

# PD for Parents: Engaging Families in High School and College Counseling

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# Agenda

Introductions and School Contexts

Why 'PD'?

Understanding Your Parent Community

Programming at Concordia

Programming at SAS PD

Resources Link



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**Concordia**

INTERNATIONAL SCHOOL SHANGHAI

上海协和国际外籍人员子女学校

- **G9-12 Comprehensive Model**
  - Academic, Socioemotional, and College/Career Counseling (ISCA)
  - 4-counselor team with G9-12 caseloads of 75-100
- **Our Families...**
  - Long-term, super-involved parents, heavily invested
  - Shift from more international to more local --> intensified demands
  - HS Counseling expansion into G8 this year
  - Life-long learning mindset, campus as a community hub for parents
  - Balancing expectations



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# SHANGHAI AMERICAN SCHOOL

- Two Campuses – Puxi and Pudong
- PreK-12 Co-Ed Day School
- 84 Seniors (Pudong)
- Split Model: 4 College, 2 Social/Emotional
- Counselors assigned from G9
- Foreign Passport School (64% North America, 20% Asia)
- 80-85% matriculate US
- IB + AP (10% full DP - Pudong)



# PD for Parents – why consider programming as ‘PD’

## What makes good PD?

### Relevant to the Learner

**Do we seek out what parents want to know?**

### Sustained over time, not one-off event

**One big college night vs Scaffolded, regular sessions over time?**

### Involves active learning and participation

**Strong feedback for book clubs and ‘AMA’ formats**

### Incorporates Feedback and is Iterative

**Inconsistent feedback collection, and hard to know what’s working. Parents, like us, want to know they’ve been heard**



# Understanding Your Parent Community

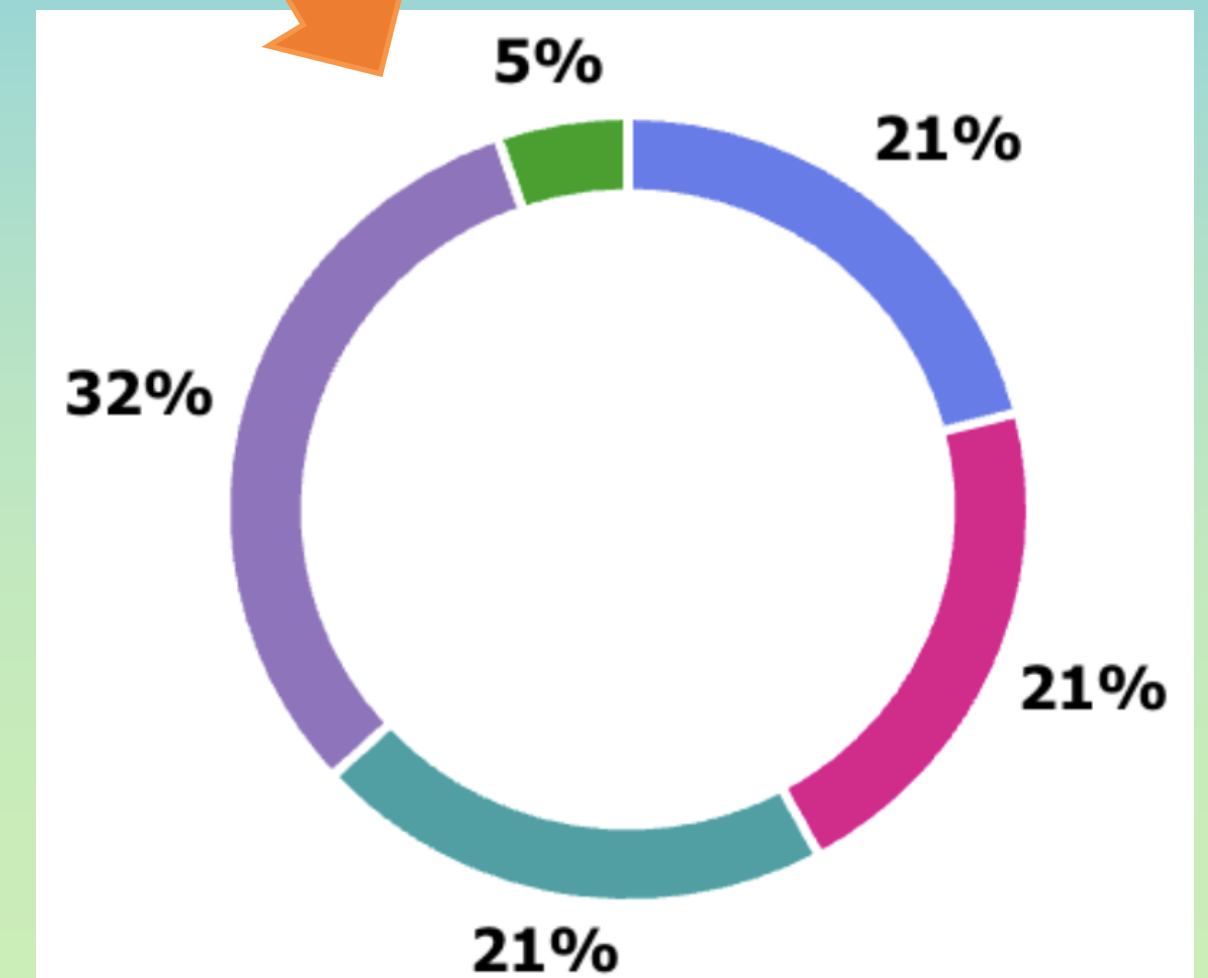
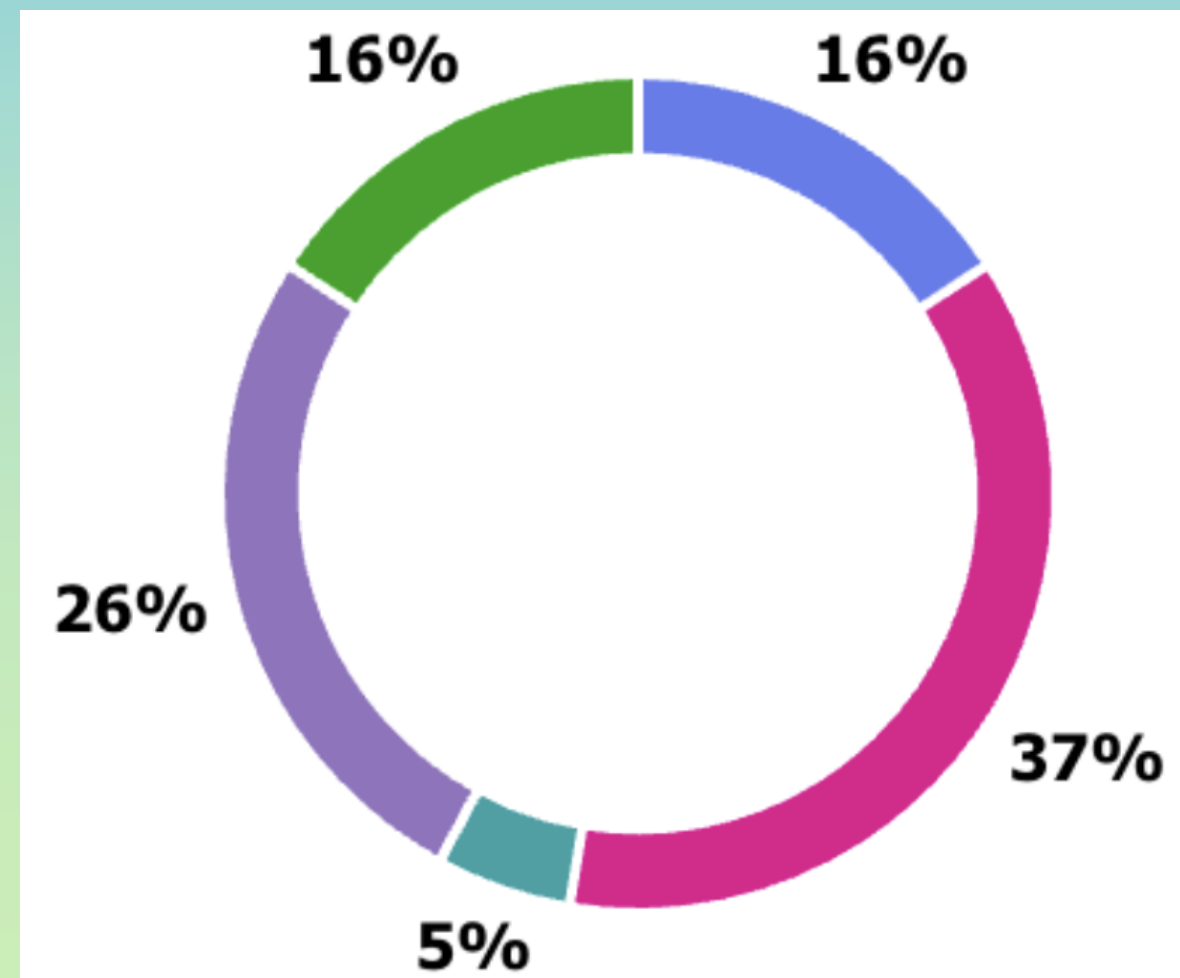
From our survey to InternationalACAC and local counselor groups...

53% of counselors said they are satisfied vs. 42% who felt their parents would say the same

26% always collect parent feedback after events/presentations



- Very satisfied
- Somewhat satisfied
- Neutral
- Somewhat dissatisfied
- Very dissatisfied



# Understanding Your Parent Community

## Top Parent Concerns

1. Getting into "top-ranked" universities (almost 50% of responses) - parent anxiety about their child doing enough, being competitive enough
2. Worried about lack of understanding for admissions systems in different countries.
3. Uncertainties about the viability of career pathways

## Top Counselor Concerns

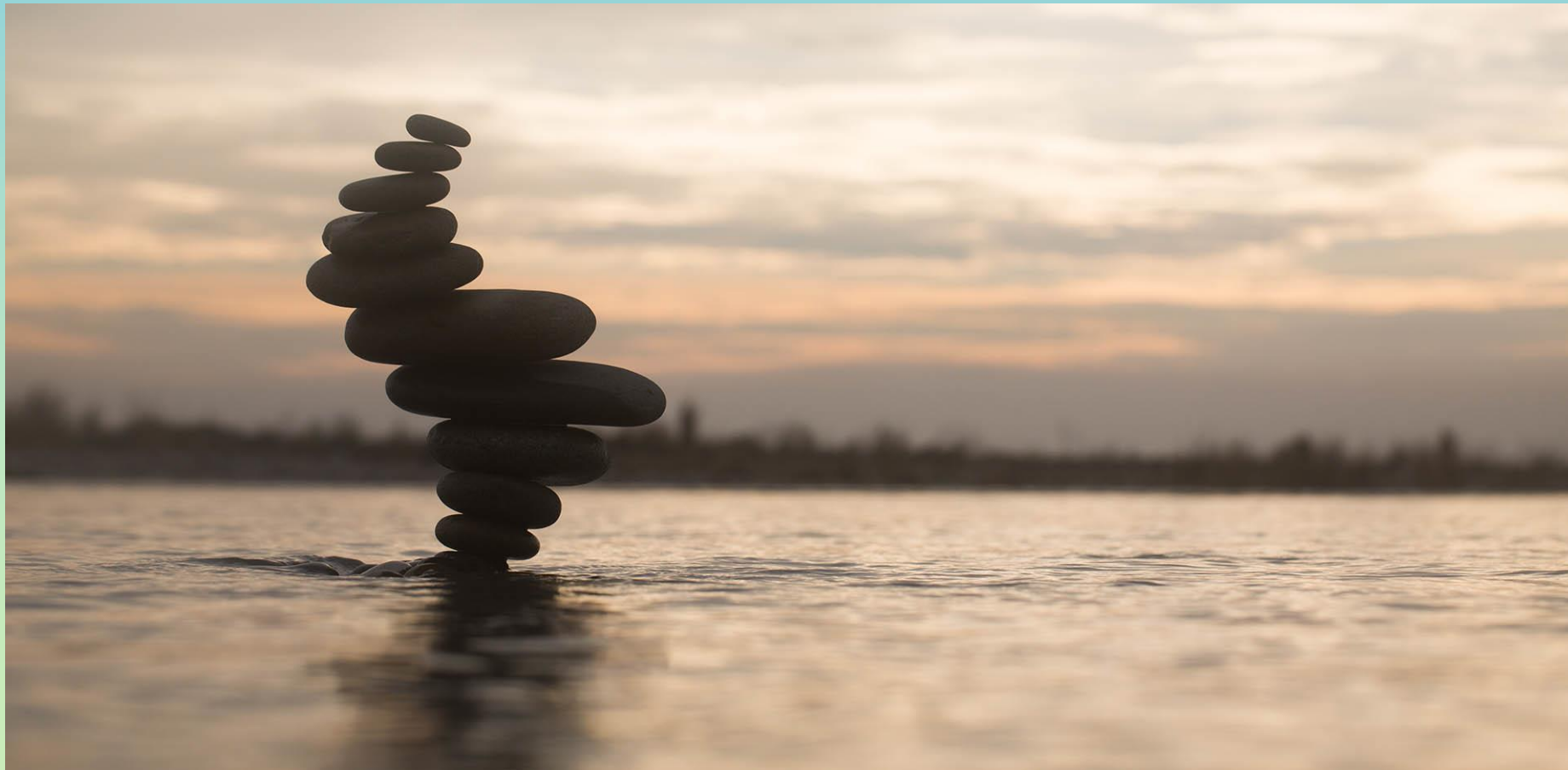
1. Attendance and Accessibility – working parents, language barriers
2. Misinformation and tensions with IECs – too many voices
3. Resource and Capacity Constraints – understaffing, lack of time, solo counselors



# Understanding Your Parent Community

An interesting theme: balance!

- Are we doing too much? Too little?
- How much should parents be involved?
- Is more programming really good for all of us?



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# What's Working Well

- **Combination of formal and informal events for parents**  
Application launch events, "Coffee Mornings", "AMA", I:I family meetings by grade level
- **Optimizing scheduling and access for parents**  
Hosting on school days (national holidays) and offering live stream or recording, as well as translations
- **Partnering with parent organizations**  
Collaborate directly with the PTA or parent groups to build strong support systems
- **Implementing feedback systems**  
Tracking attendance, post-session survey data to be responsive rather than reactive

**Language  
Barriers**

**Solo or  
Understaffed  
Teams**

**4 Corners Activity  
Strategy Share Circles**

**Tensions with  
IECs**




**What's Going Well  
and Why**



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- ‘You are not the only one’ = Community building
- Events with parents by language
- Events with parent groups by nationality: how that influenced your understanding of education/university?
- Ask the question: what should I keep in mind as your counselor?

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Pudong Parent  
Encouragement Entourage  
*Workshop Series*

Would you like to feel a little more relaxed or a bit more empowered in your parenting? Parenting works best in supportive communities where we share our missteps and celebrations without judgement. Get to know other adults in this challenging job of raising teens by joining our Pudong Parent Encouragement Entourage. Please use the QR code below to sign up.

PDHS

8:10 am


Tues. Oct 24

Tues. Oct 31

Tues. Nov 7

Wed. Nov 15

Tues. Nov 21




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# SHANGHAI AMERICAN SCHOOL

## PK-12 Pudong Parent Book Study

SPRING 2026

March 9, April 8, May 6

### How to Break Up With Your Phone

Is your phone the first thing you touch before bed, only to look up for time has gone? Do you say "but have no idea how to you worry about how much book study will be a great

You'll discover how phone and learn how the time we focus, think deeply, and find customized changes to you that will ultimately enable model healthy tech bound

Available as text in English



Please fill out & indicating Inter the morning in sessions or the evening online sessions.



# SHANGHAI AMERICAN SCHOOL

## 浦东K-12 家长读书会

2026年春季

3月9日, 4月8日, 5月6日

### 手机断舍离

作者 Catherine Price

早上醒来, 你是不是第一件事就去摸手机? 睡前最后放下的, 是不是也是手机?

你是否常常“只是看一眼”手机, 再抬头却发现已经过去45分钟, 完全想不通时间去哪儿了?

你是否总说想少玩手机, 可除了彻底不用, 又不知道该如何减少使用?

你是否担心孩子花在屏幕上的时间太多了?

如果你的答案是肯定的, 那这个读书交流会, 就是你最好的开始。

你会了解到: 手机和各类应用是如何被设计成让人上瘾的; 也会明白, 我们花在上方的时间, 是如何损害专注力、深度思考能力与记忆力的。

之后, 你可以根据自身情况, 个性化调整手机设置、应用、生活环境与心态, 最终重新掌控自己的生活, 同时为孩子树立健康的科技使用边界。

本书提供英文文本、中文文本以及英文音频版本。



请填写此表单, 注明你希望参加上午线下场次还是晚间线上场次。



请点击此处加入我们的微信群。有关阅读进度、讨论时间与地点的提醒, 都会在群内发布。



### 1 共读一本书。

本次读书研习会支持中英双语交流讨论。欢迎大家用英文或中文参与讨论。

### 3 今年春季, 我们将在三个周三相聚交流。

我们将在上海美国学校浦东校区开展三次周三上午的线下活动, 共读并讨论这本书, 同时练习如何与孩子沟通电子产品使用的话题。如果报名人数足够, 我们还会为无法到校的家长开设周三晚间的 Teams 线上会议。

3月9日: 书籍导读  
4月8日: 阅读第1-127页  
5月6日: 阅读第128-173页

# SHANGHAI AMERICAN SCHOOL

## 浦东K-12 家长读书会

三个部门的辅导员会领导此次讨论。

3月21日  
家长会  
期间!

4月25日 5月2日

# SHANGHAI AMERICAN SCHOOL

## PK-12 Pudong Parent Book Study

Counselors from all three divisions will be leading our discussions.

March 21  
during  
PTCs!

April 25 May 23

8-9am

Please plan to attend all 3 sessions.

ARE THEY TOO YOUNG  
TO TALK ABOUT THIS STUFF?

If we don't talk,  
where are they  
getting their  
INFORMATION?



### 为什么要参与?

作为父母, 我们知道孩子们对瞬息万变的互联网环境中, 要。

### 增强自己的能力:

为各个年龄段的演讲奠定基础以帮助您在恰当且自信的方式

### 公开的谈话:

了解如何成为一个平易近人的

### 给自己装备知识:

这项研究揭示了令人担忧的越知情的父母可以有效地指导他

### 社区:

养育孩子很难, 但你并不孤单

我该如何

### 1 Choose 1 Book To Read

### 2 Our Book Study Will Be Conducted in 2 languages.

Discussion will be in both English and Chinese.

### 3 Meet 3 Friday mornings this spring.

We will meet in the SAS Pudong Idea Hub 3 Friday mornings at 8am to discuss the books and practice ways to engage in conversations with our children around these topics.

### Why Participate?

As parents, we know our children have questions about bodies, relationships, and sexuality, but are we ready for that? In today's rapidly changing internet landscape, it's crucial to have open, informed conversations at every age and stage of development.

**Empower Yourself:** Lay a foundation for talks at every age and gain insights into the evolving landscape of teen sexuality. Understanding current trends can help you approach topics relevantly and confidently.

**Open Dialogue:** Discover how to be an approachable parent, ready to discuss sensitive topics with your child comfortably.

**Equip Yourself with Knowledge:** The research reveals alarming trends, with the popularity of practices that pose serious health risks. Informed parents can guide their kids effectively.

**Community:** Parenting is hard, but you are not alone!

How do I talk to my kid  
about sex?



Scan the QR code, for information about the books and to sign up.

UTE Asia,

## PD College Counseling Parent Bookclub

October 11, November 1 and November 28 (8:30-10:00)

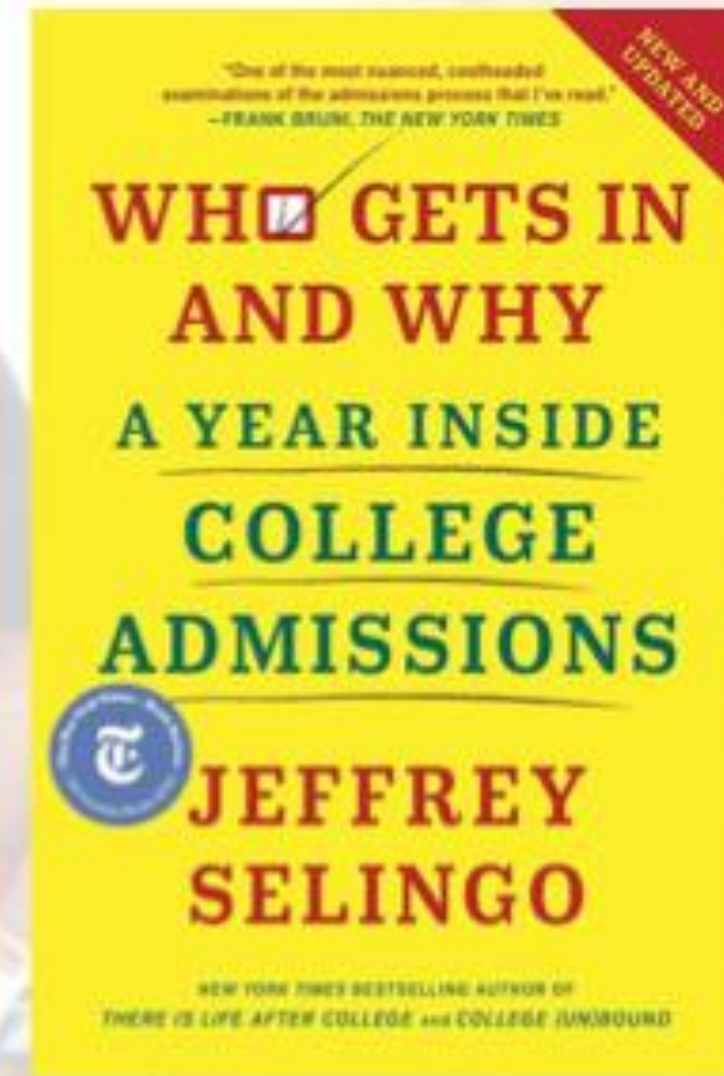
On Campus!

Especially for Grade 9-11 parents

“Who Gets In and Why” is a behind the scenes look at competitive college admissions in the United States.

(Book available on Taobao and online!)

A great opportunity for HS parents to learn about how colleges make admission decisions, reading alongside each other and with the support of one of our College Counselors. Sign up today!



# Shanghai American School – Parent Book Club

Three Sections (Seasons): **Recruitment, Reading and Decision**; good for 3 sessions

- **Helps parents understand institutional priorities**
- **Written for a general audience, good for group discussion.** Book is narrative-driven and accessible (and fairly widely translated)
- **Challenges ranking mindset** Makes a compelling case that "fit" matters more
- **Gives parents a shared vocabulary and framework.** Rather than each family navigating in isolation, a book club creates a common foundation of knowledge,



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# Shanghai American School – Parent Book Club

COLLEGE COUNSELING BOOK CLUB

Every ranking has its own bias



QS World Ranking: 27  
Times Higher Ed Ranking: 8  
US News Global Ranking: 4



QS World Ranking: 34  
Times Higher Ed Ranking: 18  
US News Global Ranking: 16



QS World Ranking: 80  
Times Higher Ed Ranking: 26  
US News Global Ranking: 6

SHANGHAI AMERICAN SCHOOL

17

## EVALUATION METHODS

From reading this chapter, we realize that different universities use different methods to assess applications. In fact, Selingo writes that “there are about as many routes to picking a class as there are streets in a big city.” (Page 101)

How then should a student go about preparing her application?

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BEN O'BRIEN  
SHANGHAI AMERICAN SCHOOL

## MOCK ADMISSIONS ACTIVITY

What were your take aways as Admission readers?

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65% of colleges rank 'Positive Character Attributes' of Considerable or Moderate Importance in Admissions Decisions

PERCENTAGE OF COLLEGES ATTRIBUTING DIFFERENT LEVELS OF IMPORTANCE TO FACTORS IN ADMISSION DECISIONS: FIRST-TIME FRESHMEN, FALL 2023

	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
High school grades in college prep courses	185	76.8	15.1	4.9	3.2
Total high school grades (all courses)	185	74.1	18.9	5.4	1.6
Strength of high school curriculum	185	63.8	22.7	10.3	3.2
Positive character attributes	184	28.3	37.5	18.5	15.8
Essay or writing sample	185	18.9	37.3	26.5	17.3
Student's interest in attending	185	15.7	27.6	25.4	31.4
Counselor recommendation	185	11.9	40.0	27.6	20.5
Teacher recommendation	185	10.8	40.5	28.1	20.5
Extracurricular activities	185	6.5	44.3	30.8	18.4
High school class rank	183	5.5	22.4	43.2	29.0
Admission test scores (ACT, SAT)	185	4.9	25.4	38.9	30.8
Portfolio	185	4.9	10.8	24.3	60.0
Interview	185	4.3	8.6	32.4	54.6
Work	185	2.2	30.8	40.0	27.0
State graduation exam scores	185	1.6	6.5	18.4	73.5
Subject test scores (AP, IB)	185	1.1	22.2	25.9	50.8

Source: NACAC, State of College Admission 2023

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TUTE Asia,


## PD College Counseling Parent Bookclub

Sept. 18, Oct. 9, Oct. 24 and Nov. 14 (8:30-10:00am)

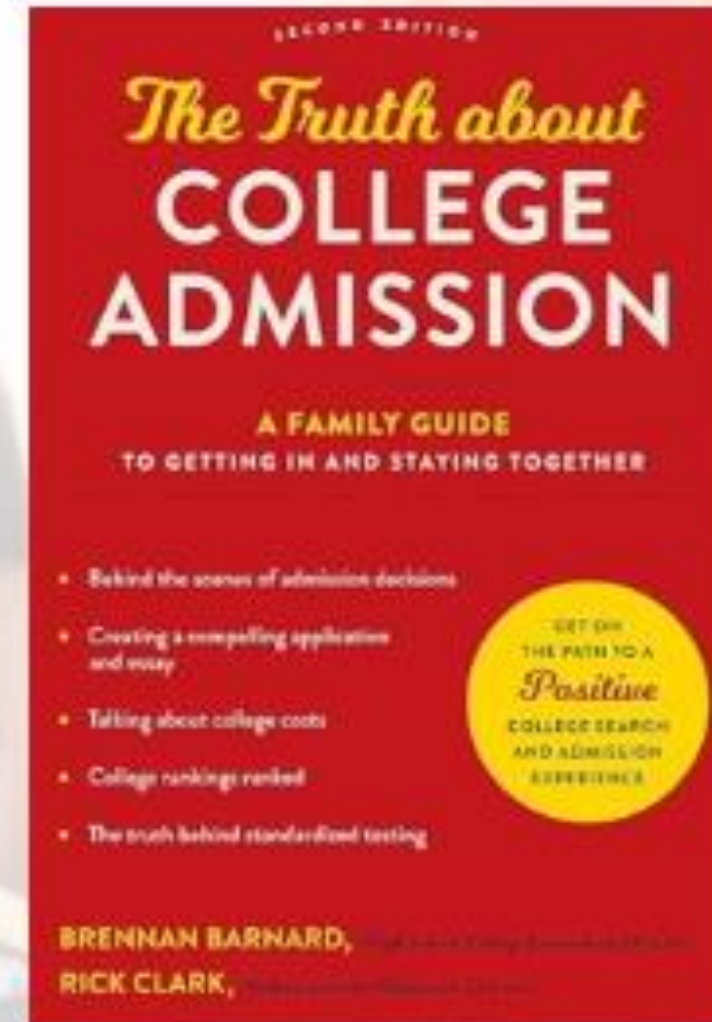
On Campus!

Especially for Grade 9-11 parents

**The Truth About College Admission – A Family Guide to Getting In and Staying Together** Brennan Barnard + Rick Clark  
(Book available on Taobao and online!)

A great opportunity for HS parents to learn more about college admissions, reading with each other and the support of our College Counselors. Sign up today! 

College Book Club "The Truth About College Admissions"  
Barnard and Clark



# Shanghai American School – Parent Book Club

**4 parts – 4 sessions**

**Full of reflection questions and actionable steps ,**

**Parents do exercises together**

**Organized by high school year**

**Encourage parents to let students own the process**

**Comes with a workbook!**



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# Shanghai American School – Parent Book Club

The Truth About College Admissions

“Start With Why – Why Leads to Where”

- Why do we want our kids to go to college?



The Truth About College Admissions

- What do you think will be the biggest challenges or obstacles to keeping an open mind as you go through the search/application process?
- What factors in school/community can contribute to a narrow approach to finding colleges?

“Stress in college admissions stems from what we cannot control” (p85)

What you CAN Control

What you CANNOT Control

The Truth About College Admissions

## Junior Year

Identifying Needs vs. Wants

“Enhancing aspects or absolute deal breakers...” (p 88)



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# Concordia Shanghai – Scope of Parent Programming

Comprehensive programming that includes the whole range from HS transition, to parenting teens topics, to college counseling, and transitions beyond our HS



**YOU'RE INVITED!**

*HS Parents Counseling Coffee*

THURSDAY, JANUARY 22  
8:30-10:00AM  
WITTENBERG H316/318

RSVP





## EVENTS SCHEDULE APRIL

- TUE 14 BOSTON UNIVERSITY**  
Behind the Curtain: Selective University Admissions, 7PM-8PM @PC Commons
- THUR 16 HULT BUSINESS SCHOOL**  
Business Negotiation Workshop, 9:45AM-11:15AM @H216
- THUR 16 BOSTON COLLEGE, BABSON COLLEGE, BRANDEIS UNIVERSITY**  
Financial Aid and Demonstrated Interest, 3:30PM-4:30PM @Glass Room
- 4/13 BINGHAMTON, FORDHAM, FRANKLIN & MARSHALL, U OF SAN DIEGO** (12:10-12:50)
- 4/16 KOREAN UNI PRESENTATION** (8:30-10:00)
- 4/16 LOYOLA MARYMOUNT & INDIANA U** (10:00-11:00)  
Presentation on "Student Life"

**MORE EVENTS**

SCAN TO SIGN UP!





CONCORDIA HS COUNSELING PRESENTS...

## SENIOR PARENT Evening

KICKING OFF THE APPLICATION SEASON



RSVP BELOW



Join us for an evening presentation on:

- an overview of the application process
- important timelines within the global landscape
- admissions trends and choosing the right fit
- understanding your role as parents

TUESDAY, 9/2 @ 6:00-8:00PM IN WITTENBERG HALL





## Middle School & High School Parenting Teenagers Course

by Nicky and Sila Lee

Based on Nicky and Sila Lee's Parenting Teenagers Course and led by our experienced MS and HS Counselors, this series offers practical tools to strengthen your relationship with your teen. From communication to discipline, discover how to navigate adolescence with love, patience, and confidence.

RSVP



Location: Glass Room (H228A) **Deadline: March 3**

	Date/Time	Topics
<b>Week 1</b>	March 6: 10-11:30 (English)	Keeping the End in Mind + Meeting Our Teenager's Needs
	March 7: 10-11:30 (Chinese)	
<b>Week 2</b>	March 13: 10-11:30 (English)	Setting Boundaries + Developing Emotional Health
	March 14: 10-11:30 (Chinese)	
<b>Week 3</b>	March 20: 10-11:30 (English)	Helping Them Make Good Choices + Final Reflections
	March 21: 10-11:30 (Chinese)	

Any inquiries? Please email [jing.zhao@concordiashanghai.org](mailto:jing.zhao@concordiashanghai.org)



# Concordia Shanghai – Sample Parent Programming Calendar

August	September	October	November	December
Grade 9 Parent Orientation	Senior Parent Evening	Grade 10 Parent Check-In	P-12 Fall Parenting Series (3-wk)	Counseling Coffee with Parents
High School Parent Connect	Counseling Coffee with Parents	High School Parent Connect	College Counseling 101 for Grade 8-10 Parents	High School Parent Connect
Senior Family Meetings		Parent-Teacher Conferences	Junior Jumpstart (Part 1) Evening	

January	February	March	April	May
Counseling Coffee with Parents	Junior Family Meetings	Grade 8 Parent Presentation	P-12 Spring Parenting Series (3-wk)	Senior Parent Transition Workshop
Alumni Panel Events	Course Information Evening	MaiaLearning Parent Training	College Counseling 102 for Grade 8-10 Parents	Grade 9 Family Meetings
		High School Parent Connect	Korean Universities Presentation to Parents	Grade 10 Family Meetings
		Parent-Teacher Conferences	High School Parent Connect	Counseling Coffee with Parents
			Junior Jumpstart (Part 2) Evening	

# Concordia Shanghai – Data-Informed Program Audit

Identifying Needs

Needs Assessments

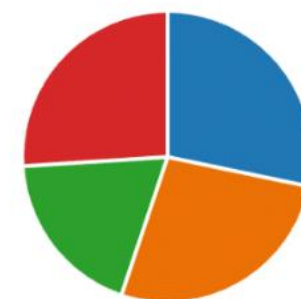
Based on:



## 1. Your grade level:

[More Details](#)

9	63
10	60
11	42
12	58



2023-2024 HS Parent Needs Assessment 高中部家长需求调查 高等学校 학부모 요구도 설문조사

172 Responses      08:06 Average time to complete      Active Status

## 2. Social/Emotional Domain. Choose up to three topics that you would most like to learn about:

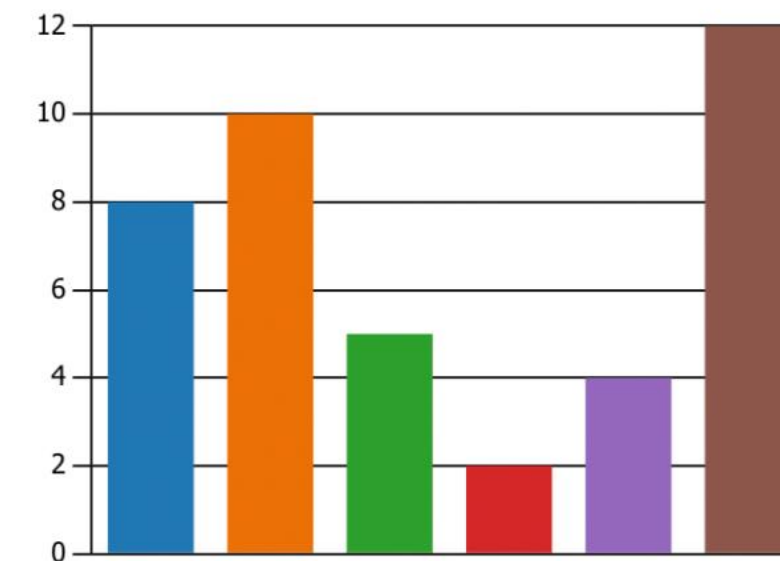
[More Details](#)

Social Awareness and Self-Awar...	54
Stress Management and Emotio...	119
Forming and Maintaining Healt...	78
Identifying and Expressing Feeli...	65
Digital Citizenship and Internet ...	26
Body Image and Healthy Eating	83
Strategies to Overcome Social P...	75
Personal Safety Skills in Differen...	71

## 4. Academic and Career Domains. Choose up to three topics that you feel students most need to learn about:

[More Details](#)

Self-Direction in Learning: Devel...	8
Practice Time Management and ...	10
Understand Personal Learning S...	5
Exploring Potential Careers	2
Academic/Career Planning and ...	4
Achieve Balance Between Schoo...	12



# Resources Link



**+ Q&A**



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