

# The Smart Series Seminars

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*Interactive, skill building seminars for middle school & high school students*

## **A message from Dr. Kathryn Leugers, PsyD, MBA**

I am a clinical psychologist, who works primarily with tweens, teens and young adults. Struggles with attention and learning, emotions, and relationships are probably the top three areas of concern that bring young people into my office. In an attempt to help tweens and teens build skills and have success in these areas, I designed a seminar series called the Smart Series.

I offer the Smart Series seminars for middle school students (in 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade) and for high school students (in 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> grade) each fall. If you would like to reserve a spot for your student, feel free to call the Meers, Inc. office to reserve a seat (614-451-0176).

The Smart Series seminars are designed to benefit all students – currently struggling or succeeding – who are capable of being in a group setting with one facilitator and peers for one and one-half hours. Below I have included some additional information about each seminar as well as my thoughts on which students might particularly benefit from each seminar.

**In the “Are You a Smart Learner?” seminar**, students will learn how to maximize their motivation, attention, and learning skills.

### **This seminar would be especially useful for:**

Students who are gifted and want to further enhance their learning strategies

Students who struggle with confidence in their academic abilities

Students who have difficulty with motivation for their class work or homework, studying for tests, or completing projects or papers

Students who struggle with inattention, hyperactivity, or impulsivity (due to ADHD or as the result of another issue such as a learning disorder, anxiety or depression)

Student who have learning differences or learning disorders

**In the “Smart Emotions – Building Emotional Intelligence” seminar**, students will be introduced to ideas and skills on how to identify emotions in themselves and others, change from an undesired emotion to a more positive emotion or mood, understand their emotions, and manage their emotions.

**This seminar would be especially useful for:**

Students who are struggling with managing their emotions (sadness, anxiety, anger and irritability)

Students who have depression or Bipolar Disorder

Students who have anxiety (generalized anxiety, obsessive-compulsive disorder, social anxiety, or test anxiety)

Students who have Asperger's Disorder

Students who have ADHD (Attention Deficit-Hyperactivity Disorder)

Students struggling with body image issues or an eating disorder

Students who are having social difficulties

Students who are starting to use or who abuse substances

**In the “Being Smart About Relationships” seminar**, students will have an opportunity to consider the following questions – Who am I?, What do I stand for?, What do I want in my relationships?, How do I build and maintain relationships?, and How do I stand up for myself and problem-solve when relationship issues arise?

**This seminar would be especially useful for:**

Students who recently transitioned to a new school

Students who are struggling in their current friendships or who are trying to branch out to a new group of friends

Students struggling with identity development

Students who have difficulty with assertiveness

Students who are targets or instigators of bullying

Students with an emotional or learning disorder who also are struggling with social relationships

Students who are doing well in their relationships with classmates and friends but are struggling in their relationships with their parents, siblings, teachers, or coaches