i>			*	3	9:00 - 9:35 General Session
3-hour session			*	6	First Aid Certification Class <i>Only</i> - (All day session) Limited to 20 participants on a “First Come, First Served” basis. This training will provide information and skills needed to perform first aid during many emergency situations. NOTE: CPR Certification Class will be offered at the Spring Session on April 21, 2018. (Sessions I, II, & III)
1st	2nd	3rd	*	2	The Positive and Negative Effects of Technology on Children - Participants will receive information about the positive and negative effects of technology on child development and how to choose and limit the use of technology by children. This information is based on the latest research in the fields of education and children's health. (Session II) Family Literacy
1 st Part I	2 nd	3 rd Part II	*	4	#Let'sgethealthy#Let;sgetmoving - This session will review some of the latest research on the positive outcomes of reversing memory loss. Participants will be given wholistic strategies for maintaining a healthy brain and body and participate in interactive light exercises (upper body, lower body and cardio). Participants should wear comfortable clothing and bring work out shoes. Additional information will be given upon request for access to a Brain Fitness Specialist who can evaluate and set up programs for memory loss that interferes with activities of daily living. (Session I – Part I & Session II – Part II)
1st	2nd	3rd	*	2	Youth Illegal/Prescription Drug Use - Illicit drug use among adolescents continues to be a major public health problem in the United States. According to National Survey on Drug Use and Health (NSDUH), one in four youths aged 12 to 17 years have used an illicit drug in their lifetime. To avoid getting in trouble with the law, at school and at home, teens often use slang or street names to talk about drugs without raising suspicions. Knowing the common street names for illegal drugs can be an indicator for parents to act NOW before there is a problem. This session provides a list of their commercial and street names , identification, and prevention. (Session III)
1st	2nd	3rd	*	2	Addressing Common Questions Parents ask the Pediatrician - This course addresses the most common concerns and questions that parents have regarding their visits with their child to the pediatrician. The importance of well child visits, a guide to vaccines, the role of antibiotics in sickness, and the diagnosis of ADHD will be discussed. (Session I)
1st	2nd	3rd	*	2	Basic Computer Training for Beginners - If you are afraid of the computer; if you think that the computer and the internet is not for you; if you think you are too old or computer illiterate to use it; or if you have never used a computer or the internet, this class is for you! This session will guide you step-by-step through the very basics as turning on the computer, using the mouse and keyboard through using the internet and sending emails. Limited to 15 participants on a “First Come, First Served” basis. (Session II)
1st	2nd	3rd	*		The Flu and Your Family Health - Flu season is in full swing in 46 states and it's causing dreaded coughs, sneezes, aches, fever and even some death. No one wants to see their family suffer from being sick or dying, so it's important to keep them well during cold and flu season. Come learn all about influenza – a virus, guidelines for prevention, daily hygiene habits, and care during the virus outbreak. (Session I)