

Tuesday, June 7th from 7 – 9 PM

Location: **Redmond High Performing Arts Center**

The Senior Year: A Program for Parents of Juniors

Presenters: *Doug Kimball & Lori Gradinger*

*For parents and students, the senior year marks a major transition from 'life as we have known it' to something that will be very different for both. As the reality of graduation begins to sink in, college or post high school plans need to be made. Teens want more freedom and often spend more time with friends. Parents want to do what they believe is best for their teen on the cusp of independence. **Come hear a discussion about the practical realities of senior year, the developmental tasks for seniors to accomplish and some ideas on how to bridge the communication and expectation gaps.** Some of the topics covered will include:*

- Procrastination & motivation
- Stress management for you & your teen
- "Loosening the reins"
- Asking questions, when to and when not to
- Senioritis
- Building the skills necessary for your student to live away from home including finances
- Maintaining a strong connection to your teen

Doug Kimball retired from teaching at RHS in 2008 after 34 years at the school. He taught English most of that time and served as the English Department Chair when he retired. He also advised the school yearbook and the newspaper for most of those years. He was involved on the sports side coaching boys and girls soccer at RHS most of his career. He still substitutes for English teachers at Redmond to "stay in the game". Doug and his wife live in Seattle. He is now enjoying his twin two year old grandchildren.

Lori Gradinger, MSW, is a Communication Coach for Parents of Teens. In her coaching practice she meets with individuals and couples, facilitates groups and teaches classes on parenting teens with clarity, strength, empathy and humor. She is the mother of 3 children, 23 years and twins who are 21. For more information about her work, please go to www.courageouscommunication.net

This program is for Redmond High parents of current juniors (11th grade)

This is not a college planning program; the college planning program is May 26th at Redmond Jr. High

Organized by the Redmond High School PTSA

If you have any questions, contact Joanne Hall, Chair, Parent Education at hallj88@gmail.com