

Seniors, invite your parents and friends to attend Nest to Wings' upcoming conference: *Soaring Into Your Future, on April 4th, 2020!*

For the Senior students, our speakers will address the following topics:

- Preparing for college (residence life, balancing activities, time management, getting involved, study tips)
- Managing your physical and mental health
- Personal and property safety
- Managing your finances (creating a budget, saving tips, paying your bills, employment)

For the Parents, our speakers will focus on:

- Practical tips to prepare yourself and your student for the first year away from home (Expectations on communication, behavior, and performance, the role of parents from the college's point of view, how to help your student navigate their new life changes)
- Finances (What your student should know, budgeting and financial discussions, financial-performance expectations)
- Developing a strong relationship with your adult student, and re-styling your life

The **detailed agenda** and **registration** links are available on our website:

NestToWings.org, where you will find more resources, tips, and our monthly newsletter as well as the new video series we are producing. Check out a new video every Tuesday!

Lunch will be provided, and the translation of sessions is available in Spanish. Child care will also be provided.

From Nest to Wings is a non-profit educational organization that focuses on helping high school students and their parents navigate the college search, application, selection, and first-year college experience. We work to supplement the information provided by high schools and counselors. Our faculty members are experts in their fields, and our programs are designed to make sure each student and family have the information necessary to make quality decisions.

Estudiantes de último año: ¡Inviten a sus padres a asistir la conferencia de Nest to Wings que ocurrirá el 4 de abril de 2020.

Para estudiantes del último año, los presentadores discutirán los siguientes temas:

- Preparar para la universidad (residencia universitaria, balancear actividades, manejar el tiempo, apuntarse en actividades, consejos para estudiar)
- Manejar la salud física y mental
- Seguridad personal y de su propiedad
- Manejar las finanzas (crear un plan económico, consejos para ahorrar dinero, pagar las facturas, empleo)

Para los padres, los presentadores se enfocarán en:

- Consejos prácticos para prepararse a usted y a su estudiante para el primer año fuera de casa. (Expectativas en comunicación, comportamiento, el papel de los padres de la punta de vista de la universidad, como ayudar a su estudiante para navegar los cambios nuevos en sus vidas.)
- Las finanzas (lo que necesita saber sus estudiantes, presupuestar y discusiones financieras, etc.)
- Desarrollar una relación con tu estudiante universitario y adaptarse a una vida sin tu estudiante en casa.

La **agenda detallada** y **enlace para inscripción** están disponibles en el sitio web: **NestToWings.org**, donde se puede encontrar más recursos, consejos, y nuestro boletín mensual además del nuevo serie de videos que producimos. ¡Hay un video nuevo cada martes!

Se dará el almuerzo y la traducción de unas sesiones estarán disponibles en español. También el cuidado de niños también estará disponible.



SOARING INTO YOUR FUTURE

April 4, 2020

SENIORS

8:30 – 8:55 Registration

9:00 - 9:15 Welcome

9:15-9:30 Classroom Orientation – Community Room A

9:30-10:15 Preparing for College – Angel Sanchez, 1st Year Advisor, College of Arts and Sciences, University of Colorado, Boulder

- What college is like (residence life, balancing activities, schedules, time management)?
- Becoming your own advocate
- Accessing help
- Getting involved
- Setting expectations for yourself and your family
- Study tips
- Time management in college

10:20 -11:00 Taking Care of Yourself – Ashley Connolly, Personal Counseling and Stress Management, Front Range Community College, Boulder Campus

- Stress management
- Mental health care
- Keeping yourself healthy
- Accessing medical assistance

11:05 - 11:35 Personal and Property Safety – SGT Eric Edford, University Police Department, University of Colorado, Boulder

- Personal safety
- Possession safety
- Making wise choices

11:40- 12:10 Lunch (Bag Lunches Distributed)

12:15 – 1:15 Maximizing Your Money IQ – Kayla Myers, Assistant Vice President, FirstBank – Longmont/Firestone

- Personal finances and budgeting
- Book buying strategies
- Employment
- How much does it cost to be you?
- On-campus resources
- Managing your campus bill

1:20 – 2:00 Ask Your Questions - An opportunity to ask questions of a facilitator who is currently in college on any topic you would like.

2:05 – 2:30 Closing Presentation



SOARING INTO YOUR FUTURE

April 4, 2020

SENIOR PARENTS

8:30 – 8:55 **Registration**

9:00 - 9:15 **Welcome**

9:15-9:30 **Classroom Orientation - Community Room B**

9:30 - 10:30 **Practical Tips on Preparing Yourself and Student for the Future – Margaret Meek, Executive Director, From Nest to Wings**

- What you can do right now to help your student prepare
- What practical things does your student need when they leave home?
- Setting expectations (communication, performance, behavior, etc.)
- How to know what is happening while they are away (how to ask questions, social media, etc.)
- Practical tips for your role with the college (orientation, having access to campus files, notifications from the college, etc.)
- What role do colleges expect parents to play?
- How can you best help your student with managing the college process (mid-term and finals pressure, managing time, dealing with friends/roommates)?
- Resources available through the school to help your student succeed

10:35 - 11:35 **Finances - Metropolitan State University of Denver Financial Aid Office Staff**

- Scholarships – keep applying, even after the freshman year
- Budgeting and financial discussions – educating your student
- Setting financial and performance expectations
- How to work with the campus Bursar's Office
- Finance information for students (establishing credit, an understanding of loans, credit cards)

11:40- 12:10 **Lunch** (Bag Lunches Distributed)

12:15 – 1:15 **Relationships and Your Changing Role – Julie McVicker, Senior Consultant, Just ASK Publications Development**

- Focusing on filling the “hole” in the family
- Developing a relationship with your adult student
- Communication styles

1:20 – 2:00 Re-Styling Your Life

- What to do with all your new free time?
- Starting now
- Taking advantage of “you” time

2:05 – 2:30 Closing Presentation