



Providing New Trier parents with social and emotional resources, programs and strategies that support the parenting of teens

## History of Programming

### 2007

ECGC presents its first programs for parents, faculty and students with author/educator Hal Urban, Ph.D. on **“Ten Tips for Talking with Your Kids about Values and Virtues.”**

### 2008

Parents are invited in to talk about what core values should be at the center of a New Trier education. Principals Jan Borja and Dr. Tim Dohrer lead the discussion and collect data from parents that will be combined with student and staff responses to determine the school’s core values: Respect, Responsibility, Compassion, Integrity.

### 2009

Presentations continue with Psychologist Maurice Elias, Ph.D. on **“Teaching Our Teens Resilience in a Stressed-Out World”** and **“How Social-Emotional Skills Improve Academic Performance.”** Group discussions on Dr. Elias’ book *Raising Emotionally Intelligent Teenagers* are held as a follow up, led by NT Principals Tim Dohrer and Jan Borja.

The first ECGC Parent Workshop is offered by psychologist Grace Lichtenstein entitled **“Button, Button, Who’s Got the Button?”** providing tips on how to communicate with your teen.

Harvard psychologist Howard Gardiner, Ph.D. presents on his work investigating the many ways we process information (logical, spatial, emotional, etc.), and how these different methods of processing work together: **“Five Minds for the Future: What They Are, How to Cultivate Them”**. (co-sponsored by Family Awareness Network)

Dr. Gardiner makes a second presentation on **“Good Work: What Is It? How Do We Promote It?”** (co-sponsored by FAN)

### 2010

ECGC sponsors its first “Sneak Peak” into New Trier program with Athletic Director Randy Oberembt, **“Straight Talk About Sports: What Popular Culture is Telling Our Kids and What New Trier is Doing About It.”**

ECGC sponsors a showing of the documentary **“Race to Nowhere”**, a film about the dark side of America’s achievement culture and its effect on high school students. Follow-up panel discussions for parents are held with New Trier administrators.

Psychologist Grace Lichtenstein presents another workshop for parents on managing stress, **“When the Heat Is On: Finding Your Calm, Rational Voice.”**

## 2011

ECGC presents Dr. Tim Dohrer and NT Coordinator of Student Assistance Kris Schmitt on “**Our Modern Family: A Sneak Peek into the Mind of a New Trier Teenager**”, outlining results from a school climate survey and the Youth Risk Behavior Survey.

ECGC presents author Barbara Fredrickson on “**Positivity: What Good Is It to Feel Good?**” (co-sponsored by FAN)

ECGC presents authors Madeline Levine and Denise Pope on the pressures facing teenagers and managing that stress in “**Walking the Talk: Aligning Actions for Youth and Well-Being**” (co-sponsored by FAN)

Dr. Ken Ginsburg’s book, **Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21<sup>st</sup> Century** is the topic of book discussions led by Principals Tim Dohrer and Wilmette Jr. High principal Dave Palzet.

ECGC presents Ken Ginsburg, MD on “**Authentic Success: Raising Youth to Thrive in a Challenging World.**” (co-sponsored by FAN)

New Trier Freshman Boys’ Adviser Chair Josh Seldess leads a workshop for parents on **active communication**, a skill emphasized by Dr. Ginsburg in his books. Made possible by a generous grant from The Charmm’d Foundation. ([www.charmmdfoundation.org](http://www.charmmdfoundation.org))

## 2012

ECGC presents **Dr. Roger Weissberg**, a pioneer in social emotional learning and president of CASEL (Collaborative for Academic, Social and Emotional Learning). Dr. Weissberg connected the dots between the five most important basic skills in childhood success, and how those skills can be taught in schools. A panel discussion followed, including **Tim Hayes**, Assistant Superintendent for Student Services, NTHS, **Ryan Mollett**, Glencoe principal, and **Catherine Wang**, Glencoe Director of Curriculum, to discuss the progress of the SEL teaching principles in the Glencoe school district, and at New Trier. (Co-sponsored by FAN, Glencoe District 35 and Erika’s Lighthouse.)

**Pondering Point: Communication Skills:** Are you really speaking in a way so that others (your kids, their teachers, your friends, etc. ) will actually hear what you’re saying? The conversation on all-important communication skills continues as certified life coach Linda Stremmel leads a “Pondering Point” community discussion on how to really get your message across and be heard. (Thanks to the generous support of The Charmm’d Foundation. [www.chammdfoundation.org](http://www.chammdfoundation.org) )

**April 10<sup>th</sup>:** **Dr. Linda Yonke**, New Trier Superintendent, leads a **book talk** for parents on ***Practical Wisdom: The Right Way to Do the Right Thing***, by Barry Schwartz and Kenneth Sharpe. The book is based on the concept that there is more about being alive and working than just thinking about outcomes, money and bottom line measurable results. It is a discussion of human judgment and the ability to do good through cultivation of certain social practices, such as doing the right thing in particular circumstances.

**“Digging into the Data on Bullying and Harassment”:** New Trier Principals Dr. Tim Dohrer and Paul Waechtler provide parents a “Sneak Peek” for parents about the social emotional state of the school and New Trier students.