

EMPLOYEE ASSISTANCE PROGRAM

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 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.



CAL HR

CALIFORNIA DEPARTMENT OF HUMAN RESOURCES

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1-866-EAP-4SOC (1-866-327-4762)

TTY USERS SHOULD CALL: 1-800-424-6117

www.eap.calhr.ca.gov

Getting Help

Call the toll-free number or go online at www.eap.calhr.ca.gov.



Log on to www.eap.calhr.ca.gov today!

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