

LEAVING THE FAMILIAR: TRANSITIONING TO COLLEGE

A Panel Discussion



Ashley Knight, Ed.D
*Dean of Students
DePaul University*



Paul V. Harris, Psy.D
*Clinical Psychologist
Harris Clinical Group*



Hélène Tragos Stelian
Parent, Writer, Life Coach



Rickey Harris
*Moderator
Wolcott School*

**WEDNESDAY, MAY 11, 2016
7:00pm – 8:30pm
Wolcott School
524 N Wolcott Ave., Chicago**

For many students, the transition to college life will begin in a few short weeks with the ritual of commencement exercises. The formal procession, commencement address, awarding of diplomas, and moving of the tassels signify the crossing over from familiar adolescence to young adult life as a college student. This is a new beginning for both student and parent that requires letting go, adjusting, and setting new expectations, and offers opportunities for independence, exploration, and growth.

Our panelists will discuss and share advice on how students and parents can successfully navigate this transition over the summer months before students head off to the college campus, and during the course of freshman year. Topics include practical steps for getting ready to attend college, communication, adjusting to campus life and college academics, managing setbacks, staying healthy, managing stress and emotional health, and staying connected.

Ashley Knight, Ed.D., has served as the Dean of Students at DePaul University since January 2015. She is responsible for a range of programs that serve to advise, educate and advocate for students through formal and informal intervention processes. She earned her Ed.D in Community College Leadership from National-Louis University and her MEd in Human Services and Counseling with a concentration in Higher Education from DePaul University

Paul V. Harris, Psy.D., Licensed Clinical Psychologist, Practice Director of the Harris Clinical Group, has been in the mental health field for over 25 years. He completed his clinical internship at the Vanderbilt University-Veterans Administration. He has extensive experience in hospital and outpatient settings, working with people of all ages and conditions.

Hélène Tragos Stelian is the mother of twin daughters who are transitioning to college in the fall. She is the author of three books, including the newly released *Moving to College: What to Do, What to Learn, What to Pack*. She is also a *Chicago Scholars* mentor, volunteering with first-generation, under-resourced Chicago teens on the college application process. Hélène founded her website, *Next Act for Women*, to share stories of reinvention in midlife and beyond, and is a contributing writer for other sites such as *Huffington Post*. In her latest *next act*, Hélène is a professional transition coach, working primarily with women in midlife who feel stuck or lost, often as a result of an impending empty nest—she's been there!

The James Tyree Center provides outreach programming on adolescent development, educational practices, and learning differences.

THIS PROGRAM IS FREE AND OPEN TO ALL.

RSVP by May 6 to Linda Jamrozy at ljamrozy@wolcottschool.org or 312.610.4946