



Thoughts | Featured Partner | Upcoming Events

April 2025

News and food for thought from *Adulting for Teens*

[Register for Summer Intensives!](#)



Why is Adulting for Teens?

Our kids are amazing. As an educator, I have found this generation a joy to teach and get to know. As a parent, I am

incredibly excited about the potential of our kids to change our world for the better.

But American education has never been more inadequate at preparing our kids to build the lives they deserve. Our kids face a rapidly changing, complicated, and sometimes frightening world. Although many of our K-12 educators are excellent, they are forced to teach dated or inaccurate curriculum in a system that rewards memorization and conformity. This system penalizes pluralism, diversity, novelty, critical thinking, and creativity.

These are the very skills our kids need to thrive.

I've taught traditional and non-traditional undergraduates since 2011 and have guest-taught in high schools, middle schools, and at businesses, nonprofits, and community organizations. Sixteen years of helping people get to the information they need to make good decisions, and build the skills that will help them create or reframe the life they want. I've had four careers. Teaching is, by far, the most rewarding, engaging, and fulfilling job I've ever had.

Teaching is my fourth career because I was never taught the skills I needed to find my calling, and to absorb the information I needed to become a lifelong learner. Good educators balance confidence and expertise with humility and a willingness to learn from challenges to their existing perceptions. College professors learn the first part from our teachers.

That's it. No pedagogy, no ethics training. Just the assumption that if you have the knowledge, you can teach.

Yeah, not so much.

I loved teaching from the first class I TAed in 2010, while pregnant and constantly nauseous. I taught my first university class in 2011, eleven months post-partum, sleep-deprived, and hired two weeks before the class started. I had the chutzpah to stand in front of a room of people and talk because of my previous career in opera. I thought I had the ability to teach, based on observing the best of my teachers in academia and music.

Welp.

While I wouldn't call my first years of teaching a failure, I failed a lot. **The most important skill I learned was to embrace failure.** The best part of teaching is that I get to learn all the time. It's also a lot cheaper than accumulating more degrees. My husband thinks five is enough. I disagree, but I can't afford more 😂

I learned to learn from my screw-ups. I took every available faculty development workshop. I learned from my students. My PhD program had a strong social justice emphasis that helped me recognize and contextualize my privilege. I learned that privilege was not something I

should lean into or deny, but rather something I could ameliorate by being open to constructive critique, engaging in lifelong learning, and letting go of perfectionism.

Teaching is my favorite thing. It feeds my main-character-theater-kid need to perform and my addiction to learning. But it also provides meaning and fulfillment. It took me until I was almost 40 to find a career that, [in the words of Maya Angelou, feeds my soul.](#)

I want our kids to live a life that feeds their souls. In sixteen years of teaching and twenty years of coaching, the most critical thing I've learned is that my job is to create a space where students feel comfortable sharing experiences and *learning from each other*. No teacher or professor knows all the things. (That would be *so boring*.) The biggest challenge has been adapting to student needs as our world changes, and society struggles to keep up (or reverse) progress. The biggest gift has been seeing how my students meet these challenges with grace and learn from their own failures and disappointments.

My teaching style is influenced by Socratic Dialogue, Transformative Learning, Critical Pedagogy, and Trauma-Informed Practices. **Put simply, I encourage dialogue and constructive critique,** I help students build critical and creative thinking skills, and I am responsive to learner needs and accommodations.

Why should I sign my kid up?

Your teen will have a fun, empowering week. My classes are interactive, reflective, sometimes silly, and fun. I've honed my curriculum into engaging, powerful tools for activating excitement and curiosity. **They will learn at least as much from each other as they will from me.** (So will I!)

I do not teach bullshit. I don't censor science or history, although I do provide content warnings and accommodations if a topic may be upsetting. If I don't know the answer to a question, I say so, and we figure it out collaboratively. Science changes--it's supposed to! When new science contradicts previous science, we vet it for accuracy and then adopt it if warranted.

They will leave with an individual blueprint for designing the life they want and building the skills they need to create it. I've done this for a long time, and the results have been amazing. See my [Testimonials](#) page for some first-person feedback from students, employees, and clients.

I want your teen to feel connected to their world and community, and to see possibilities we never knew existed. I want them to have realistic hope. They build the path - I just provide the laboratory for research and testing. If you would like more information, [check out the website](#), or [contact me to set up a time to talk](#).

Subscribe to our Substack!

Meet our Partners!

In each newsletter, we feature one of our community partners. They are amazing people and organizations who share our values and support the Austin community in many different ways. This newsletter's feature is on [The Johnson Center for Child Health & Development](#), who do vital work in the community helping parents and kids navigate disability in the most empowering ways.



The Johnson Center for Child Health and Development

At The Johnson Center for Child Health & Development, we

believe that every neurodiverse adolescent and young adult deserves care that sees them fully; not as a collection of symptoms, but as a

whole person navigating a world that wasn't always designed with them in mind.

Our approach begins with diagnosis rooted in respect. We take the time to listen, to understand each individual's lived experience, and to provide evaluations that are thorough, culturally informed, and free of judgment. A diagnosis at The Johnson Center isn't a label; instead it is a doorway to understanding, self-advocacy, and access to the support that makes a difference.

From there, our team wraps around each client with the kind of coordinated, individualized care that is far too rare. Our counseling services are inclusive, empowering, and neurodiversity-affirming, meeting young people where they are and honoring who they are becoming. Our nutrition program addresses the complex dietary and metabolic needs that often accompany neurodevelopmental and chronic health conditions. And our case management team serves as a steady hand through the maze of medical systems, school accommodations, transition planning, and community resources that families face, too often without a guide.

It is precisely this integration of services...diagnostic, clinical, nutritional, and navigational...that sets The Johnson Center apart. We provide the wraparound foundation that so many neurodiverse young people and their families are searching for: a team that communicates, coordinates, and never loses sight of the person at the center of the plan.

[Learn More](#)



Upcoming Events

Information Session for Summer Intensives!

4/9 at 7 pm

Google Meet

Sign up below for the link.

[Sign up!](#)

Register for Summer Intensives!

Summer intensives are in-person in Central Austin. Hours are 10-2 with a half hour lunch break. Ages 14-19. \$500 per week, limited number of sliding scale spots available.



Week 1: June 22-26

Applied Ethics

Values-based ethical decision making

Taking Action

Executive function and prioritization



Week 2: July 6-10

Psychology

Understanding interpersonal & organizational dynamics

Communication

Skills for reaching multiple generations in the digital age

Well-being

Social-emotional health and balance

The Social Contract

How do I engage with my community?

[Register](#)

Civics

Laws, rights, and responsibilities

Critical Thinking 2.0

Navigating disinformation and misinformation in a digital world

[Register](#)

Adulting for Teens Dr. Michelann Quimby

Austin, TX
United States of America



You received this email because you signed up.

[Unsubscribe](#)

