

**REGISTRATION IS REQUIRED BY WED, FEB. 23<sup>RD</sup> FOR THIS SATURDAY  
HALF DAY PROGRAM. SEE DETAILS BELOW.**

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This presentation would be helpful for parents with students who are disorganized, procrastinate or academically discouraged; those with ADHD, anxiety, or other learning challenges that might impact study habits and effort.

Date: **Saturday, February 26th, 2011**  
Time: **Two Workshops: 10 – 11:30 AM & 12:15 – 1:45 PM**  
Location: **Redmond Senior Center Multi-Purpose Room (8703 160<sup>th</sup> Avenue NE, Redmond)**

**Topic: Roadblocks to Achievement**

Presenter: *Chris McCurry, PhD*

In these two sessions, Dr. McCurry will address some of the causes of underachievement and provide strategies to guide parents in helping their students to overcome the roadblocks they face.

10:00 am – 11:30 am **Organization**

- Management of paper, desk, assignments, homework & study habits
- Executive Skills: How the brain organizes information and meets goals

11:30 am – 12:15 pm Lunch Break (sandwiches & fruit will be provided)

12:15 pm - 1:45 pm **“The Misorganized Child”**

- Learning styles & their impact on underachievement
- Thoughts, feelings & beliefs that drive behaviors that negatively impact achievement (Carol Dweck’s Mindset; Theories of Self)

**Christopher McCurry, Ph.D.**, is a clinical child psychologist in private practice. He is a clinical assistant professor in the departments of psychology and psychiatry at the University of Washington in Seattle, WA. He specializes in the assessment and treatment of children who are experiencing behavioral and emotional problems including anxiety disorders, attention deficit disorder, organization difficulties and underachievement in school, social deficits and differences; and defiant & explosive behavior in children. He has recently completed his first book entitled, ***Parenting Your Anxious Child with Mindfulness and Acceptance: a powerful new approach to overcoming fear, panic, and worry using acceptance and commitment therapy.*** For more information about his work & book, please go to <http://chrismccurry.com/my-book/>

**\* Please RSVP by Wednesday, Feb. 23rd to Joanne Hall at [lwsdparented@gmail.com](mailto:lwsdparented@gmail.com) if you plan to attend \***

This event is sponsored by the Lake Washington PTSA Council  
Questions? Contact Joanne Hall, Chair Parent Education at [lwsdparented@gmail.com](mailto:lwsdparented@gmail.com)