Course Title: How to Foster the Essential Skills Adolescents Need to Thrive in College and Life
Course Code: WSP 323
Instructors: Bina Patel and Sujata Patel

Course Summary:
This one-day interactive workshop addresses the challenges parents face as their children approach college.

*Please see course page for full description and additional details.

Grade Options and Requirements:
- No Grade Requested (NGR)

*Please Note: Due to its short format, this workshop may not be taken for Credit or a Letter Grade. Courses taken for NGR will not appear on official transcripts or grade reports. Proof of attendance will be provided at the end of the workshop.

Tentative Workshop Outline:
10-10:30
- Introductions
- Today’s college experience: Data and personal perspectives
- Why parents must foster the development of key emotional skills in their children

10:30-12: First skill set
- Tolerating distress
- Coping with and learning from failure
- Connecting with core values and a sense of purpose

12-1: Lunch

1-2:15: Second skill set
- Developing and expressing empathy
- Being useful
- Being curious/tolerating boredom and uncertainty

2:15-2:30: Break

2:30-3:30: Discussion of real-world scenarios

3:30-4: Final comments and questions