Employee Assistance Program

Your resource for help with daily challenges and difficult situations.

Educational and Student Resources

School-age children can face challenges at any time during the year. Whether it’s homework struggles, time-management, finding ways to encourage reading, preparing for a new school year, or getting ready for college – students of any age need support and encouragement to be successful in the classroom.

EAP has helpful career information for students of any age, including:

• Articles
• Webinars
• Informational guides
• Interactive quizzes

Topics and information include:

Promoting learning
• Secrets to raising a reader.
• Student test-taking strategies.

Early education
• Preschool readiness guide.
• Understanding kindergarten options.

Elementary and secondary school
• Effective homework and study habits.
• Preparing for a new school.
• Parental roles in elementary and secondary education.

College
• Preparing and applying for college.
• Tips for applying to college.
• Minimize college sticker shock.

1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 1-800-424-6117
www.eap.calhr.ca.gov
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