

Youth/Parent Cognitive Lifeskills for *Home Study*

Course Description: This research-based and evidence-based course is equivalent to a 12-plus-hour classroom course and is a powerful and unique cognitive life skills program. This is the ultimate parenting workbook, because it focuses on the really deep issues behind parent/child conflicts and self-defeating thoughts and behaviors. It is for all youth ages 12-18 and their parent(s). The youth's parent(s) or guardian acts as a "coach" and completes the workbook with their child. The YPCL/HS workbook does not blame, but brings both together in an attitude of healing, hope, and optimism. The YPCL/HS is a workbook that any child and parent could benefit from. This course is designed to help parents and youth in their personal improvement, and it is particularly effective because it allows for open discussion and communication between parent and child. The cognitive life skills that are taught can be used in all aspects of life and include sections on anger management, underage drinking, tobacco use, parenting, validation, truancy, theft, drug possession, peer pressure, and communication.

This workbook is available in both English and Spanish versions.

December 2025 – May 2026

Cost: The cost of this course is \$65. There are *no refunds* once the *Home Study* workbook has been issued/mailed.

Registration: Registration must be handled directly through the Intervention Programs office using one of the methods listed below. Full registration conditions and registration form are located on the back of this form. **Students are required to register and pay prior to the *Home Study* workbook being issued or mailed.**

Enrollment Eligibility Notice: Students with outstanding obligations to Amarillo College may not be allowed to enroll in or complete a continuing education course until the obligations are fulfilled. Students who have received a Criminal Trespass Warning from Amarillo College will not be allowed to enroll in courses held on any AC campus unless the warning has been lifted.

Completion: Students must complete and return the *Home Study* workbook within 30 days of receipt of payment, or they will be required to register and pay again. A Certificate of Completion will then be mailed within two weeks.

Questions: For questions regarding our programs, call (806) 457-4452 or (806) 457-4468 or e-mail rrdominguez@actx.edu. Se habla español. You may also visit us online at www.actx.edu/intervention.

Read the Registration Conditions and complete the Registration Form on the back of this form, and then use one of the following accepted registration methods:

Mail Registration

- Complete the registration form, enclose check or credit/debit card information, and mail to:
AMARILLO COLLEGE
INTERVENTION PROGRAMS
PO BOX 447
AMARILLO TX 79178

FAX Registration

- Complete the registration form, include credit/debit card information, and fax to: Intervention Programs, (806) 322-9866.

In-Person Registration

- Complete the registration form and come to our office, and provide payment in full at the address listed below:

FIRST RESPONDERS ACADEMY – 3891 Plains Blvd., Room 1007, Amarillo, TX
8 a.m.- 5 p.m., Monday through Friday

HOLIDAY/SUMMER HOURS
Please call 371-5000

Youth/Parent Cognitive Lifeskills for *Home Study* – Registration Conditions and Registration Form

You must meet the conditions outlined below in order to register for this course.

At a minimum, to take the Youth/Parent Cognitive Lifeskills for *Home Study*, you must satisfy one of the first two conditions plus conditions #3 and #4.

SATISFY ONE:

- 1- You **are not** court-ordered to complete the Youth/Parent Cognitive Lifeskills for *Home Study* course; however, you want to take a course for your own benefit and of your own free will.
- 2- You **are** court-ordered or otherwise required to take a Parenting course or specifically the Youth/Parent Cognitive Lifeskills for *Home Study* course, **and** you have received and provided us with written permission to take this *Home Study* version.

PLUS:

- 3- You have or will **obtain or act as a “coach”** in completing your workbook. The “coach” will be the parent/guardian, and the workbook must be completed with the “coach’s” child.
- 4- You agree to **complete and return the workbook** to Amarillo College Intervention Programs by mail or in person **within 30 days** of payment and registration.

Registration Form – Youth/Parent Cognitive Lifeskills for *Home Study*

Self-verification (for all conditions):

I, _____, certify that I meet condition (circle one) 1 or 2 plus conditions 3 and 4 listed above and therefore qualify to take Youth/Parent Cognitive Lifeskills for *Home Study*.

Signature: _____ Date: _____

Court-ordered/required verification (for condition 2):

I, _____, certify that _____ meets condition #2 listed above and therefore has my permission to take the Youth/Parent Cognitive Lifeskills for *Home Study* course.

Signature: _____ Title: _____ Date: _____

Please indicate your workbook language: ____ English or ____ Spanish

Course ID# (for Office Use): _____ Date Mailed/Registered: _____

Social Security Number: _____ Date of Birth: _____

Last Name: _____ First: _____ MI: _____

Current Address: _____

City/State/Zip Code: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

County of Residence: _____ Residency Status: ____ Texas Resident ____ Out-of-State ____ Foreign Country

Gender: ____ Male ____ Female E-mail: _____

Ethnic Origin: (Voluntary Information – Will not affect enrollment) ____ White ____ American Indian ____ Alaskan Native ____ Black
____ Asian/Pacific ____ Islander ____ Hispanic ____ International

I CERTIFY THAT THE INFORMATION GIVEN ABOVE IS COMPLETE AND CORRECT.

Date: _____ Signature: _____

Method of Payment: ____ Cash ____ Check ____ Money Order ____ Visa ____ MasterCard ____ Discover ____ American Express

Credit/Debit Card #: _____ Expiration Date: _____

Authorized Signature: _____ Card Security Code _____