

SCHWAB LEARNING CENTER WORKSHOPS



Help Your Student Prepare for Their Next Academic Chapter

The Schwab Learning Center offers workshops to help support high school students and young adults with ADHD, dyslexia, and other learning differences. We teach workshops to both students and parents.

Choose a workshop and our team can work with you to coordinate the time and location. (Some workshops can be conducted virtually.) We can also work with you to customize a workshop, or develop one on a topic of your choice.

Parent Workshops

AVOIDING PROCRASTINATION

Does your teen put things off until the last minute? Do they avoid some tasks while hyper focusing on others? Do you feel like you always need to stay on top of their projects and chores? We'll teach you tools and techniques to assist you in helping your teen start and complete tasks while avoiding procrastination.

Duration: 1 hour

MOTIVATING AND FINDING YOUR TEEN'S STRENGTHS

Do you find it difficult to get your teen motivated to complete daily tasks or long-term projects? Can you see your teen's many gifts and strengths but don't understand why they can't perform to the best of their abilities? Join us to discuss ways to motivate your teen using a strengths-based approach.

Duration:: 1 hour

PROMOTING EXECUTIVE FUNCTIONING WITH GAMES AND FUN

Come learn some fun ways to work on executive functioning through games and family time. This workshop can also be taught to families.

Duration: 90 minutes

FLEXIBLE THINKING AND EXPECTATIONS

Flexible thinking can be a difficult skill to develop. When parents and teens don't see eye to eye, conflict and miscommunication can brew. We'll dive into ways parents and teens can use flexible thinking strategies to avoid conflict and misunderstandings related to school and beyond.

Duration: 1 hour

EMPOWERING TEENS WITH REALISTIC GOAL SETTING

Setting and following through on personal goals can be difficult for individuals who have executive functioning challenges. This session will look at skills and tools to help you empower your teen to develop and follow through on realistic goals for day-to-day life and academics.

Duration: 1 hour

DEVELOPING DAY TO DAY TIME MANAGEMENT STRATEGIES

Does your teen lose track of time or put things off for their future self to get done? Do day to day tasks seem to drag on without completion? They might need scaffolding to better manage their time. Learn strategies to help your teen effectively manage their time from day to day and access long term projects.

Duration: 1 hour

IN THE HOME STRETCH: KEEPING UP THE MOMENTUM AT THE END OF THE SCHOOL YEAR

The end of the school year brings lots of deadlines. Do you have the scaffolding in place to support your teen through studying for finals, balancing projects, and end of the year events? Learn ways to support your teen to successfully wrap up the school year.

Duration: 1 hour

PARENTING AND EVERYDAY EXECUTIVE FUNCTIONING

In this 3-part parent workshop, participants will learn what executive functioning means, how breakdowns in executive functioning skills impact daily life for teens, and how to scaffold executive functioning skills in the home and school settings.

Duration: Three 90-minute sessions

READY, SET, GOALS! PREPARING YOUR TEEN FOR COLLEGE

Explore ways to guide your teen or young adult with learning differences for a successful transition or transfer to college. Support them in creating a Goals-Plans-Actions (GPA) college roadmap to navigate the college entrance process, build learning skills, and connect with support services.

Duration: 90 minutes

EVALUATING LEARNING AND ATTENTION NEEDS OF HIGH SCHOOL STUDENTS

Join an SLC assessment psychologist to learn about the psychoeducational evaluation process and how it can support your high school student in feeling prepared for college and beyond.

Duration: 1 hour

HIT THE GROUND RUNNING: STARTING THE SCHOOL YEAR OFF STRONG

Learn strategies to establish a routine, get organized, and set goals for a successful school year.

Duration: 1 hour

Teen & Young Adult Workshops

AVOIDING PROCRASTINATION

Do you put things off until the last minute? Do you avoid doing some tasks while hyper focusing on other tasks? Do you find it difficult to stay on top of projects and daily life chores? Come learn tools and techniques to help you start and complete tasks while avoiding procrastination.

Duration: 1 hour

SETTING SMART GOALS

Setting and following through on personal goals can be difficult for individuals who have executive functioning challenges. This session will look at skills and tools to empower you to develop and follow through realistic goals for day to day life and academics.

Duration: 1 hour

ORGANIZATION AND TIME MANAGEMENT

Do you lose track of time or put things off for your future self to get done? Do day to day tasks seem to drag on without getting completed? You might need scaffolding to better organize and manage your time. Come learn strategies to help you use your time effectively, keep track of materials and tasks, prioritize activities, and take effective breaks.

Duration: 90 minutes

TRANSITIONING TO HIGH SCHOOL: DEVELOPING POSITIVE EXECUTIVE FUNCTION HABITS

This hands-on activity-based workshop will teach rising ninth graders skills related to organization, planning, time management, and prioritization.

Duration: 1 hour

READY, SET, GOALS! PREPARING FOR YOUR SUCCESSFUL COLLEGE TRANSITION

Get a head start for a smooth transition or transfer to college. Create your Goals-Plans-Actions (GPA) college roadmap to help you navigate the college entrance process, build learning skills, and connect with support services.

Duration: 90 minutes

Please contact us to schedule a workshop:

SCHWAB LEARNING CENTER

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