

A follow up to the fall viewing of the movie

“Race to Nowhere”

SAVE THE DATE

**Thursday, March 15th
7 p.m. at the RHS PAC**

Dr. Maurice J. Elias

Rutgers Professor of Psychology, licensed psychologist and author will discuss:

***From Race to Nowhere to Race to Somewhere:
Preparing our Children for Life, College and Career Success***

Co-Sponsored by the PTOs of all
Bernards Township Schools

Dr. Elias' outline for the presentation:

"From Race to Nowhere to Race to Somewhere, preparing our children for life, college and career success"

The topics he would like to cover include the following:

Why are We Racing to Nowhere: Parents Have Many Fears About the Future Confusion About What it Means to be Educated for the 21st Century. We Need to Prepare Students for the Tests of Life and not a Life of Tests.

Emotionally Intelligent Parenting: A Race to Somewhere/Cherished Values/A Life of Balance

- Listen to Your Feelings
- Emphasize Your Kids' Strengths and Promote their SECD and SEL Skills
- Apologize When You Lose Your Cool and Monitor your Trigger Situations
- Step into Your Children's Shoes:
 - Our agendas, schedules, rules and goals are not necessarily our kids' agendas, schedules, rules and goals
 - Provide rationales/Create motivation
 - Use verbal warnings, schedules, timers, contingencies
 - Provide clarifying rules and consequences so your children know what to expect and can better take responsibility for their actions
 - Make Your Home an Oasis Against Stress by Making Time for Humor and Fun

Parents and Schools Must Collaborate to Give Children What They Most Need for Success in School and Life

Follow the 24 Karat Golden Rule: Do Unto Your Children as You Would Have **Others** Do Unto Your Children; Be the person you want your kids to be.