Preparing for Baby Series, Spring 2020

Due to COVID-19, the Spring 2020 Series is being held virtually. Please contact Work/Life for more information.

Being pregnant and becoming parents often feels like navigating 100 different options and even more opinions! There are so many changes your body goes through and lots of new information to learn in a short period of time. This class helps cut through the extra (and unnecessary) noise. The Preparing for Baby series will help you sort through much of the information available for new parents and guide you in making the best decisions for your family. All Cornellians (faculty, staff, postdocs, and students) and their partners/support persons are welcome to attend, free of charge.

For information, please contact worklife@cornell.edu.

Past Workshops

Parenting Teens: Health, Wellbeing and Safety Series

Wed, April 3, 2019

*Room Change - G01 Biotech, 12:00 - 1:00 pm

Marisa Matsudaira, LCSW from Northeast Pediatrics, will share the “top emotional, behavioral and physical concerns” seen at the office (teen communication, healthy/development, navigating boundaries and rules, managing at risk behaviors, friendships/dating, coping/stress, online safety, bullying, sexuality). She will address them with evidence based research, share guidelines, stories, and practical tips.

Remote option available.

Registration Required
Thur, May 2, 2019

Weill Hall, Room 226, 12:00 - 1:00 pm

Janis Whitlock, Research Scientist and Associate Director for Teaching and Training in the Bronfenbrenner Center for Translational Research, will discuss her current research which revolves around young adult social/emotional health with a focus on connectedness, self-injury and suicide prevention, sexual violence prevention and intervention development.

Remote option available.

Registration Required

Parent to Parent Workshop - Tips for Beginning the College Search

Wed, May 8, 2019

340 Duffield Hall, 12:00 - 1:00 pm

Designed primarily for parents/caregivers of high school students who are not yet seniors, this program will provide participants with a roadmap for how to begin the college search process. Topics covered include gathering and organizing information about colleges and universities; developing a customized list of schools based on your student's interests and abilities; and conducting campus visits. The session will also provide an overview of the role of academics and extracurricular activities in college admissions.

Registration Required

Parent to Parent Workshops - Strategies and Tools for Maximizing College Admissions and Affordability Fall 2019

Designed primarily for parents/caregivers of high school students who are not yet seniors (although all are welcome), this program will help participants understand how to embark upon a customized college search that will maximize their teen’s chances for admission and financial aid. Find out what the glossy brochures aren’t telling you, and learn from a parent who has successfully navigated this journey how to use free tools and data to reduce the guesswork and increase your student’s likelihood of acceptance.

Session One: Admissions

Thursday, November 14, 2019

140 East Hill Office Building, 4:00 - 5:15 pm

This workshop will focus on understanding the key factors that influence admissions decisions, and using data tools and strategies to pinpoint which colleges are most likely to say yes to your student.

Registration Required

Session Two: Affordability

Wednesday, November 20, 2019

130 East Hill Office Building, 4:00 - 5:15 pm

This workshop will focus on understanding college costs and using data tools and strategies to ensure your student has affordable college options. Participants are encouraged to attend both sessions, as the content of session 2 builds on that
presented in session 1.

Registration Required

Presenter: Ruth Katz works in the Department of Human Resources/HR Analytics, where she designs tools to evaluate programs and measure their impact. She is the parent of a college student.