

The following is a list of our more popular workshops by general topic. All content is designed to meet the needs of parents and family members whose loved ones have disabilities and/or special education needs. Workshops are typically 2 hours in length however, upon request, we can occasionally make adjustments and deliver a 90-minute session. While we welcome professionals and other community members to attend, please understand that PNCR's training content and delivery is not designed or intended for use as professional development or continuing education opportunities for professionals. If there is a topic of interest that does not appear on this list, please contact the PNCR office at [info@pncrny.org](mailto:info@pncrny.org) or 518-640-3333 to discuss your needs.

## ***Special Education Related Topics***

### ***The ABCs of an IEP***

This training is for parents who want to gain a better understanding of an Individualized Education Program (IEP). This workshop takes participants through each section of the IEP and provides information on what the New York State-required content is for each section. The training also discusses the IEP as a strategic planning document emphasizing how the IEP is developed; that the parent is part of that process and how each section builds upon the next in order to guide instruction for the coming year. Participants will gain an understanding of the CSE/CPSE process in general and the meaning of frequently used terminology in special education.

### ***\*\* College? No Thanks, Not Interested!\*\****

For some high school students with learning differences, attending college is of little or no interest to them after completing their high school education. In this workshop we will discuss with parents the options relating to open competitive employment, supported employment, day programming, volunteering, and the agencies (ACCES-VR, OPWDD, CBVH, etc) that can assist individuals as they transition to post-high school life.

### ***Cracking the Code: Graduation Options for Students with Disabilities***

Learn about the graduation and diploma options available to students with disabilities; including the new Career Development and Occupational Studies Credential (CDOS), and the Skills and Achievement Commencement Credential (SACC). Discover the essential, but often overlooked skills needed for life after high school and how to use your student's IEP transition plan to achieve them.

### ***The Great Paper Chase: Organizing Your Child's Special Education Records***

This interactive workshop is for parents, guardians and advocates of children with special needs. Bring your child's educational records including: evaluations, quarterly reports, report cards, copy of IEP, etc. The PNCR will provide binders, tabbed page dividers, 3-hole punch and cover page. During this workshop, participants will learn which documents are important to keep and will organize them into a useful binder that they can add to in the future.

### ***Helping Your Child with ADHD or Learning Disabilities Improve Performance in Class Work & Homework***

This training will provide an overview of skills that children with ADHD and Learning Disabilities often struggle with such as: organization, focus, time management, and task completion. These skills are also known as executive function (EF) skills. We will discuss the role that EF skills plays in class work and homework activities. Strategies for supporting the child through accommodations and teaching new skills to assist with school performance and homework tasks will be explored. Parents will be provided with checklists, sample forms, and other handouts that will serve as useful tools in working with your child's school.

### ***It's All in the Way You Say It: Communicating Effectively with Your Educational Team***

The research is clear, when parents and schools work together, kids are more successful. This workshop will highlight essential elements of effective communication that are critical for positive home/school relationships. Participants will learn simple, practical steps for working with their child's educational team to build effective communication and more effective IEPs. The focus will be on the prevention of conflict and how to address conflict when it does arise. Learn how to be a more confident player on your child's educational team.

### ***Leveling the Playing Field: Accommodations and Modifications for Students with Disabilities***

For many students with disabilities, the key to success in the classroom lies in having appropriate accommodations, and modifications made to instruction and other classroom activities. Some adaptations are as simple as moving a distractible student to the front of the class or away from the pencil sharpener or window. Other modifications may involve changing the way material is presented or the way that students respond to show they are learning. In this workshop we will discuss the difference between modifications and accommodations, and will talk about ensuring that necessary accommodations and modifications are part of the students Individualized Education Program.

**Living, Earning, and Learning – Will Your Child be Equipped for Life After High School?**

Transition planning is a process to help guide and prepare students with disabilities to move from high school to adult life. This ongoing and collaborative process takes place with the student, family, school district, and other community agencies across multiple school years. Life after high school **WILL** happen for every student and may include goals such as living independently, obtaining meaningful employment, or attending a trade school or college. Planning and skill building is key to a student successfully working toward post high school goals. In this workshop, participants will learn about: the IEP transition planning process, transition assessments, coordinated set of activities, student exit summaries, and the role of the student, family, and school district. This workshop is designed for parents and families whose children, ages 12 and older, have special education needs.

**\*\* Navigating the Next Phase: College Learning Without an IEP \*\***

Having a son or daughter with learning differences heading off to college is a proud experience. At the same time, this proud experience may cause anxiety and concern for many of these students and their parents as new educational challenges are faced in a post high school learning environment. Participants will explore and discuss the differences between high school and college supports/accommodations, laws that apply, campus compliance issues, student self-advocacy strategies, and tips for success.

**\*\* Parents' Interactive Guide to Drafting an IEP \*\***

This is a "hands-on" experience where participants will learn about and explore a resource tool that helps parents and students gather and share relevant information related to the student's learning including abilities, needs, strengths, challenges, preferences, etc. This resource will help prepare parents and students to actively participate in the CSE process in a collaborative and meaningful way. Involving student's in the development of their IEP also promotes self-advocacy skills and self-determination.

**\*\* Progress Monitoring: Are We There Yet? \*\***

Progress monitoring is the process of evaluating student performance on a repeated basis to determine how well a student is (or is not) responding to instruction and intervention. Information gained from this process is essential to developing quality IEP goals, planning and delivering effective intervention, and determining if the current instruction, support, and intervention is appropriate for the learner. This workshop will explore the basics of progress monitoring in schools, what parents should expect their child's team to report, and how progress monitoring fits with Response to Intervention (RTI) and IEP goals. Specific examples of progress monitoring and effective monitoring strategies for ensuring student progress will be shared.

**Strategies to Support Learners with Executive Function Challenges**

Participants will learn about and discuss how executive function (EF) skills support learning and the impact EF challenges have on learning for individuals with disabilities. After a brief overview, resources and tools for supporting and teaching your child lifelong skills will be shared. We will exchange ideas and brainstorm solutions that are applicable to school age children with ADHD, Autism Spectrum Disorder (ASD), Learning Disabilities, behavioral challenges, and/or other needs.

**Struggling Learner? IEPs, 504 Plans and Response to Intervention as Support Options**

Are you concerned that your child is falling behind or struggling at school? Do you suspect that your child may not learn as quickly or in the same way as other students? Has your child been diagnosed with ADHD or another disability that impacts learning? In this workshop, participants will learn about the options available to address the needs of students who are struggling at school.

**The 3R's of Special Education: Regulations, Responsibilities, and Recommendations**

This training is for parents and professionals that are new to the special education process. Topics will include: special education **regulations**, how to work with the special education team and **responsibilities** of both parties, services that children ages birth to 21 are entitled to, and a description of the Individualized Educational Plan (IEP) and **recommendations** of what it should include. This workshop can be customized to focus on a specific age group (e.g., early childhood, pre-school, or school age).

**Tips and Tools for a Successful CSE-IEP Annual Review Meeting**

This training will give parents of students with disabilities the tools and tips they need to help prepare for their child's Annual Review CSE Meeting. Content will also cover sections of the IEP and how they relate to the CSE meeting.

## ***Disability Specific and Special Interest Topics***

### ***Bullying in School and Special Considerations for Students with Disabilities***

We all know that the impact of bullying can be devastating, particularly for students with disabilities. This workshop provides an overview of bullying in school and special considerations for students with disabilities including strategies used by schools to prevent bullying, federal and state laws addressing bullying and what parents can do if they are concerned their child is/has been bullied.

### ***\*\* Homework Help Toolbox \*\****

Does your child struggle to begin/finish homework or plan a project? Does homework time begin like a dream only to end with both of you in tears? Does the “homework environment” support your child’s learning style? Join us as we explore and discuss common homework challenges and learn useful tips and strategies that support the educational needs of your child while working on homework.

### ***Just for Parents: What You Should Know if You Suspect Your Child has a Disability or is Newly Diagnosed***

In this workshop, parents of children birth through school age will learn what to do if they suspect their child has a disability. Information about available supports as well as the process for understanding special education services will be explored.

### ***Self Determination: Helping Youth with Disabilities Find a Voice and Take Charge of Their Lives***

Using information and video excerpts from the “I’m Determined Project”, this workshop will share resources and promote a dialogue with parents of students with disabilities, regarding how they can help their children develop self-determination skills and find their voice. Participants will walk away with useful materials and suggestions to facilitate and promote their child’s self-determination and skill building efforts. “Self-determination is a concept reflecting the belief that all individuals have the right to direct their own lives. Students who have self-determination skills have a stronger chance of being successful in making the transition to adulthood, including employment and independence.” (Wehmeyer & Schwartz, 1997).

### ***This is Not the Life I Imagined: Grief & Coping Skills for Parents of Children with Disabilities***

When a child is diagnosed with a disability, the whole family is affected. Parents of children with disabilities often experience “chronic sorrow” described as a long-term form of grief that begins at the time of a child’s diagnosis and recurs at various times throughout the child’s life. This training provides an overview of the grief cycle, focusing on the impact of grief on the family. In addition, information will be provided on coping mechanisms that can be helpful in dealing with stress related to caring for a child with a disability.

### ***Understanding Autism Spectrum Disorders (ASD): The Basics***

Participants will gain a basic understanding of ASD and how ASD characteristics can impact children in the school, community, and home environments. Educating and supporting children with ASD involves a partnership between schools, families, and communities. The better we understand ASD, the better prepared we are to help students maximize their potential.

### ***Understanding Challenging Behavior: Part 1***

Too often, behavior challenges related to student disability can interfere with learning. This workshop will give participants an understanding of Functional Behavioral Assessments (FBA) and Behavior Intervention Plans (BIP). How do I know if my child needs an FBA and what is the process involved? What if it doesn't work? Part 1 and Part 2 can be combined into one training session.

### ***Understanding Challenging Behavior: Part 2***

In Part 2 of this workshop will look more closely at challenging behavior. We will discuss specific strategies for modifying the environment and teaching new behaviors to children both at home and in school. We will work in groups to analyze specific behaviors and develop strategies to address these behavioral challenges. Part 1 and Part 2 can be combined into one training session.

### ***Understanding Anxiety and Depression in School Age Learners: What Should I Know? How Can I Help?***

Children cannot learn well when they are anxious and depressed. Research shows that untreated, children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse. This workshop will provide an overview of anxiety and depression in school age learners. Participants will learn how anxiety and depression may present in youth, how each may impact learning, and discover tools and strategies to help in the home and school environments. Anxiety disorders affect one in eight children.

### ***Understanding Specific Learning Disabilities***

In order to be successful, students with Learning Disabilities need to learn to be strategic learners/thinkers. In this workshop participants will develop an understanding of learning disabilities and characteristics that are often present in students with learning disabilities. We will explore strategies for supporting students and will discuss the need for academic accommodations and modifications for students with LD.

## ***New York State Vetted Workshops and Trainings***

### ***Effective Communication Between Schools and Families is the Key to Success***

This training was developed to promote quality special education services for all students with disabilities. The modules contained within this training are intended to help families and school personnel to build their communication skills and their role as a team member that is consistent with State law and regulation. The goals of this training are:

- Participants will understand both their role and the student's role in Special Education process
- Participants will understand the barriers that interfere with effective communication and strategies to overcome the barriers
- Participants will gain a basic understanding of the essential elements of effective communication
- Participants will learn about strategies and tools that will establish and maintain effective collaboration between families and schools.

### ***Helping Parents and School Districts Become More Effective Partners***

#### ***Special Education Mediation: A Collaborative Option for Resolving Disputes***

This two-hour informational session will offer attendees an opportunity to look at conflict differently, learn about tools and resources to enable people to communicate more effectively and meet representatives from organizations available to assist parents and schools with communication issues. This program will also educate attendees on dispute resolution options, in particular mediation and other collaborative processes. This workshop is provided in collaboration with the New York State Dispute Resolution Association (NYS DRA). Attendees will leave the program with:

- Practical tips and tools for effective communication
- Information on programs developed to assist parents and schools in conflict resolution
- Resources for information, advice and support

### ***Training of the Parent Member of the Committee on Preschool Special Education (CPSE) and Committee on Special Education (CSE)***

This training was developed for use by the Special Education Parent Centers and Regional Special Education Technical Assistance Support Centers (RSE-TASC) to promote quality special education services for all students with disabilities. The modules contained within this training are intended to provide CPSE and CSE Parent Members with a best practices approach to the CPSE/CSE process and their role as a Parent Member that is consistent with State law and regulation. The goals of this training are for Parent Members to have:

- A greater understanding of the role and requirements of a Parent Member and the special education process; and
- Techniques and strategies to fulfill the Parent Member role in a meeting

### ***Transition for Families: Preparing for Life After High School***

This training was developed by the Regional Special Education Technical Assistance Support Centers (RSE-TASC) and the New York State Special Education Parent Centers. The information contained within this module is intended to advance parent and family collaboration with Committees on Special Education (CSE) toward successful student transitions from school to adult life. Parents and family members of transitioning youth with disabilities will understand the links between successful transition planning, services and post-school outcomes. The goals of this training are to ensure that parents, family members and students can work with their CSE to collaboratively:

- Assess their child's strengths, interests, and needs
- Establish measurable post-secondary goals and annual goals; and
- Identify appropriate transition services and coordinated activities.