

As you prepare for your child to graduate from SBHS,
The BRIDGE Center (SBYSP) and Project Graduation present:

- 10. Finances** – how to budget, balance a checkbook and responsibly use a credit card
- 9. Life Skills** – laundry, cooking, cleaning, time management and organizational skills
- 8. Physical Health** – personal hygiene, healthy nutrition, how to access medical services
- 7. Mental Health** – become aware of signs & symptoms of depression & anxiety, how to access counseling support/services, and use stress management and relaxation skills.
- 6. Substance Abuse** – the physical, emotional, social and legal consequences of alcohol, drug and tobacco use
- 5. Safety** – whether in a dorm or apartment, lock doors and windows, know your surroundings, follow your gut instinct in potentially dangerous situations
- 4. Homesickness/Loneliness** – a natural response to change, common among recent graduates, share feelings with others
- 3. Effective Communication** – develop skills to self-advocate, resolve conflicts peacefully, understand cultural differences and use social networking appropriately
- 2. Keep in Touch** – first few weeks of transition can be especially difficult for graduates, parents can show support through regular calls, emails, texting,
- 1. Self-Care for Parents** - it's normal to experience a rollercoaster of emotions, seek support from others

For additional information please contact:

The BRIDGE Center (SBYSP), 732-329-4044 ext. 3246

Municipal Alliance Against Substance Abuse: 732-329-4000 ext. 7237

Compiled from:

<http://www.uiowa.edu/~ptimes/issues03-04/summer03-04/index.html>

<http://www.collegebound.net/content/11-things-college-parents-should-know/>

<http://www.uwec.edu/counsel/pubs/homesick.htm>.

<http://www.collegedrinkingprevention.gov>