

# 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.

