

# FBISD PARENT UNIVERSITY

Find out about opportunities available to your child with postsecondary planning



**Tuesday, March 26, 2019**

**6 to 8 p.m.**

**Marshall High School Auditorium**

**1220 Buffalo Run**

**Missouri City, TX 77489**

## **6:00 – 6:45 – Key Note Speaker**

### **Anxiety and Stress in the Classroom**

Guest Speaker: Dr. Elena Merenova

We all have stressful moments in life. We all have to deal with stress. Children are no different – they also have to deal with stress. Many adults do not understand what their children are going through and even when they do understand, they may not know how to help their children. This presentation will help you to realize what may cause stress in your child's life and how you can assist them through it. You will also learn about different levels of anxiety, about "good" and "bad" anxiety, and anxiety-related disorders and receive suggestions on how to improve your child's coping skills and resilience.

## **6:50 – 8:00 Breakout Sessions**

### **Students with Disabilities Navigating College**

Presented by: Shelby Nilsen  
KHS College & Career Readiness Advisor

### **Myth Busters: The Truth About Learning a Second Language (English)**

Presented by: FBISD Multilingual Department

### **Myth Busters: The Truth About Learning a Second Language (Spanish)**

Presented by: FBISD Multilingual Department