

# TOOLS FOR SUCCESS

Parenting and Academic Strategies

November 4, 2017



# TOOLS FOR SUCCESS

## MAIN BUILDING: PRESCHOOL-GRADE 6 SCHEDULE

8:30 AM – 9:00 AM	Coffee and Pastries	Main Commons
9:00 AM – 9:05 AM	Welcome: Rachael Urban, Assistant Director of Admissions	
9:05 AM – 9:45 AM	Keynote: The Way Kids Learn Karen Blankenbeckler, V.P. for Academic Affairs	
You are welcome to attend any session in either building.		
<b>BREAKOUT SESSION #1</b> 10:00 AM – 10:30 AM	How to Talk So Kids Will Listen and Listen So Kids Will Talk (PS-6) Kellie Anderson, Faculty	Innovation Lab Main – Room 32
	Love and Logic (PS-6) Kristen Gephart, Division Head	Main Commons
	Tools for Developing Great Readers (PS-1) Jenny Shimada, Faculty	Main – Room 119
	The Five Love Languages of Children (PS-6) Jenn McDonough, Division Head	Main – Room 213
<b>BREAKOUT SESSION #2</b> 10:40 AM – 11:10 AM	Building Strong Mathematical Foundations in an Engaging Way (PS-4) Lena Whitlock, Faculty	Main – Room 101
	Early Learning at Home (PS) Lauren Russell, Faculty	Main – Room 126
	What I Didn't Expect While I was Expecting: Parenting Strategies (1-6) Janet Jacobson, Faculty	Main – Room 217
	Identifying the Why in Your Child's Daily Life: Intentionally Building Godly Character (PS-4) Michelle Dale, Former Faculty	Main – Room 117
<b>BREAKOUT SESSION #3</b> 11:20 AM – 11:50 AM	Advice on Parenting and the School Years (PS-6) (Round table questions and discussion) Kristen Gephart, Division Head	Main – Room 103
	Culture of Competition (PS-6) Kellie Anderson, Faculty	Innovation Lab Main – Room 32
	What to Do About Screen Time? The Good, the Bad, and the Ugly (PS-6) Karen Blankenbeckler, V.P. for Academic Affairs	Main Commons
	Understanding Personality and Temperament (PS-6) Denise Peeler, Faculty	Main – Room 108
<b>OPEN HOUSE</b> 12:00 PM – 12:45 PM	Admissions Overview and Q & A (Complimentary lunch) Rachael Urban, Assistant Director of Admissions	C. E. "Ted" Kindel Library Main – Room 22

**Los Chilangos food truck located outside the Upper School is available to all for lunch purchases.**

# TOOLS FOR SUCCESS

## UPPER SCHOOL BUILDING: GRADES 5-12 SCHEDULE

8:30 AM – 9:00 AM	Coffee and Pastries	Marilyn R. Nagel Commons
9:00 AM – 9:05 AM	<b>Welcome:</b> Christie Hazeltine, Director of Admissions	
9:05 AM – 9:45 AM	<b>Keynote: Aristotle and the Apple Watch</b> Patrick Carruth, President and Headmaster	
Suggested student track highlighted in green; students are welcome to attend any session.		
<b>BREAKOUT SESSION #1</b> 10:00 AM – 10:30 AM	<b>Parent Boot Camp for College Success</b> Emily Schuldt, Associate Director of Academic Advising Frances Carhart, Director of College Advising	Andrea Lairson Library US – Room 227
	<b>The Middle School Brain and How It Works Differently Than Yours</b> Christy Brady Smith, Developmental Psychologist	Alleva Band Room US – Room 136
	<b>A Tool Kit for Developing Great Writers</b> Kenny Norris, English Department Chair	US – Room 206
	<b>Training Our Loves: Liturgies of the Home and Classroom</b> Nathan Pettit, Faculty	US – Room 210
	<b>Just for Students LeaderShop: Re-Tooling Your Life for Influence and Impact</b> Jeff Gephart, Dean of Students Katie Gomulkiewicz, Assistant Director of Admissions	Block Leadership Suite US – Room 229
<b>BREAKOUT SESSION #2</b> 10:40 AM – 11:10 AM	<b>Sticky Faith: Fueling Desire for God and Making It Last for Teenagers</b> Jeff Gephart, Dean of Students; Kyle Dresback, Faculty	US – Room 207
	<b>How to Read, Think, and Learn in a Digital World</b> Rob Sorensen, Faculty	US – Room 202
	<b>Tapping into Your Child's Strengths and Temperament</b> Karen Blankenbeckler, V.P. for Academic Affairs	Marilyn R. Nagel Commons
	<b>Just for Students Ask a College Advisor Q &amp; A</b> Frances Carhart, Director of College Advising Katie Gomulkiewicz, Assistant Director of Admissions	Andrea Lairson Library US – Room 227
<b>BREAKOUT SESSION #3</b> 11:20 AM – 11:50 AM	<b>The Five Love Languages of Preteens and Teens</b> Jenn McDonough, Division Head	US – Room 205
	<b>The Art of Slowing and the Power of Observation</b> Trinity Osborn, Visual Arts Department Chair	Art Studio US – Room 214
	<b>Study Like a Brain Scientist: Tips and Tricks to Make Learning Stick!</b> Linda Graham, Faculty	US – Lab 110
	<b>Character and Competition: Defining Success for Today's Student-Athlete</b> Chad Pohlman, Athletics Director	Innovation Lab US – Room 109
	<b>Getting Noticed: College Applications for Highly-Selective Schools</b> Frances Carhart, Director of College Advising	Andrea Lairson Library US – Room 227
<b>OPEN HOUSE</b> 12:00 PM – 12:45 PM	<b>Admissions Overview Q &amp; A plus Student Panel</b> (Complimentary lunch) Christie Hazeltine, Director of Admissions	Marilyn R. Nagel Commons

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# SESSIONS PRESCHOOL-GRADE 6

## **Keynote: The Way Kids Learn**

Karen Blankenbeckler, V.P. for Academic Affairs

All students can learn, but not all learn the same way. Discovering your child's learning style can help you avoid frustrations and make learning enjoyable. Attend this session to become equipped with practical tools for helping your child grow academically as you learn how developmental milestones and current brain research applies to his/her education.

### **Speaker Bio**

Karen is one of the founding members of Bear Creek's teaching faculty and as the V.P. for Academic Affairs oversees the academic program from preschool through grade 12. She has served more the 25 years in steadfast leadership and has made major contributions to the development and success of the curricular and co-curricular programs at Bear Creek. B.S. Elementary Education, Concentration in Early Childhood Development, Oregon State University  
M.A. Curriculum and Instruction, Lesley University

## **How to Talk So Kids Will Listen and Listen So Kids Will Talk -** Preschool-Grade 6

Kellie Anderson, Preschool Faculty

"I've tried lectures, reasoning, cajoling, and my child still doesn't listen to me. There must be a better way!" Based on Elaine Mazlish's and Adele Faber's book of the same name, this session will offer practical, effective techniques for helping children deal with their feelings, while engaging cooperation and encouraging autonomy.

### **Speaker Bio**

Kellie has taught preschool for twelve years, including the past eight years at Bear Creek. She helped develop the P4 and P5 curriculum and is currently developing a parent education program. She enjoys digital scrapbooking, photography, and crocheting. She is the mother of six children, and when she is not teaching, Kellie is attending her kids' sporting events, doing laundry, or indulging her four granddaughters. B.S. Early Childhood and Special Education, Northern Arizona University

## **Love and Logic -** Preschool-Grade 6

Kristen Gephart, Lower School Division Head

The Love and Logic technique offers parents proactive, respectful, and loving ways to raise responsible and caring children. In this session, you will learn how to avoid power struggles and empower children to take responsibility for their actions. Discover techniques to help you set firm limits without anger, lectures, or threats.

### **Speaker Bio**

Kristen loves to read, walk, and enjoy the outdoors. She and her husband Jeff have two boys. She is passionate about the mission of The Bear Creek School and loves the intersection of faith and learning that is pursued here. She is an observer of people and loves to help others discover how they are created and the gifts and strengths they have. Kristen believes the impact of a community of adults invested in students' lives at a young age can impact them forever!

B.A. Speech Communication with emphasis in Instructional Communication, University of Washington  
M.I.T. Seattle University

## **Tools for Developing Great Readers -** Preschool-Grade 1 Jenny Shimada, Lower School Faculty

Each child's journey through the magical world of literacy is unique and individual. A love of literature can begin long before a child can even recite the ABCs. We all desire for our children to become strong readers, building vocabulary, comprehension, and a greater understanding of the world around us. In this session, you will learn practical and fun ways to cultivate pre-reading skills and walk away with tools to help you develop a solid reading foundation.

### **Speaker Bio**

Jenny teaches first grade at The Bear Creek School where she has been a member of the faculty for ten years. Jenny enjoys being both a parent and teacher in the school community. She loves children and delights in the ways God is working in students' hearts and minds each day. B.A. Sociology, Seattle Pacific University  
Teaching Certification, Elementary Education, Seattle Pacific University

## **The Five Love Languages of Children -** Preschool-Grade 6 Jenn McDonough, Early Middle School and Middle School Division Head

We all love our children! Learn to recognize and speak your child's primary love language as well as four other common love languages. Discover new strategies to assist your child in successful learning and discipline that can help your child know you love him or her. Love is the foundation to a secure child who grows into a giving, loving adult.

### **Speaker Bio**

Jenn's experience in education includes teaching grades 1-8 in addition to working as a school administrator. Jenn is passionate about the mission of The Bear Creek School. Combining classical education from a Christian worldview in a nurturing environment with incredible faculty is how education ought to be done, and it is done well at Bear Creek! Jenn, her husband,

# SESSIONS PRESCHOOL-GRADE 6

four kids, one tarantula, one corn snake, one cat, and one leopard gecko reside in Redmond.

B.A. Education, Northwest University

## **Building Strong Mathematical Foundations in an Engaging Way** - Preschool-Grade 4

Lena Whitlock, Lower School Faculty

Students are natural mathematicians. This seminar will teach strategies you can use with preschoolers through fourth graders to maximize their natural curiosity about numbers. You will also learn activities to engage with your child in order to build a strong number concept and equip him or her with the skills to be a successful mathematician.

### *Speaker Bio*

Lena has a passion for learning and children. She loves helping students discover their God-given potential by inspiring, challenging, and equipping them in the classroom setting. Lena has been teaching at Bear Creek since 1994 and is thankful for each day she can serve the children and carry out the school's God-given mission.

B.A. Liberal Studies, Biola University

M.A. Curriculum and Instruction, Lesley University

## **Early Learning at Home** - Preschool

Lauren Russell, Preschool Faculty

As a parent, you have the privilege of being your child's first teacher. You can spark his or her love of learning before he or she enters school and keep the flame burning strong as your child journeys into the classroom. In this session, we will explore hands-on ways to teach early reading, writing, math, fine motor, and language skills through play, using everyday items around your home.

### *Speaker Bio*

Lauren has taught at The Bear Creek school since 2003. She has taught both P3 and P4 in our Preschool program. She has also taught grades 2 and 4 in our Lower School and worked in the school library. She loves teaching at The Bear Creek School because she can openly share her faith in Jesus with her students. Lauren has two boys, Kamden (6) and Brody (3), and a baby on the way. In her free time, Lauren enjoys being with her family, doing almost anything outdoors, working out, baking, and watching the Seahawks.

B.A. Elementary Education with an English Endorsement, Northwest College

## **What I Didn't Expect While I was Expecting: Parenting Strategies** - Grade 1-6

Janet Jacobson, Early Middle School Faculty

We all want our children to be happy, capable, and confident. Giving them tools to solve problems will help them cope with disappointment and meet difficulties with strength and resilience. In this session, you will re-fill your parent tool bag, receiving step by step advice, real life examples, and ideas for practical implementation.

### *Speaker Bio*

Janet enjoys hiking, biking, camping, and outdoor activities.

She enjoys working with children and teaching from a Christian worldview. She raised four children and has been a teacher at Bear Creek since 1999.

B.S. Business/Marketing California State University Long Beach  
M.Ed. in Curriculum, Instruction, and Assessment  
Walden University

## **Identifying the Why in Your Child's Daily Life: Intentionally Building Godly Character** - Preschool-Grade 4

Michelle Dale, Former Faculty

Building character is a critical component to successful parenting. Helping your child with his or her homework is one thing, the greater bonus is the character you can be developing. Learn how to identify the underlying character qualities in everyday tasks so one can intentionally develop Godly character.

### *Speaker Bio*

Michelle taught second grade for six years at Bear Creek. She also taught in Papua New Guinea and Germany. Her husband teaches fifth grade at Bear Creek and their two girls also attend. Michelle is passionate about kids around the world growing in their understanding of God. She currently works with curriculum development for Children's Ministry Resources International.

B.A. Education, Biola University

M.A. Curriculum and Instruction, Biola University

## **Advice on Parenting and the School Years** - Preschool-Grade 6

Kristen Gephart, Lower School Division Head

A guided conversation about parenting and education.

### *Speaker Bio*

Kristen loves to read, walk, and enjoy the outdoors. She and her husband Jeff have two boys. She is passionate about the mission of The Bear Creek School and loves the intersection of faith and learning that is pursued here. She is an observer of people and loves to help others discover how they are created and the gifts and strengths they have. Kristen believes the impact of a community of adults invested in students' lives at a young age can impact them forever!

B.A. Speech Communication with emphasis in Instructional Communication, University of Washington  
M.I.T. Seattle University

# SESSIONS PRESCHOOL-GRADE 6

## **Culture of Competition** - Preschool-Grade 6

Kellie Anderson, Preschool Faculty

We often want to be the best: the best parents, the best students, the best athletes. While healthy competition can help children learn to persevere and develop a strong work ethic, it can also create a great deal of pressure to be perfect, especially if that pressure is focused on achievement. What can we do to help our children succeed in the classroom, on the field, and in a career, without succumbing to the destructive pressures to perform? What steps can we take as parents to approach this pressure in a healthy way?

### **Speaker Bio**

Kellie has taught preschool for twelve years, including the past eight years at Bear Creek. She helped develop the P4 and P5 curriculum and is currently developing a parent education program. She enjoys digital scrapbooking, photography, and crocheting. She is the mother of six children, and when she is not teaching, Kellie is attending her kids' sporting events, doing laundry, or indulging her four granddaughters.

B.S. Early Childhood and Special Education, Northern Arizona University

## **What to do about Screen Time? The Good, the Bad, and the Ugly** - Preschool-Grade 6

Karen Blankenbeckler, V.P. for Academic Affairs

Technology has changed the way we socialize, communicate, access information, and entertain. As kids interact with technology at a younger and younger age, adults need strategies to help kids stay happy and healthy. In this session, you will gain ideas on how to use technology with kids in a positive way. Topics will include: gaming, managing screen time, and educational tools.

### **Speaker Bio**

Karen is one of the founding members of Bear Creek's teaching faculty and as the V.P. for Academic Affairs oversees the academic program from preschool through grade 12. She has served more the 25 years in steadfast leadership and has made major contributions to the development and success of the curricular and co-curricular programs at Bear Creek.

B.S. Elementary Education, Concentration in Early Childhood Development, Oregon State University

M.A. Curriculum and Instruction, Lesley University

## **Understanding Personality and Temperament** - Preschool-Grade 6

Denise Peeler, Lower School and Early Middle School Faculty

Each child is an unrepeatable masterpiece who is wired with unique talents, gifts, and abilities. Come to this session to

hear how different personalities affect students' learning, relationships with classmates, and interactions at home. Parents and teachers will be equipped to support and encourage each child's temperament as they discover how God uses different personalities for His purpose.

### **Speaker Bio**

Denise delights in sharing the beauty of language as the Latin and Spanish teacher for grades 1-6 at The Bear Creek School. Prior to teaching language, she taught grades 2, 4, and 6 for almost twenty years. Denise also has a 14-year career as a professional presenter, speaking at retreats and seminars around Washington state. Denise, her husband, two children, and three crazy cats have a cozy house in the woods of Bothell.

B.A. Interdisciplinary Child Development, Western Washington University

M.A. Literacy Curriculum and Instruction, Lesley University

## **Admissions Open House and Q&A**

Rachael Urban, Assistant Director of Admissions

Come learn more about the value of a Bear Creek education. You will also learn about the application process. Complimentary lunch provided!

### **Speaker Bio**

Rachael's full time job is being a wife and mom but she also currently serves as the Assistant Director of Admissions for The Bear Creek School as well as an elementary children's ministry director for her church. She has several years of teaching experience at a variety of grade levels (preschool-grade 6). Rachael loves her family, learning, reading, and has a huge heart for children.

B.A. Elementary Education, Pacific Lutheran University

M.A. Education and Science, Nova Southeastern University

# SESSIONS GRADES 5-12

## **Keynote: Aristotle and the Apple Watch**

Patrick Carruth, President and Headmaster

### **Speaker Bio**

Originally from Georgia by way of Memphis, Patrick came to The Bear Creek School in 2007 after a long career in the classroom and as Dean of Faculty at Evangelical Christian School in Cordova, Tennessee. In 2007, Patrick became Bear Creek's second head of school. As President and Headmaster, he quickly set out to improve internal systems and structures and identify and implement strategic initiatives, all while building relationships in support of the mission and position the school for long-term success. Under Patrick's leadership, Bear Creek has seen steady growth with robust improvement in enrollment and dramatic improvement in accessibility made possible through tuition assistance, resulting in all-time high enrollment this year of 795 students. Steady and targeted progress has been made in improving and enhancing our academic program, most notably being recognized as a National Blue Ribbon School for exemplary high academic performance in 2014, followed by the completion of the new Upper School building and Performing Arts center.

A teacher at heart, Patrick enjoys opportunities to be with students in the classroom. And as a student, he is drawn to timeless books by C.S. Lewis, Chesterton, and Calvin. Patrick also enjoys the great outdoors, hiking, and fly-fishing among his favorite recreational activities. Patrick and wife, Paige, reside in Redmond and have four children: Grace and Joseph, Bear Creek alumni, both studying at Whitworth University; and Jack and Eleanor, both current Upper School students at Bear Creek.  
B.A. Literature, University of Georgia  
M.A. Literature, University of Memphis

## **Parent Boot Camp for College Success**

Frances Carhart, Director of College Advising  
Emily Schuldt, Associate Director of Academic Advising

Given all of the hype about college admissions and the declining graduation rates at college, hear what you can do now to support your student's success in college and beyond. Learn how Bear Creek prepares Middle School and Upper School students for life beyond high school.

### **Speaker Bios**

Frances enjoys motivating kids to work hard and persevere despite obstacles and challenges. The skills learned through the college research and application process are the same ones needed to be successful in life. Coming alongside students during this journey is a privilege. When she's not spending time with her three boys, she loves to run, mountain bike, ski, and walk her lovable dog, Jasper.

B.A. English, Wellesley College  
M.Ed. Curriculum Design, Harvard University  
Teaching Certificate, 7-12, Harvard University

Emily has been with Bear Creek since 2009 and values encouraging students as they seek to thrive academically, cultivate a love of learning, and build the skills and insights they need for their future pursuits. Emily fancies herself an amateur fashion designer and likes to sew clothing for herself and others, and particularly enjoys making quilts and clothing for babies. She is married to the dashing Mr. Schuldt and together they like to play board games, enjoy walks in the beautiful Snoqualmie Valley where they live, and play with their young son.  
B.A. International Studies, Whitworth College

## **The Middle School Brain and How It Works Differently Than Yours**

Christy Brady Smith, Developmental Psychologist

The middle school years get a bad rap, with all the wonderful effects of puberty, new and more complex school and social situations, and increasing independence. But there is also a tremendous opportunity for parents during this period of development. Our children's brains are undergoing intense rewiring and change during this period—second only to the immense changes that occur in the first five years of life. In this talk, Dr. Christy Brady Smith will share the latest on preteen brain development. You will learn about the structural brain changes that occur early in adolescence—and those that are not complete until one's early 20s. We will discuss the opportunities and challenges parents face during this unique time of development and how we as parents can nurture our middle schooler's development in tangible and effective ways.

### **Speaker Bio**

Christy Brady Smith is a developmental psychologist and mom of three lively Bear Creek students. While pursuing her doctorate, she worked on numerous studies related to parenting, family relationships, and child development. She began her career on the research side of child development and is now dedicated to simplifying the world of research for parents and families by providing practical knowledge about parenting and child development in a clear and concise format. You can learn more about Dr. Smith at her website: [www.naturenurtureknowledge.com](http://www.naturenurtureknowledge.com).  
B.A. Psychology, Wheaton College  
Ph.D. Developmental Psychology, Teachers College of Columbia University

# SESSIONS GRADES 5-12

## **A Tool Kit for Developing Great Writers**

Kenny Norris, English Department Chair

The act of writing entails filling certain expectations and attending to particular circumstances. The Joliffe Framework provides a paradigm for both the expectations and the circumstances, explaining how a writer uses both to his or her advantage. This workshop explains how to use the Joliffe Framework to craft essays across a variety of writing situations and provides tips for parents to encourage their student writer.

### **Speaker Bio**

Kenny grew up in Carnation, WA, the fifth generation raised on the original homestead. In 2006, Kenny joined the Upper School faculty at Bear Creek. Outside of the classroom, Kenny enjoys parenting his two children with his wife Jenne, playing guitar, trail running, and mountain biking. He is also constantly on the lookout for a great book—if it is well written, he will read it. Some of his favorites include Tobias Wolff's *Old School*, C.S. Lewis's *Space Trilogy*, and Mark Twain's works.  
B.A. Secondary Education, Northwest University  
M.A. Education, Seattle Pacific University

## **Training Our Loves: Liturgies of the Home and Classroom**

Nathan Pettit, World Languages Department Faculty

Contrary to popular thought, virtue is not another way of saying, goodness. Instead, it encompasses the core of our character, particularly when we find ourselves in situations where character really matters. In this session, we will explore the essence and aim of virtue, specifically as it pertains to our parenting philosophy and methodology.

### **Speaker Bio**

Nathan lives in Redmond with his wife, Sarah, and their son, Wade. In his free time, Nathan enjoys learning languages (ancient and modern), reading, athletics, and the outdoors. Teaching is his passion because it provides a platform for both mental and spiritual growth. He is excited about Bear Creek's focus on developing the whole person and producing men and women who are equipped for life.  
B.A. Biblical Languages, Northland International University  
M.A. Biblical Studies, Northland International University  
M.A. Biblical Exegesis, Wheaton College

## **Just for Students LeaderShop: Re-tooling Your Life for Influence and Impact - Grades 5-12**

Jeff Gephart, Dean of Students  
Katie Gomulkiewicz '13, Assistant Director of Admissions

Calling all students! You are a leader. That's right, you don't need a title or permission to be a leader. You can use the principles

and practices of positive impact and exemplary leadership today and build your circle of influence. This session will introduce you to some important tools to keep in your toolbox as a developing leader.

### **Speaker Bios**

A native of Kirkland, Jeff enjoys anything Mac, reading theology at coffee shops, playing tennis, and watching his sons play basketball and soccer. He met his wife Kristen on stage in the musical *Carousel* and continues to sing and play trumpet and guitar. Jeff loves the pursuit of excellence at Bear Creek and hopes students have many "aha" moments. Most passionate about student leadership, he enjoys helping students create meaningful programs for their peers to enrich the overall student experience. Jeff believes the Washington Huskies football team is poised to begin another reign at the top of the Pac-12 and can be faithfully found in the stands at every home game!  
B.A. Speech Communication, University of Washington  
M.Div. Princeton Theological Seminary  
Ed.D. Educational Leadership, Seattle University

Katie Gomulkiewicz recently returned to Bear Creek after completing her degree from Davidson College in North Carolina. At Davidson she stayed busy as a Senior Fellow in the Admissions Office as well as Editor-in-Chief of *Her Campus Davidson*. For the past few summers, Katie has also taught the Speech and Rhetoric summer camp at Bear Creek. An avid reader and writer of poetry, Katie recently completed her first collection of poems *What Eats Butterflies* as a part of her undergraduate thesis. Katie is thrilled to be back in Redmond and recently celebrated her thirteenth first day of school at Bear Creek!

B.S. Psychology and English, Davidson College

## **Sticky Faith: Fueling Desire for God and Making It Last for Teenagers**

Jeff Gephart, Dean of Students  
Kyle Dresback, Christian Studies Department Faculty

As people of faith, we want our children to know and love God. What do you do when your teen doesn't want to talk to you? This session will explore what research has discovered about building a faith that sticks. Learn how to channel your teen's God-shaped desires into a walk with Christ.

### **Speaker Bios**

A native of Kirkland, Jeff enjoys anything Mac, reading theology at coffee shops, playing tennis, and watching his sons play basketball and soccer. He met his wife Kristen on stage in the musical *Carousel* and continues to sing and play trumpet and guitar. Jeff loves the pursuit of excellence at Bear Creek and

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hopes students have many “aha” moments. Most passionate about student leadership, he enjoys helping students create meaningful programs for their peers to enrich the overall student experience. Jeff believes the Washington Huskies football team is poised to begin another reign at the top of the Pac-12 and can be faithfully found in the stands at every home game!

B.A. Speech Communication, University of Washington  
M.Div. Princeton Theological Seminary  
Ed.D. Educational Leadership, Seattle University

Kyle is a native of Spokane, WA. He spent his childhood and adolescent years at First Presbyterian Church, Spokane, where the Christian faith was modeled and cultivated by pastors, teachers, youth leaders, peers, and mentors. While attending Fuller Theological Seminary in Pasadena, CA, Kyle discerned a call for teaching. His interest in a girl brought him to Seattle and their love for the Northwest has kept them here. Kyle currently lives in Seattle with his wife, Karen, and his two young children, Stella and Jonah. His primary role at The Bear Creek School is teaching Old and New Testament to Middle School students. He also teaches history, an Innovation Lab elective, helps coach varsity and JV boys soccer, and facilitates a student worship band for Middle School Chapel.

B.A. Religious Studies, Whitworth University  
M.Div. Fuller Theological Seminary

## **How to Read, Think, and Learn in a Digital World**

Rob Sorensen, History Department Faculty

How does an education in the humanities help form students into men and women of wisdom, compassion, and courage? We will explore how engagement with disciplines such as history, literature, and philosophy provides students with role models, teaches them to weigh evidence and make mature judgments, helps them communicate with clarity and precision, develops empathy, and develops minds of real breadth and creativity.

### **Speaker Bio**

Rob teaches art history and European history at The Bear Creek School. He grew up locally in Redmond, WA. He is married to Janeen, and has three children in Lower School. He also has a neurotic border collie named Zorro. Outside of school, Rob is a voracious reader and engages in various (and often ill-fated) musical endeavors. He is widely known in the Bear Creek community for his zany classroom antics, his obsession with *The Muppet Show*, and his fine collection of Lutheran T-shirts.  
B.A. Political Science, Western Washington University  
M.A. History and Theology, Abilene Christian University  
Ph.D. (candidate) Humanities, Faulkner University

## **Tapping into Your Child's Strengths and Temperament - Grades 5-12**

Karen Blankenbeckler, V.P. for Academic Affairs

Many parents want to positively influence their child's life balance, stress management techniques, and ability to see life through the lens of a growth mind-set. Understanding your child's natural strengths and personality tendencies may affect how you go about this. This session will help you analyze personality tendencies and offer ideas and strategies on how to encourage growth in these key areas.

### **Speaker Bio**

Karen is one of the founding members of Bear Creek's teaching faculty and as the V.P. for Academic Affairs oversees the academic program from preschool through grade 12. She has served more the 25 years in steadfast leadership and has made major contributions to the development and success of the curricular and co-curricular programs at Bear Creek.  
B.S. Elementary Education, Concentration in Early Childhood Development, Oregon State University  
M.A. Curriculum and Instruction, Lesley University

### **Just for Students Ask a College Advisor Q & A**

Frances Carhart, Director of College Advising  
Katie Gomulkiewicz, Assistant Director of Admissions

We encourage students of all ages to ask questions about the college application and admissions process. In this session, Frances Carhart, Bear Creek Director of College Advising, and Katie Gomulkiewicz, Bear Creek and Davidson College alumnae, will share their knowledge and give guidance on how to look for colleges, apply, and finally decide on a school.

### **Speaker Bios**

Frances enjoys motivating kids to work hard and persevere despite obstacles and challenges. The skills learned through the college research and application process are the same ones needed to be successful in life. Coming alongside students during this journey is a privilege. When she's not spending time with her three boys, she loves to run, mountain bike, ski, and walk her lovable dog, Jasper.  
B.A. English, Wellesley College  
M.Ed. Curriculum Design, Harvard University  
Teaching Certificate, 7-12, Harvard University

Katie Gomulkiewicz recently returned to Bear Creek after completing her degree from Davidson College in North Carolina. At Davidson she stayed busy as a Senior Fellow in the Admissions Office as well as Editor-in-Chief of *Her Campus Davidson*. For the past few summers, Katie has also taught the Speech and Rhetoric summer camp at Bear Creek. An

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avid reader and writer of poetry, Katie recently completed her first collection of poems *What Eats Butterflies* as a part of her undergraduate thesis. Katie is thrilled to be back in Redmond and recently celebrated her thirteenth first day of school at Bear Creek!

B.S. Psychology and English, Davidson College

## **The Five Love Languages of Preteens and Teens**

Jenn McDonough, Early Middle School and Middle School Division Head

Despite the peer pressure teenagers encounter daily, it is still parental influence that matters most. The foundation to that influence is love! Love is the most functional building block of parent-teen relationships. Parents need to learn how their teen receives and expresses love. Find out which one of these love languages your child speaks.

### **Speaker Bio**

Jenn's experience in education includes teaching grades 1-8 in addition to working as a school administrator. Jenn is passionate about the mission of The Bear Creek School. Combining classical education from a Christian worldview in a nurturing environment with incredible faculty is how education ought to be done, and it is done well at Bear Creek! Jenn, her husband, four kids, one tarantula, one corn snake, one cat, and one leopard gecko reside in Redmond.

B.A. Education, Northwest University

## **The Art of Slowing and the Power of Observation**

Trinity Osborn, Visual Arts Department Chair

What if there were a time in your day to practice the art of slowing and power of observation? To carve out moments from our busy, fast paced lives to "slow"? To slow down enough to observe an object, train our eyes to see, our ears to listen, and to fully fire all of our senses? Discover the advantage a student has when he or she takes a visual arts class and why a visual or performing arts course is so imperative to the whole self. As we become highly observant, we activate various parts of our brain. Focus, analysis, reasoning, and memory all take observation and utilize many areas of the brain. Much more than just a set of skills, observation is a mindset of openness and wonder. Ultimately, our students are learning how to ask good questions and harness these skills to use in all areas of study.

### **Speaker Bio**

Trinity feels blessed to be a daily part in encouraging her students to look at things from an artist's perspective. She challenges them to see things that others might overlook, to notice details that make something ordinary ... extraordinary, and to gain the understanding of being true observers. Her prayer is that students would be inspired by the truth and

beauty in the world which God has created and to ultimately share that beauty through their artwork. She hopes that her students will remember their wonderful uniqueness and God-purposed creativity within, as they shape their lives accordingly for the service of His kingdom. Trinity enjoys traveling, sketching, and anything to do with the outdoors. Trinity is married and has two children (also Bear Creek students). B.A. Studio Art and Photography, George Mason University Institute of the Arts

## **Character and Competition: Defining Success for Today's Student-Athlete**

Chad Pohlman, Athletics Director

What does success look like for today's student-athlete? In a day and age when so much emphasis is placed on winning and losing, how are we to engage the relationship between academics, athletics, and character development without sacrificing any one element? Join us for tips and strategies on critical issues that confront all student-athletes.

### **Speaker Bio**

Chad began his teaching and coaching career at The Bear Creek School in 2003 as the seventh grade U.S. history teacher and varsity boys soccer coach. Eleven years later, Coach Pohlman still loves The Bear Creek School and enjoys his current role leading the 30+ coaches in the Athletics Department. As a coach, Chad has won State Championships in boys soccer in both 2006 and 2013. Chad and his wife Lacey have three children.

B.A. History, Leadership, Video Production, George Fox University

M.A.T. George Fox University

## **Study Like a Brain Scientist: Tips and Tricks to Make Learning Stick!**

Linda Graham, Science Department Faculty

Have you ever wondered why someone who has studied for hours, performs poorly on an exam? Understand how your brain works and find the keys to successful learning! Attendees will be introduced to a plethora of strategies for studying and retaining information based on brain research. Parents and students alike will come away with some new ideas for their study skills toolkit.

### **Speaker Bio**

Linda teaches physics and engineering with a career-long passion for helping students gain confidence in study skills and strategies that really make a difference. She recently completed a summer intensive course in engineering for high school teachers at the University of Texas at Austin. Her liberal arts undergrad experience makes her a great fit at Bear Creek in helping students see the connections between their high

# SESSIONS GRADES 5-12

school art, history, English, math, and science classes. Linda taught physics in public school and coached students for an SAT prep company before being called to Bear Creek. She is married to an engineer and has two children, both graduates of Bear Creek, one a CPA and the other in medical school, who helped shape the way she teaches. In her spare time, she loves to quilt, garden, walk, ride her bike, and serve as advisor to Bear Creek's chapter of the National Honor Society.

B.S. Chemistry, Whitworth College

B.A. Physics, Whitworth College

M.S. Chemistry, University of Washington

## **Getting Noticed: Applications for Highly-Selective Colleges - Grades 7-12**

Frances Carhart, Director of College Advising

For schools that accept less than 20% of their applicants, getting noticed in the application process can be tricky. Learn which schools are highly-selective and how they evaluate applicants. Also learn what specific things students can do now to make their college applications stronger.

### ***Speaker Bio***

Frances enjoys motivating kids to work hard and persevere despite obstacles and challenges. The skills learned through the college research and application process are the same ones needed to be successful in life. Coming alongside students during this journey is a privilege. When she's not spending time with her three boys, she loves to run, mountain bike, ski, and walk her lovable dog, Jasper.

B.A. English, Wellesley College

M.Ed. Curriculum Design, Harvard University

Teaching Certificate, 7-12, Harvard University

## **Admissions Open House, Q&A, and Student Panel**

Christie Hazeltine, Director of Admissions

Come learn more about the value of a Bear Creek education. A panel of students will discuss their experience at The Bear Creek School. You will also learn about the application process. Complimentary lunch provided!

### ***Speaker Bio***

Christie began her journey at Bear Creek in 1992, first as a parent of a student and then two years later as an employee. Upon her daughter's graduation from Bear Creek (class of 2007), she realized her work was not finished here so she continues to serve as Director of Admissions. Christie enjoys meeting prospective families and helping them begin their Bear Creek journey. She lives in Duvall with her husband and enjoys reading, cooking, quilting, sewing, walking, traveling, and spending time with family and friends.

B.S. Apparel and Textile Design, Oregon State University

# SESSION NOTES

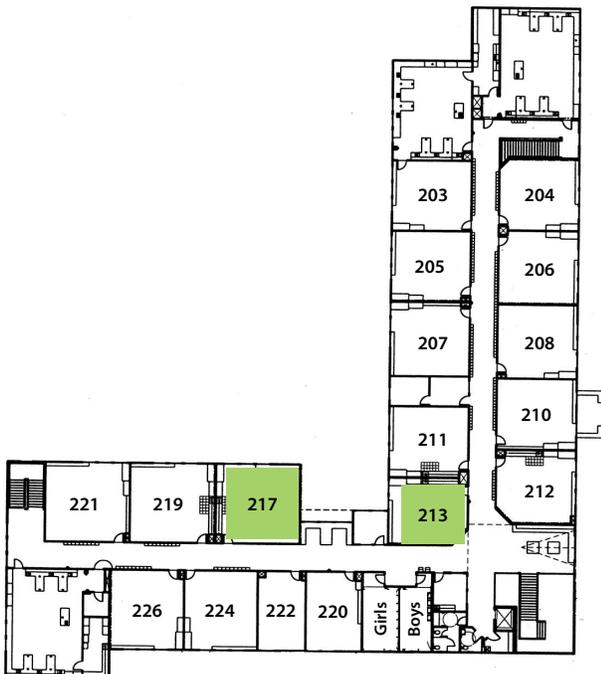
# SESSION NOTES

# MAIN BUILDING

## FIRST FLOOR

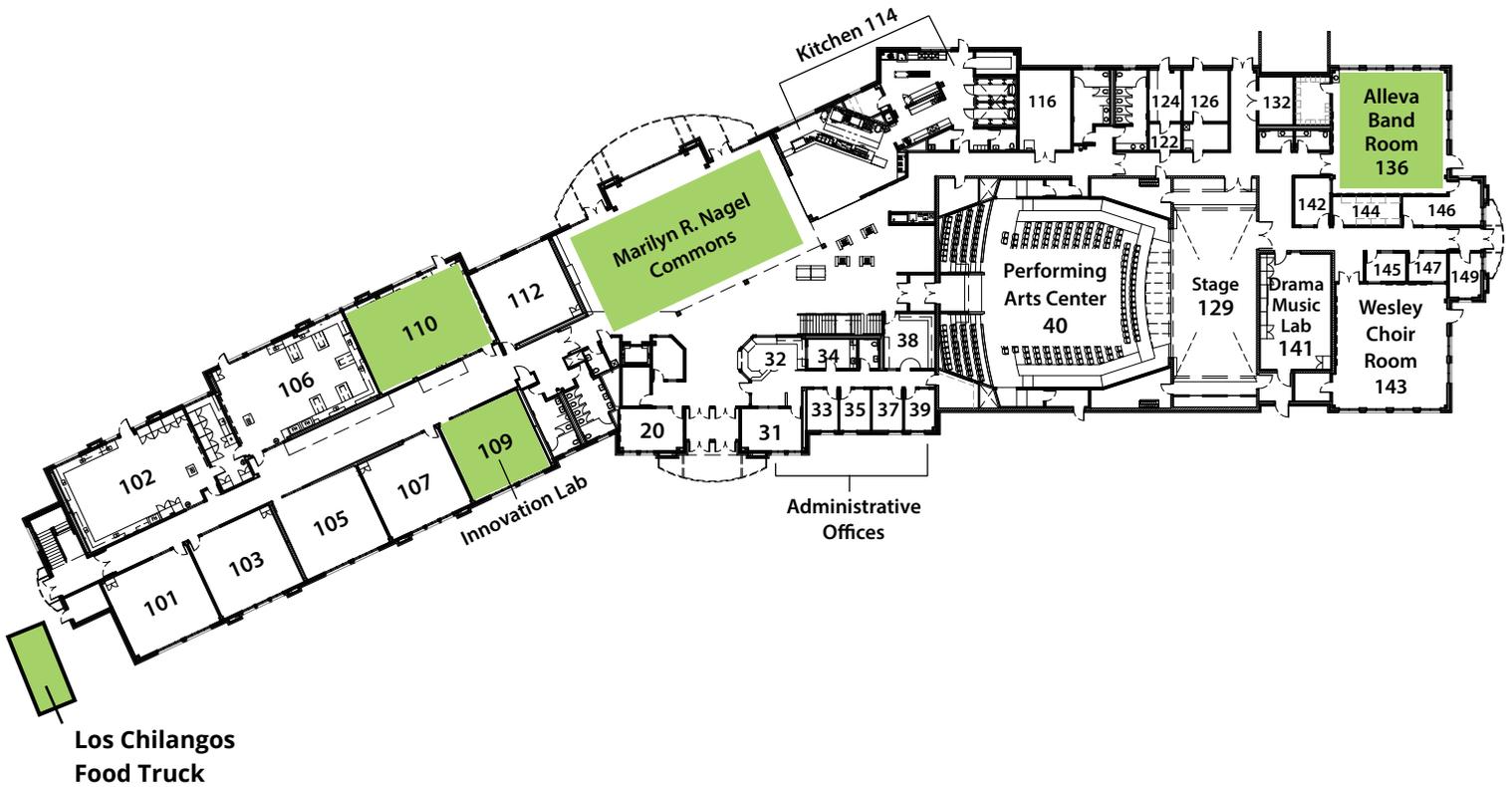


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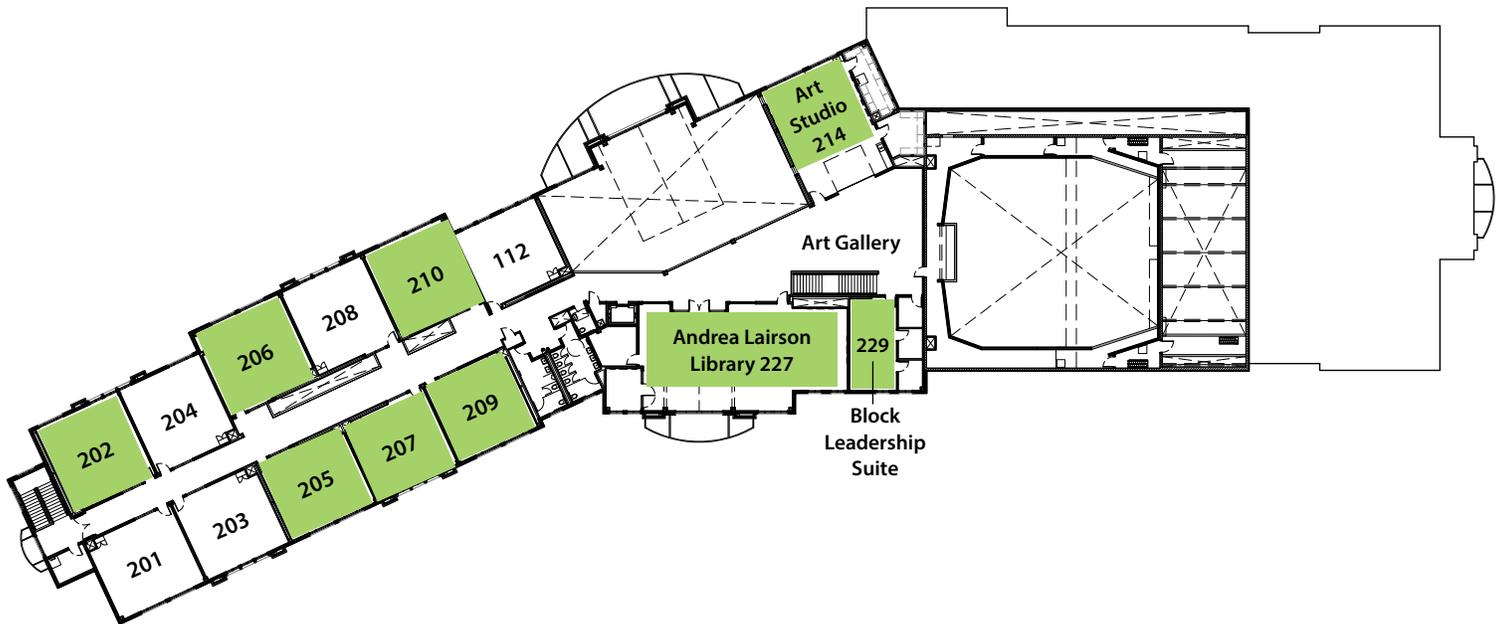


# UPPER SCHOOL BUILDING

## FIRST FLOOR



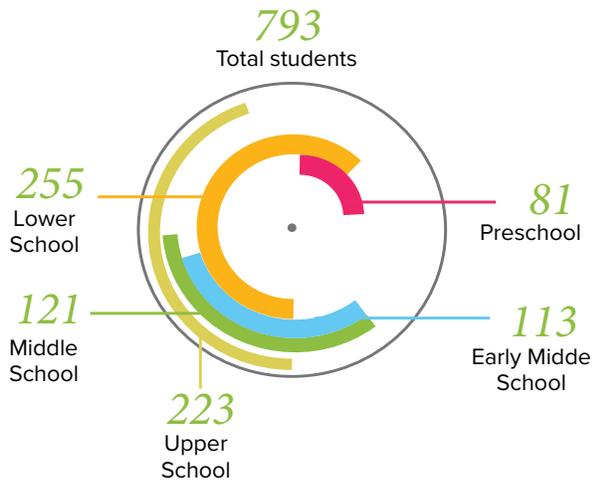
## SECOND FLOOR



You may park at either the Upper School Building or the Main Building if the Upper School parking lot is full. There is a footpath connecting the two buildings.

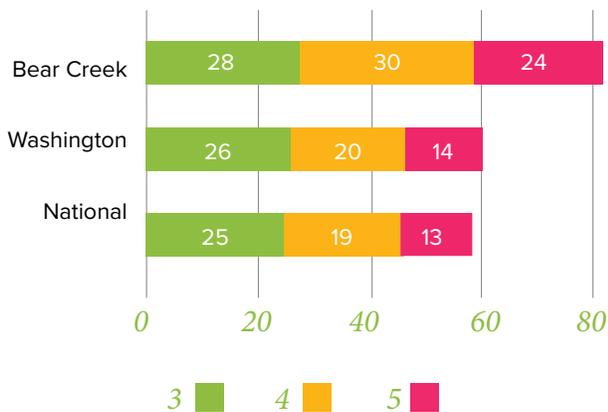
# BEAR CREEK QUICK FACTS

## ENROLLMENT



## ADVANCED PLACEMENT

82% of Bear Creek students received a score of 3, 4, or 5 on AP Exams in 2017.



## COLLEGE CHOICES

60% Private      38% In-State  
40% Public      62% Out-of-State

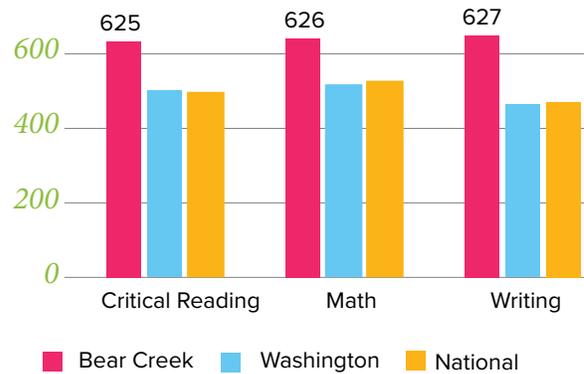
Our seniors are admitted to a broad range of colleges; many join some of the most prestigious colleges and universities around the world. For more information, visit our website and click on the School Profile.

## FACULTY RATIO

16-18 to 1 Lower School and Early Middle School  
15 to 1 Middle School  
13 to 1 Upper School  
69% of Middle School and Upper School faculty hold advanced degrees

## SAT PERFORMANCE

Statistics represent the mean SAT scores achieved by the Class of 2017.



## NATIONAL MERIT RECOGNITION

15% Class of 2015      11% Class of 2016      14% Class of 2017

## ACCOLADES (2016-2017)

21 Upper School forensics team members qualified for Nationals.  
150 average hours of community service performed by members of the class of 2017  
3 members of the class of 2017 were recognized as National Merit Finalists.  
75% of Upper School students participated on at least one Bear Creek sports team.