

# WELCOME TO FRESHMAN YEAR

Please join us for a District-wide Parent Presentation that will focus on strategies to ensure a successful freshman year for you and your child.

*This meeting will cover topics such as:*

- Transition: Making new friends; Orientation; Peer Mentors; Self-advocacy; Assuming responsibility as a young adult.
- Managing Workload: Stress-relieving techniques; Organization; Time management; Peer tutors.
- Getting Involved: Overview of the importance of involvement in school activities and events, including clubs, sports, and volunteer activities.
- Parental Concerns: District-wide Safety discussion and Q&A Session

We will also be introducing *Navigating Success Through Wellness*, our district-wide student mental health initiative. A representative from our partner organization, Bergen County Therapy, will be joining us to discuss the program.

**Date:** Tuesday, September 17, 2019

**Time:** 7:00–8:30 P.M.

**Location:** Bergen County Academies/Dr. John Grieco Auditorium  
200 Hackensack Avenue  
Hackensack, New Jersey 07601

*Let's explore ways to support our students in developing those skills that will serve as building blocks for the upcoming years.*



*Bergen County  
Technical Schools*