

Please join us for a new season dedicated to inspiring strong families and engaging school communities through parent education. All events will be virtual this season. Please register in advance to receive the webinar Zoom link prior to the event.



Thurs, Sept 17; 4pm-5:15pm

JUST BREATHE

Peaceful Parents, Happy Kids

LAURA MARKHAM, PhD with **SCOTT ERICKSON**, HOS, Phillips Brooks School

Does the added stress of being at home bring added battles with your child? Do you wish you knew how to get cooperation without yelling and threats? Are you trying to find the sweet spot between spoiling and strict? No one is prepared to parent through a pandemic. As school starts, and we are all still at home, fostering cooperation and learning independence are more important than ever. Clinical psychologist Dr. Laura Markham helps parents shift away from control and manipulation to practical strategies for raising children who WANT to cooperate. She helps parents create a more peaceful home where affection, connection and humor help resolve conflict happily, and where kids WANT to follow our lead.



Tues, Sept 22; 7pm-8:30pm

PANDEMIC IMPACT

College Admissions in the Time of COVID-19

Panel moderator: **KELLY SORTINO**, HOS, Crystal Springs Uplands School

JEFF SELINGO, Author, "Who Gets In and Why: A Year Inside College Admissions"

ANGEL B. PÉREZ, PhD, CEO, NACAC

RICK WEISSBOURD, EdD, Making Caring Common Project

LISA PRZEKOP, Admissions Director, UCSB

Virtual visits. Cancelled tests. Extracurriculars and athletics halted. Pass/Fail or grades? The pandemic has put college planning for students and parents into free-fall as admissions undergo a seismic change. Some seniors will have missed significant tests, classes and activities. Many, but not all, colleges are now test optional, and what does this really mean? The class of 2021 and beyond are seeking clarity about how to adapt and gear up for college, what to expect from a modified admissions process and what they'll find at college once they get there. A panel of experts explores the current admissions environment.



Thurs, Oct 8; 7pm-8:15pm

FROM CHAOS TO CALM

Building Teen Resilience & Agency

LAURA KASTNER, PhD with **NANCI KAUFFMAN**, HOS Castilleja School

Parenting teens is not easy, even in ideal circumstances. But parenting with imposed social distancing when adolescents thrive on face-to-face interactions creates unprecedented challenges. The balance of honoring valid feelings at the same time as encouraging effective problem solving is a tight-rope — for parents and our teens! Join Dr. Laura Kastner, psychologist and author, as she helps us identify the evidence-based factors that predict best outcomes for people who successfully adapt to challenging circumstances. She will articulate the need for resilience and personal agency as key strengths that can help parents and teens and provide us with action-oriented strategies for skillful and effective ways of coping, optimism and problem-solving.



Please join us! All Common Ground Speaker Series events are free of charge to the parents, faculty and staff of our member schools. Books may be purchased in partnership with Books, Inc.



Tues, Oct 20; 4pm-5:15pm

WE NEED TO TALK

How to Have Conversations that Matter

CELESTE HEADLEE

Celeste Headlee sheds a much-needed light on the lost and essential art of conversation. In a time when conversations are often minimized to a few words in a text message and a lack of meaningful communication and dialogue abounds, Headlee argues that improving how we engage with one another can be beneficial at work, at home and within our communities. Headlee will outline the strategies that have made her a better conversationalist — and offer simple tools that can help us all have conversations that matter. Headlee is a talented, honest storyteller who understands the true power of conversation and its ability to both bridge gaps or deepen wounds. Her book, *We Need to Talk*, named one of NPR's Best Books of 2017, is based on her TED Talk with over 20 million views.



Tues, Nov 10; 4pm-5:15pm

RAISING ANTI-RACIST KIDS

Activating the Next Generation

BEVERLY DANIEL TATUM, PhD with **ALLISON BRISCOE-SMITH, PhD**

Everyday issues of inequity abound in our communities. Through generations our nation has failed to protect and value Black children and families. How do we support a future where all children are valued? What can we do as families to model and live our values? How can we, as parents, play an active role in building an antiracist society, and what does antiracism mean in the context of parenting? In a time of sound bites and memes, Common Ground offers a thoughtful dialogue with psychologist and educator, Dr. Beverly Daniel Tatum, author of *Why Are All the Black Kids Sitting Together in the Cafeteria?*, and psychologist Dr. Allison Briscoe-Smith. This conversation will focus on these important questions and provide practical advice for talking about race and inspiring kids to fight for racial equity.



Tues, Dec 8; 7pm-8:15pm

UNDERSLEPT AND IDLE

The Transformative Effects of Sleep & Movement

MATHEW WALKER, PhD with **KELLY MCGONIGAL, PhD**

A good night's sleep has perhaps never been more important. And exercise has long been associated with better sleep. Sleep scientist Dr. Mathew Walker and research psychologist Dr. Kelly McGonigal will come together to discuss the enormous benefits restful sleep and joyful movement have on health and well-being. Sharing wisdom and debunking myths, Dr. Walker will discuss the impact of sleep on mind and body — from unleashing your creative powers to boosting your capacity for learning, memory and immune health — and details practices you and your children can start (and stop) doing tonight to get some rest. And Dr. McGonigal will show how movement is intertwined with some of the most basic human joys, including self-expression, social connection and mastery — and why it is a powerful antidote to the modern epidemics of depression, anxiety and loneliness.

