

The Smart Series



Interactive, skill building seminars for middle school & high school students designed to help tweens and teens consider:

What motivates me & how do I focus and learn best?

How can I better deal with emotions?

How am I doing socially – friends, decisions, etc.?

The Smart Series seminars are designed to help students increase confidence and success with academics, emotions and relationships. Participants will learn new tools through instruction, exercises, discussion and role play. Smart Series skill packets will be provided to participants to aid in learning and retention. At the end of each seminar, participants will have the opportunity to set personal goals and identify action steps to reach them. Students can attend one, two, or all three seminars.

Seminar Topics:

Are You a Smart Learner?

Smart Emotions – Building Emotional Intelligence

Being Smart About Relationships

Location:

Meers, Inc. 3246 Henderson Rd. Columbus, OH 43220

Seminar Fees:

\$70 per seminar OR \$180 for seminar package (all three seminars)

Call our office at (614)451-0176 for upcoming seminar dates!



Facilitator: Dr. Kathryn Leugers is a psychologist, who specializes in helping children, teens and adults address academic and emotional struggles and develop positive identities and healthy relationships. She offers seminars on personal, academic, emotional, and social skill development at Meers, Inc., and other educational settings. Feel free to read more about the Smart Series or view Dr. Leugers' bio at www.meersinc.com

Meers Inc.
CONSULTING PSYCHOLOGISTS