

College Frenzy: How to Manage and Minimize the Stress

**Presentation and Discussion
for Parents and Students**



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and
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The College Process has come to be viewed as THE BIG EVENT in the lives of students and their families. The pressure associated with THE BIG EVENT often creates a lot of negative fallout such as ruptured relationships and high levels of stress and anxiety. In this presentation, Parent Coach and Clinical Psychologist Susan Bauerfeld, PhD and College Consultant Victoria Hirsch will offer tips, strategies and suggestions for viewing the college process as a natural next step rather than THE BIG EVENT and for managing the process in ways that foster resilience and relationships rather than discord and despair.

Tuesday, October 2, 2018
7:00-8:30 p.m.

Wilton High School's Clune Center
395 Danbury Road
Wilton, CT

This presentation is aimed at students and parents of students who are preparing for and/or actively applying to college. If you (or your child) are not yet in High School we suggest you relax and think about other things this year. That being said, all students, parents and other interested parties are welcome to attend.

Admission is free; registration is recommended at
CollegeFrenzy.eventbrite.com.

Please contact Genevieve Eason at Genevieve.Eason@gmail.com with questions.

Sponsored by: Wilton Public Schools, Wilton High School Counseling,
Wilton Youth Council, Wilton Youth Services