

SHADY SIDE ACADEMY SENIOR SCHOOL  
presents the Parent Education Program

# SUPPORTING YOUR TEEN: BALANCING AMBITION, WELLNESS & REALITY

Featuring Dr. Lisa Damour and Rick Clark

Thursday, April 28 • 7 p.m.  
Zoom Webinar



*How do you meet your teen where they are and also nudge them forward in their growth? How can you support your teen through their struggles (including the pandemic!) while preparing them for the realities of the future, including an increasingly competitive college admissions process?*

*Join us for an engaging evening with a pair of national experts who will help you navigate the parenting and college admissions journey with your teen. You'll learn how the COVID-19 pandemic has impacted teens, including national trends and behaviors, and how you as parents can best support them. You'll also learn about current trends and discussions in college admissions to help you balance the nurturing your teen needs against the high-stakes competitive admissions landscape.*

**This program is free and open to Shady Side Academy grade 8-12 parents only.**

Dr. Lisa Damour is the author of the books *Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood* and *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*. She writes *The New York Times* Adolescence column, co-hosts the Ask Lisa podcast, and serves on the *Parents* magazine advisory board.

Rick Clark is the director of undergraduate admission at Georgia Tech and previously served on the admissions staffs at Georgia State and Wake Forest Universities. He is the co-author of the book *The Truth About College Admission: A Family Guide to Getting In and Staying Together*.

**REGISTER ONLINE AT [SHADYSIDEACADEMY.ORG/PARENTEducation](https://shadysideacademy.org/parenteducation)**



*SSA parents are invited to continue the conversation in person with Senior School leaders the next morning, **Friday, April 29, at 8:15 a.m.**, in the Hillman Center's Kountz Black Box Theater.*

Questions? Contact Kelsey Leigh at [kleigh@shadysideacademy.org](mailto:kleigh@shadysideacademy.org)