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Library supports students preparing for post-secondary school

Stratford, ON, July 5, 2019 – Stratford Public Library is offering a new initiative to prepare teens and parents for the challenges of higher education. Post-Sec 101 is a 3-part program running on Tuesday July 9th, 16th, and 23rd, from 7:00-8:00pm at the Library.

Children & Teen Collections and Outreach Librarian, Sally Hengeveld, adds that “The first year at University or College can be filled with changes and difficulties for students. To help ease the stress of post-secondary school, the Library has collaborated with local partners to offer a 3-part program this summer.”

The Post-Sec 101 program kicks off on July 9th with a session on “Dealing with Stress” led by Morgan Kneider Patterson, founder of illuminatED coaching. Morgan will offer techniques for dealing with stress, anxiety, and achieving emotional wellness.

Next up, “Food on a Budget” is designed to inspire teens how to cook inexpensive and quick meals at school. Join Marlene Creech on July 16th for this workshop and to try out some delicious samples.

Lastly, the financial difficulties of attending post-secondary school is a top concern for many students and parents. Find out how to balance the books while hitting the books hard at the “Budgeting Tips and Tricks” discussion on July 23rd with Kalysha Feltz, Financial Literacy Counsellor with Family Services Perth-Huron.

From learning how to cope with the stress of finals to figuring out how to balance the books, teens and parents will take away tips and techniques for the year ahead. To register for any – or all – of the sessions, please contact Sally at shengeveld@stratford.ca / x 131

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For more information about Post-Secondary 101 sessions, contact Sally at shengeveld@stratford.ca / x 131.



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