



How to ~~Survive~~ in Middle School Thrive



How To Thrive In Middle School

NEW! FOR 6TH GRADERS!

Learn how to thrive in middle school with these fun, interactive, and informative discussions of the expectations, challenges and responsibilities associated with being in sixth grade. Students will learn tips on organization, time management, productive study habits, effective study skills and how to strengthen their relationships with peers, teachers and parents.

Jeannine Jannot, Ph.D., student coach and owner of [The Balanced Student](http://TheBalancedStudent.com) and author of [The Disintegrating Student: Super Smart & Falling Apart](http://TheDisintegratingStudent.com), is breaking out her greatest hits of "tween-friendly" tips and tricks to help navigate the unique and sometimes daunting challenges facing our middle school students today.

Pick your sessions or sign up for all four!

When: Sundays 4:00 – 5:00 pm

Cost: \$75 each or all 4 for \$250 (Save \$50)

Sunday, September 15

Workshop 1 – Time Management & Organization

How to keep up, keep track, and be responsible.

Sunday, September 22

Workshop 2 – Study Habits & Skills

How to study to learn and achieve your potential.

Sunday, October 6

Workshop 3 – How to Operate a Teen Brain – Sleep, Screens, Stress

How to be the best version of yourself by taking control of your sleep, screens, and stress.

Sunday, October 20

Workshop 4 – The Balancing Act – Parents, Teachers, Coaches, & Peers

How to foster positive relationships and communication.

Where: Peachtree Psychology, 555 Sun Valley Rd, Suite P-4, Roswell, GA 30076

For more information or to register call 678-381-1687 or email info@peachtreepsychology.com

www.peachtreepsychology.com