



**PARENT UNIVERSITY**

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Parent University

**A Special Thank You to our CUHSD Board Members and Administration  
for providing this educational resource for our CUHSD Community.**

LCAP & SPSA Goal # 4.2 - Parent Education and Engagement

## SOCIAL AND EMOTIONAL WELLNESS



In this course, Parents learn that they have a dual role to play in raising a self-aware, respectful child who knows how to manage his or her emotions, make responsible decisions, and resolve conflicts non-violently. Strategies include 1. creating a home environment of trust, respect, and support. 2. creating a climate that supports social and emotional learning – in and out of the classroom. This course includes guest speakers (identified experts in the field) who speak to parents about strategies for nurturing emotionally intelligent children. Additionally, parents learn best practices in managing synchronous and asynchronous strategies to boost student participation during online learning.



**Providing  
Educational Services To Parents  
throughout California**

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# Certification Honorees





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**Irma Aguilar**

**Ascención Arroyo Ochoa**

**Adrián Ballesteros**

**Tanya Bedoya**

**Cathrine Benton**

**Alejandra Camarero**

**Alma Gabriela Ceja**

**Christina Cervantes**

**Adela Coleman**

**James Coleman**

**Natalia Díaz**

**Denisse Adriana Coronado**

**Teresa de Jesús Félix León**

**Maria Dolores Ferro**

**Janneth Gallardo**

**Rosa Alicia Garcia**

**Marina Guerra**

**Gabriela Guerrero**

**Blanca Hernández**

**Melizabeth Huerta**

**Syed Hussain**

**Zubaida Hussain**

**Gabriela López**

**Olga López**

**Lupita Pérez**

**Sonia Samaniego Plancarte**

**Karla Paulina Sanchez Barajas**

**Liliana Siordia**

**Beatriz Vargas**

**Angelica Velazquez**

**Patricia Zavala**



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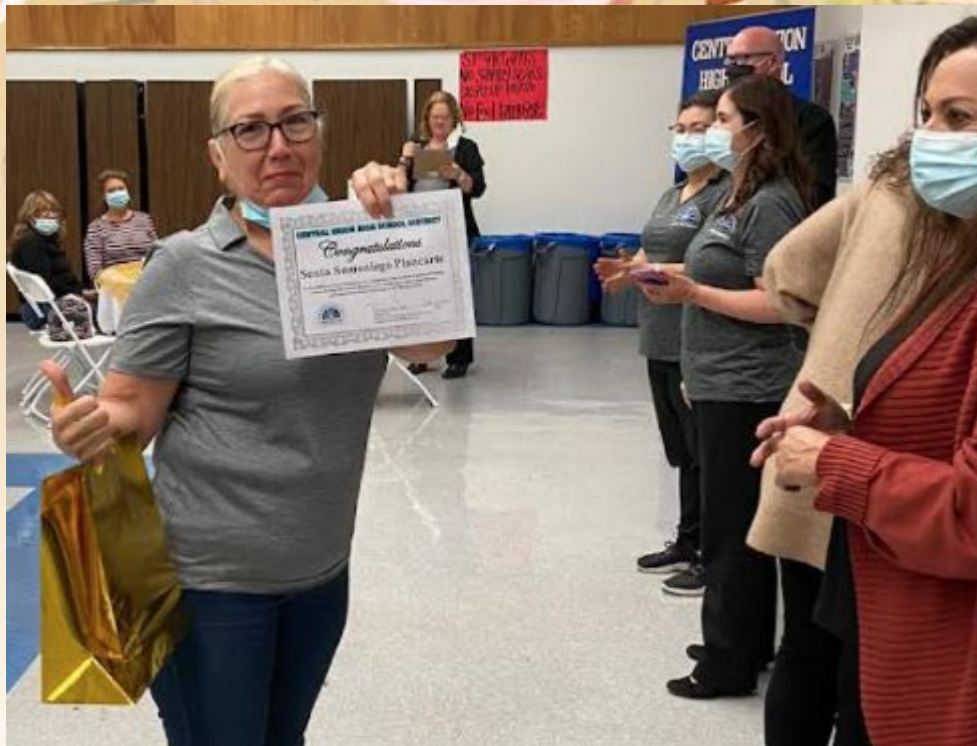
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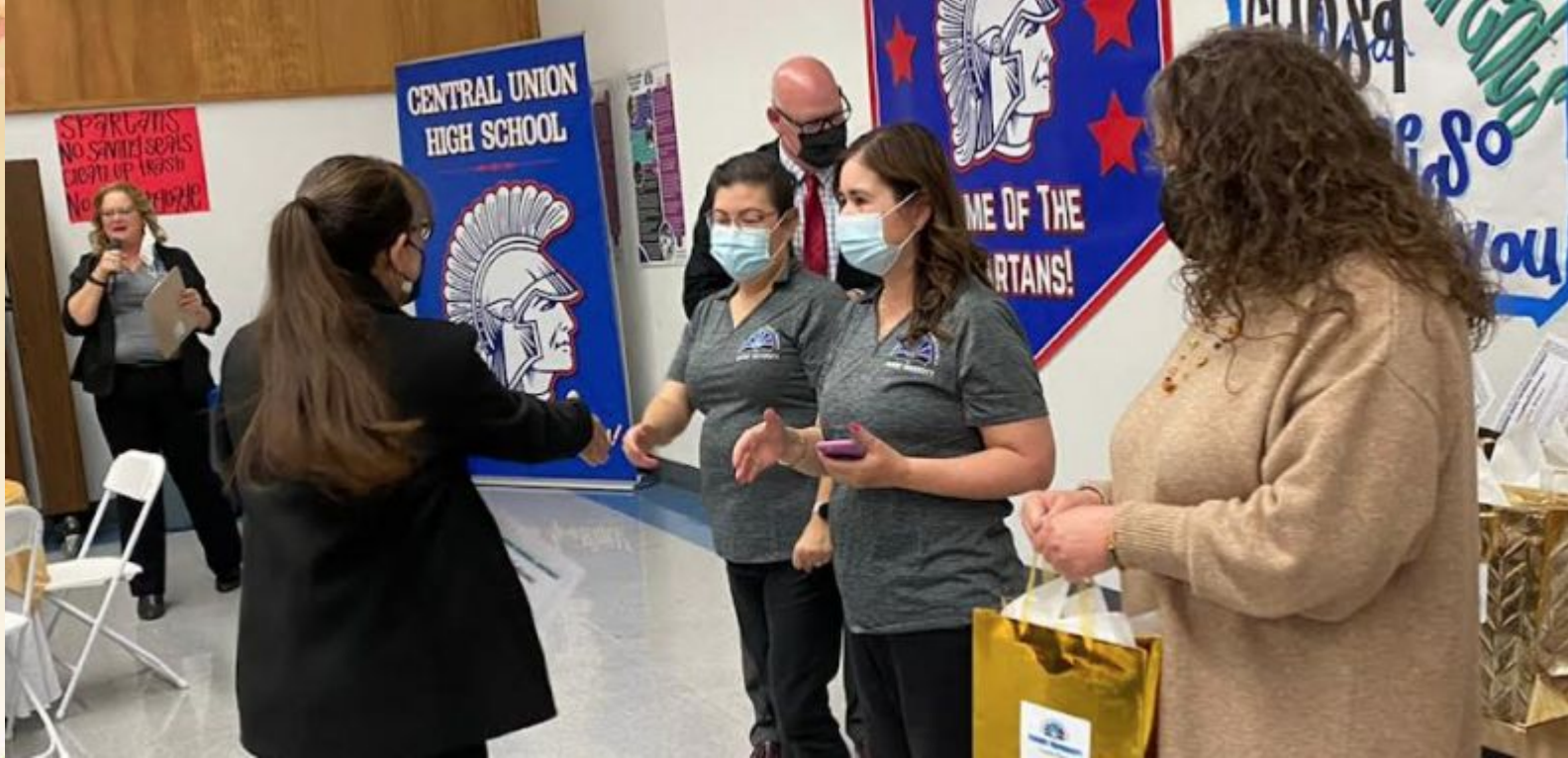
Central Union High School District  
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WE ARE SPARTA!





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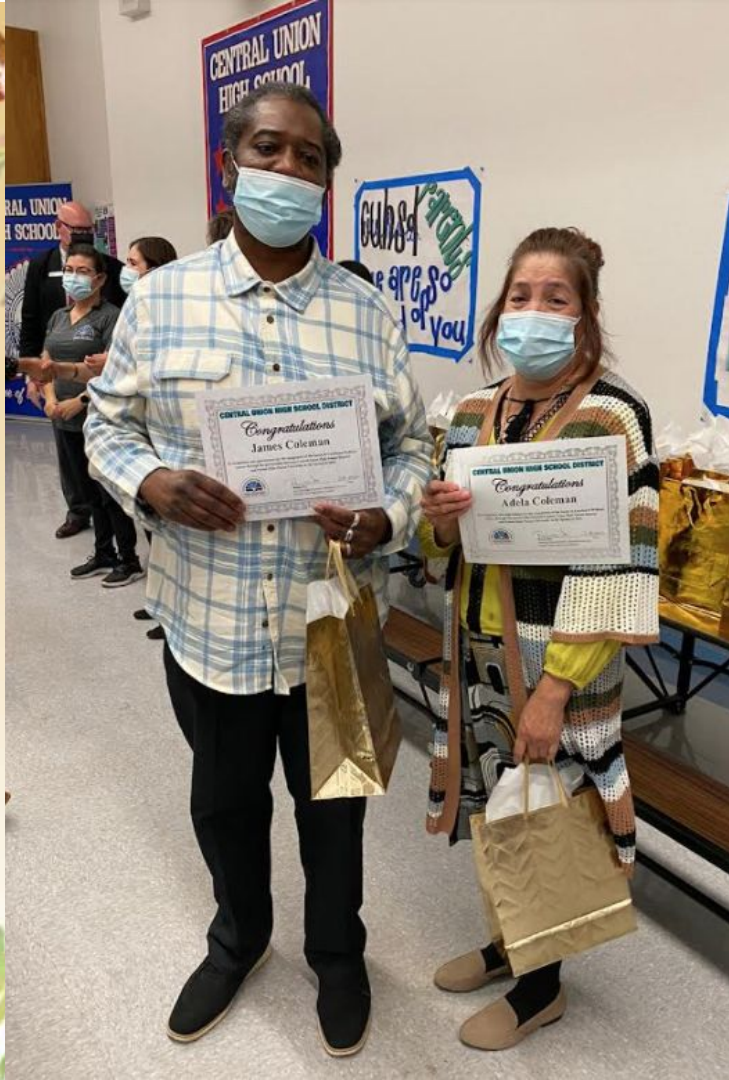
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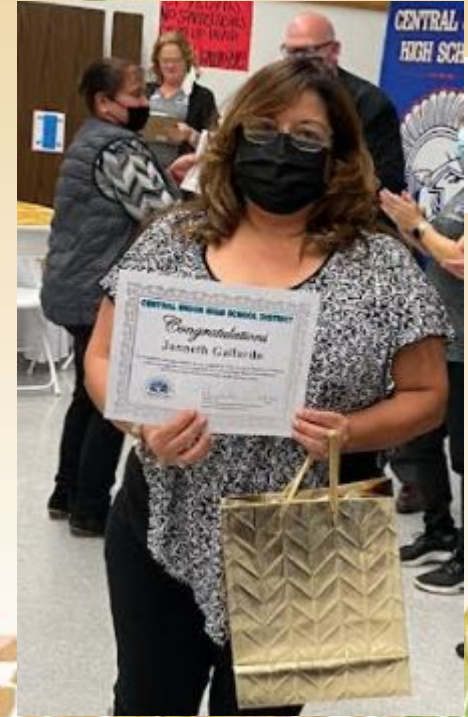
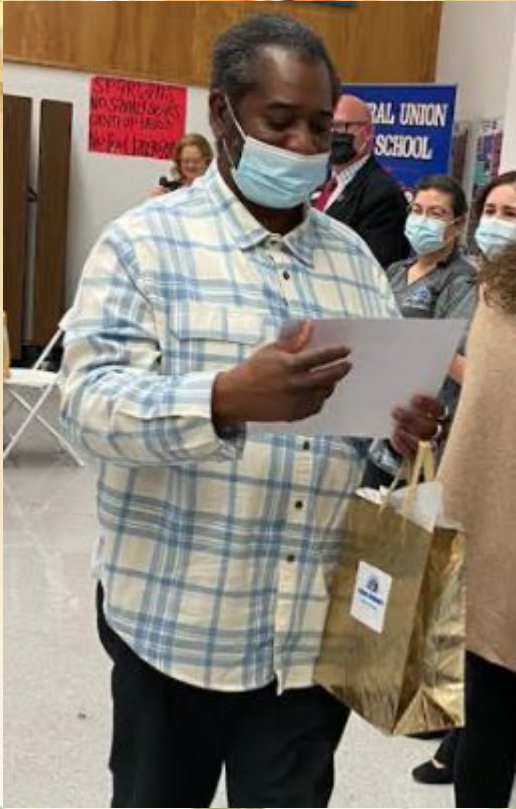
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