



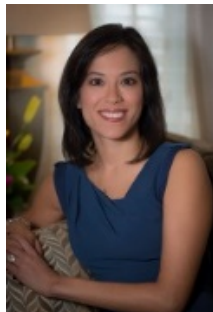
## Be prepared to help your 1<sup>st</sup> year college student successfully transition to university life!

*“T2U helped me gain the confidence to meet new people and try new experiences on campus.”  
~ Ryon B., Class of 2019, Queens University of Charlotte*

The Transition to University program (T2U) helps increase self-confidence and teaches valuable skills that will prepare and assist recently graduated high school seniors with their transition to the university setting. Since its inception in 2006 at Queens University of Charlotte, the T2U program has been shown to be highly successful in helping first-year college students make the transition from high school to college. Students who participated in the T2U program had significantly higher retention and higher social and academic adjustment compared to their classmates who did not participate in the program. This important developmental transition and empirical findings are highlighted in the ***Transition to Success*** book series by Melinda S. Harper, Ph.D. and Christine L. Allegretti, Ph.D. (Momentum Press).

This program is now available to parents to provide them with information and strategies to support and guide their young adult in the transition from high school to university life. This two-hour seminar will address important topics including:

- What parents can expect during this transition
- Essential factors needed for a successful transition
- How to distinguish between “red flags” of difficulty vs normal adjustment
- Homesickness and what parents can advise
- Know when to “step back” and when to “step in”
- How to be an effective “coach” from a distance



Melinda Harper, Ph.D.  
Professor of Psychology - Queens University of Charlotte  
Licensed Psychologist - Charlotte Psychotherapy & Consultation Group

### Registration Information

- ★ **Dates:** May 27, June 16, July 21, August 4
- ★ **Time:** 6:00-8:00pm ET
- ★ **Virtual Location:** RingCentral (Powered by ZOOM); link provided upon payment
- ★ **Fee:** \$50.00

### Payment Instructions

- Check made payable to Melinda S. Harper, Ph.D. (sent to mailing address below; include in Memo: selected date of seminar and email address for receipt/link)
- Via Zelle to [seminars@charlottepsychotherapy.com](mailto:seminars@charlottepsychotherapy.com) (include in Memo: selected date of seminar and email address for receipt/link)

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## REGISTRATION FORM

Please complete and email this form back to [seminars@charlottepsychotherapy.com](mailto:seminars@charlottepsychotherapy.com).

Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Seminar Date: \_\_\_\_\_

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### Payment Instructions

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### Consent to Participate

I, \_\_\_\_\_, consent to participate in the Transition to University (T2U) College Prep Seminar for Parents. I understand that this seminar will be conducted by Dr. Melinda Harper. I understand that my participation and discussion will be kept confidential. I understand that the content may be delivered through a virtual platform. If delivered virtually, I understand that I am ultimately responsible for troubleshooting any issues with loading the virtual platform (e.g., Zoom) onto my computer, tablet, or mobile device. I understand I will not receive a refund as a result of a failure to connect or additional forces outside of the seminar and Dr. Harper's control (my internet connection, my internet speed, my technology and computer equipment, etc.). I understand that the information presented in this seminar is solely the intellectual property of Dr. Melinda Harper. I understand that I can contact Dr. Harper for information and to answer any questions I may have about the T2U seminar. I understand that I may revoke this consent to participate in the T2U Seminar at any time by notifying Dr. Harper of my decision.

Electronic Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name \_\_\_\_\_