February’s Parents College at Case

February’s Parents College at Case focused on “Parenting and Adolescence: Transitioning from Youth to Adulthood.” Guest speaker Dr. Cheryl Killion, a nurse anthropologist, shared the top ten themes adolescents would like their parents to know in their efforts to support their physical, cognitive and socioemotional development. From this workshop, parents learned that adolescents and teens are maturing in a generation with heightened individuality and access to highly technical devices, portable electronics and social media. Dr. Killion also reflected on how these generational differences created child rearing and disciplinary challenges for parents. She offered specific parenting tips and advice that would support the socioemotional and mental development of youth while still providing youth with specific boundaries.

February’s speaker, Dr. Cheryl Killion, is an associate professor from the Francis Payne Bolton School of Nursing at Case Western Reserve University. Dr. Killion has expertise in working with mothers and youth and providing them with knowledge and skills that are essential for their teens’ healthy growth and development. For more information about February’s Parents College at Case presentation and workshop agenda, please visit www.case.edu/provostscholars.
Contact Information
If you are interested in becoming a mentor, speaker, or stakeholder, please call 216-368-5240 or e-mail provost-scholars@case.edu.

**5 Ways Parents Can Prepare For Summer**

Most students look forward to the long days of summer vacation and time away from school. However, many students focus on non-academic pursuits during the summer months and spend several weeks during the beginning of the school year relearning old information. A survey released by the National Summer Learning Association (NSLA) reported that 66 percent of teachers spend 3 to 4 weeks reteaching material from the previous year and another 24 percent spend up five to six weeks at the beginning of the semester reteaching concepts from the previous grade level (Klein, 2013). A few ways to promote summer learning include:

- Enrolling your Provost Scholar in a summer camp or daily activity
- Requiring your Provost Scholar to visit the local East Cleveland public library and submit weekly book reports to you
- Encouraging your Provost Scholar to participate in summer book clubs, book readings and scheduled arts and crafts events
- Starting a family book club at home
- Using a planner to schedule a family vacation or a trip to a local cultural activity. Your Provost Scholar can also use maps and guides to plan the families’ activities
- Keeping a weekly log of summer activities that can be shared with your Provost Scholar's mentor in September

**Mentor Highlight**

**T. J. McCallum**, Ph.D., is a clinical geropsychologist and professor at Case Western Reserve University. He has conducted research focusing on older adult populations. His primary research interests are stress and coping with problems in later life, particularly among elders caring for family members with Alzheimer's disease.

In his research, he has applied a biopsychosocial framework to investigate the aspects of the stress process in caregiving families. Dr. McCallum received his bachelor’s degree from the University of California at Berkeley, his master’s degree from Columbia University and his Ph.D. from the University of Southern California. He also completed his pre-doctoral fellowship at the University of California at San Francisco.

**Hold the Date!**

The Provost Scholars will be visiting Niagara Falls, New York, on **Friday, May 22nd**

Niagara Falls has amazing scenery, thrilling attractions and miles of hiking trails. The Provost Scholars will be joined by their parents, Case Western Reserve University Provost William Baeslack, East Cleveland School Superintendent Ms. Myrna Corley, representatives from the East Cleveland School District, the program staff and others.

In addition to enjoying the Park’s amenities, the Scholars will engage in the history of Niagara Falls by learning about the Falls’ formation and the science and physics behind the Falls’ water vistas. More information about this trip will be mailed to the parents and guardians of the Provost Scholars by mid-April.

**Niagara Falls**

*Niagara Falls is a North American natural wonder, with splendid discoveries and fantastic attractions. The Provost Scholars will visit the Falls in May 2015.*