

Jordan Family Education Center

West Jordan Elementary School

7220 South 2370 West, West Jordan, UT 84084 –Phone 801-565-7442

CLASS DESCRIPTIONS FALL 2009

CLASSES BEGIN THE WEEK OF SEPTEMBER 14, 2009

1. **American College Test (A.C.T.): Preparation and Interpretation**
Seminar to help students/parents understand the purpose and value of this test. Strategies for taking the test and interpretation of test scores are included in the course work.
2. **Admissions and Financial Aid Seminar**
This seminar provides information about preparation, types and general information about financial aid and scholarship opportunities.
3. **Calming the Storm Within: Anger Management of Adults**
This class is designed to teach alternatives to “losing your cool” so that anger can be used to resolve, rather than intensify, conflict situations.
4. **“Bully Stoppers”: Bully-Proofing Kids (Children’s Group) (Grades 2-5) (Enrollment is limited)**
This class offers skill-building techniques for children who are often victims of teasing or bullying.
5. **Positive Parenting Practices For the Child With Attention-Deficit/Hyperactivity Disorder (A.D.H.D.) (10 weeks)**
This class is for parents whose children have been diagnosed as having Attention-Deficit/Hyperactivity Disorder (A.D.H.D.). The class will stress behavior management techniques for increasing compliance at home and school.
6. **Caught in the Crossfire: Class for Children Dealing With Divorce (Ages 7-9) (Enrollment is limited)**
This support group helps children develop an understanding of the emotions related to divorce.
7. **Caught in the Crossfire: Class for Adolescents Dealing with Divorce (Ages 10-14)**
This support group helps adolescents develop an understanding of the emotions related to divorce.
8. **Moving On: Empowering Yourself by Resolving Past Relationships (8 weeks)**
A support group designed to ease the emotional pain of parting and stress of relationship breakup. The group is designed to guide participants through a troubled time into a new stage of personal growth.
9. **Self Discipline School (Grades 7-9)**
This class is an on-going 4 week class for parents and students
10. **High School Anger Management (Grades 9-12)**
This class is an on-going 4 week class for parents and students
11. **Timely Topics: Answers For Parents (One session seminars for parents of elementary age children. Parents may attend any or all sessions)**
A series of current helpful solutions for common concerns elementary age children experience.

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12. **Effective Parent Training: How To Get Your Children To Do What You Want Them To Do**
This class provides a step-by-step approach to changing children's behavior in a positive way.
13. **Reading Your Environment: A Social Skills Group for Students with High Functioning Autism or Asperger's Syndrome (Grades 3-6) (Enrollment is limited)**
This support group helps elementary age children with high functioning Autism or Asperger's Syndrome identify environmental cues and learn coping strategies to successfully navigate their world.
14. **Reading Your Environment: A Social Skills Group For Students With High Functioning Autism or Asperger's Syndrome (Grades 7-9) (Enrollment is limited)**
This support group helps youth with High Functioning Autism or Asperger's Syndrome identify environmental cues and learn coping strategies to successfully navigate their world.
15. **Supporting Your Child Socially: A Class For Parents of Children With High Functioning Autism or Asperger's Syndrome**
This class helps parents who have children with High Functioning Autism or Asperger's Syndrome guide and support their child in socially adapting and successfully navigating their world.
16. **Elementary Anger Management (Grades 3-6)**
This class is an on-going 3 week class for parents and students aimed at teaching children different outlets for anger.
17. **Blues Busters: A Class for Children Who Are sad or Worried**
This class for children teaches coping strategies to help children deal more successfully with problems associated with depression and anxiety
18. **Parenting the Difficult Child/Teen: Coping With Conflict At Home**
The transition from childhood to adolescence is often difficult for children and their families. This can be a time of increased tension and misunderstandings between parent and child, leading to significant family conflicts. In this class, parents will learn strategies for avoiding conflicts and resolving conflicts. Topics will include effective communication techniques, identification of conflict triggers and conflict resolution strategies. The class is recommended for parents of children between the ages of 10 and 16 although parents of younger and older children may also attend.