

2009 DISCOVER U TOPICS AND PRESENTERS

Discipline in the Home for Parent Sanity: Learn how to handle conflict and reduce stress between adults and children by using a laugh and learn approach. This interactive and inspiring workshop will leave you excited, empowered and energized! Dennis Mitchell

Internet Safety and Your Online Persona: Facebook and MySpace. Online predators. We'll help you weave through the maze called "internet" and provide helpful tips for both you and your family when putting personal information online. Gabe Luu, Zihtec LLC

Fruit and Veggies 101: You know they're great for you and your family, but you're not always sure how to choose them at the grocery store or prepare them at home. **Lettuce** show you how, as Katy's consummate vegetable guy shares his tips, tricks and recipes. This workshop was so popular last year, we've brought him back this year! Rob Conway, H-E-B

Meat Me in Katy: It's not just about protein anymore. It's about the selection and preparation process as well. If you want some useful tips on purchasing and planning your meaty meals, you won't want to miss this workshop. Rob Conway, H-E-B

What are Colleges REALLY Looking For? Anyone who has helped their child trudge through the college application process has asked themselves this question. Back by popular demand, this college administrator will help dispel those mysterious collegiate criteria myths. Andrew Hughes, Texas Tech University

Study Skills for Parents: Learn how to help your student study! This workshop emphasis is on identifying learning styles and how to adapt study activities to match different learning styles. Sally Farr and Ginny Garvic, Katy ISD

Getting Ready for High School: What can we do each year of middle school to get our children prepared for high school? What do we really want for our kids? These and other questions will be explored during this workshop. Mary Castellucci, Seven Lakes High School

Bullying: You hear about it on the news and talk about it with other parents. But would you recognize the signs if your child was being bullied? This workshop will help you deal with this tough subject and, ultimately, help your child grow in emotional maturity, self-confidence and resilience. Dr. Anita Horton, Katy ISD

You'll Love Katy: Whether you're new to our fair town or have been here for years, you probably don't know all there is to know about Katy. From its history, to what to do and where to go, to predictions about our future, this is one workshop you won't want to miss. Ann Hodge - CEO, Katy Chamber of Commerce; Jamie Wolman – Community Specialist, Parks and Recreation Department, City of Katy; Mayor Don Elder – City of Katy; Scott Dunlap – Katy ISD Energy Management Coordinator and Demographer

The Sandwich Generation: The Baby Boomer Generation is famous for many things – but now we're famous for having to care for our children and parents at the same time. A panel will share both their personal and professional experiences to help allay fears and answer questions.

Scream-Free Parenting: Ready for a good laugh? Are you tired of screaming at your children? Do you need some tips and tools for teaching your children how to take responsibility? An entertaining message focused on teaching children responsibility. Learn valuable tools for more effective parenting while maintaining your sense of humor. Rebecca Fox

How to Raise a Well-Rounded Child So They Can Get Off Your Payroll and on With Their Life: Back by popular demand, a panel discussion of business professionals will share what they look for in new hires and great employees. Facilitators will pose audience questions to panel participants.

Getting in Shape Without a Gym: If you think you need a gym membership to get in shape, think again. A personal trainer will share her tips on what you can do at home to achieve a complete and productive workout without a single monthly gym fee! Peggy Skaggs, Personal Trainer

Katy ISD, We Have a Problem: Participants will learn tips on resolving conflict with schools and specific strategies to use in parent-teacher conferences to get your concerns resolved. You will also learn more about [how the Katy ISD Parent & Patron Assistance Center can help you](#). Doreen Martinez, Katy ISD

Relaxation: Now, more than ever before, Americans are stressed, weary and tired – so much so that they can't relax. Whether it be physical, emotional, or both, we'll help you find your "happy place" to achieving a calmer and more relaxed you! Peggy Skaggs, Personal Trainer

Self defense: Time's are changing and we need to be better prepared to take care of ourselves and our families. Let this team of professionals, using hands-on training, teach you how to defend yourself and not become a victim. Marv Conway, Katy/Houston Taekwondo

Teens Are People, Too!!: Learn what teenagers need and what they face in their everyday lives. The workshop presenter will help parents know how to set reasonable limits and communicate with kids throughout these special years. Leslie Najm, MSSW