

The Daily Star

December 17, 2015

BULLETIN BOARD

Seminar on Parenting at BRACU

The Counseling Unit of BRAC University organised a seminar on “Parenting” on December 12, 2015 at BRACU premises. The main objectives of the seminar were to gather information about parents experience of dealing with their adolescent children and promote and convey the significance of parents' and family members' contributions to students' success and well-being, particularly during their first year at the university.

The speakers at the seminar were renowned psychologist Dr. Mehtab Khanam, Professor, Department of Educational and Counselling Psychology, University of Dhaka, and Sumaiya Anwar, Psychosocial Counselor and Lecturer, Counseling Unit, BRAC University. During the session, Sumaiya Anwar, discussed about the developmental changes faced by young adults between the age of fifteen to twenty four, different types of parenting styles and how parents and significant other family members can contribute to the progress of the adolescents. Later on, Dr. Mehtab Khanam facilitated an interactive session with the parents, where she focused on how the couple relationship can have significant impacts on a child's development and discussed about effective ways that parents can apply to deal with the challenges positively so that they can support the well being of the students.

Khan Ahmed Murshid, Director, Strategy and International Program, BRACU concluded the seminar by conveying thanks to the organizers for the seminar as well as to the parents. Since the session was very experiential and interactive, the parents also expressed a great deal of contentment.