The **Life & Work Connections** team at the **University of Arizona** is pleased to support greater Tucson and Phoenix area employees and students in planning for the **2015/2016 academic year**. Consider this sampling of adult and youth resources for assistance in:

- making a successful transition from summer time activities to fall school readiness
- encouraging student achievement throughout the year
- learning about related topics such as vaccinations and health management in school and child care environments

Some entries offer multi-age resources. **Child care and flexible work arrangement consultations** are available upon request. We wish you and yours an enriching school year.

**STATE OF ARIZONA GOVERNMENT**
- State of Arizona Department of Education
- Early Childhood Education
- Early Childhood Education, K-3 Homework Help
- Immunizations (School and Child Care)

**LIBRARIES**
- Pima County Public Library (Tucson and Surrounding Areas)
- **Homework Center**
- FreeTog Music - free, legal downloadable music with your library card
- Phoenix Public Library
- **Homework Help/References**
- FreeTog Music - free, legal downloadable music with your library card

**ASSOCIATIONS AND ORGANIZATIONS**
- American Academy of Pediatrics
- Back to School Tips
- Autism Speaks
- It's Time to Head Back to School!
- Edutopia
- Back to School Resources for Parents
- Great Schools
- Nine Steps to a Smart Start
- Ten tips for smart back-to-school shopping
- KidsHealth
- Going Back to School
- Learning Disability Online
- Back-to-School: Tips for Parents of Children with Special Needs
- News for Parents
- Back to School Homework Tips
- Understood (learning & attention resources for parents with children ages 3 - 20 years)

**SCHOOL AND HEALTH**
- Allergist (American College of Allergy, Asthma and Immunology – ACAAI)
- Children and Allergies (including allergies and school)
- American Diabetes Association
- Diabetes Care at School: Back to School Tips
- American Psychological Association
- Dealing with the Back-to-School Blues?
- Celiac Disease Awareness Campaign of the National Institutes of Health Children and Celiac Disease: Going Back to School
- National Institutes of Health Medline Plus
- Back-to-School Health Tips: Exercise and Sleep
- National Sleep Foundation
- Back to School Sleep Tips
Your Ultimate Guide for Back to School
• Consumer Reports "Babies and Kids" – Resources
• National Association for the Education of Young Children (NAEYC)
  Early Years Are Learning Years For Families
• National Association of School Psychologists
  Back-to-School Transitions: Tips for Parents
• National Crime Prevention Council
  Parent Section (includes school & bicycle safety)
• Parent Teacher Association (PTA)
  Helping Children Be Their Best
  Hints to Help Reduce Homework Stress
• Reading is Fundamental (RIF)
  Literacy Resources (activities, booklists, articles and more)
• Reading Rockets
  Top 10 Resources on Back to School for Parents

All of the information on the previous page, plus
• American School Counselor Association
• Back-to-School Tips
• Common Sense Media (media & technology resources for preschool through high school families)

All of the information on the previous page, plus
• The University of Arizona Future Students
• KnowHow2Go: 4 Steps to College (co-sponsored by the American Council on Education)
• Lo Que Pasa (campus-wide publication at the University of Arizona)
• Back to School: Juggling School and Work Can be Stressful But Manageable
• Back to School Series: UA Employees
• Market Watch
  Adults in Session – Tips for Grown Ups Heading Back to School
• Pima County Public Library (Tucson and Surrounding Areas)
  Getting Ready for College
• Phoenix Public Library
  College Depot: Free Full Service College Planning
• United States Department of Education
  College for My Child
  Students with Disabilities Preparing for Postsecondary Education: Know Your Rights and Responsibilities

MIDDLE and HIGH SCHOOL EDUCATION RESOURCES

All of the information on the previous page, plus
• American School Counselor Association
• The Transition to Middle School: Tips for Parents
• College Board
  Getting Started for Parents (includes Parent Action Plans for middle school and 9th-12th grade families)
• 8 Ways to Take Control of Your Time
• Take Control of Homework
• KidsHealth
  10 Ways to Help Your Teens Succeed in High School
• Great Schools
  Helping Your Middle Schooler with LD Transition to High School

Your High Schooler and Science
• National Center for Learning Disabilities
  Tips for Teens on Getting Organized
• National Education Association
  A Parent’s Guide to Helping Your Teen Get the Most Out of High School
• News for Parents
  Transitioning to Middle School
• Parent Teacher Association (PTA)
  What Parents Should Know – And Do – About Homework
• Public Broadcasting Service (PBS): It’s My Life