



# Freshman Parent Launch

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# OAKLAND PRESS SUBURBAN LIFE

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## Notre Dame Prep upperclassmen help freshmen study for first final exam



inc.com...



# Work with God to form Christian People, Upright Citizens and Academic Scholars

Preparation for college- academically, spiritually, in character

NDP Staff + Parents = Partnership







# SUCCESS



# Success?



Yale University



Duke  
UNIVERSITY



HARVARD  
UNIVERSITY



JOHNS HOPKINS  
UNIVERSITY



Penn  
UNIVERSITY of PENNSYLVANIA



Dartmouth



Caltech



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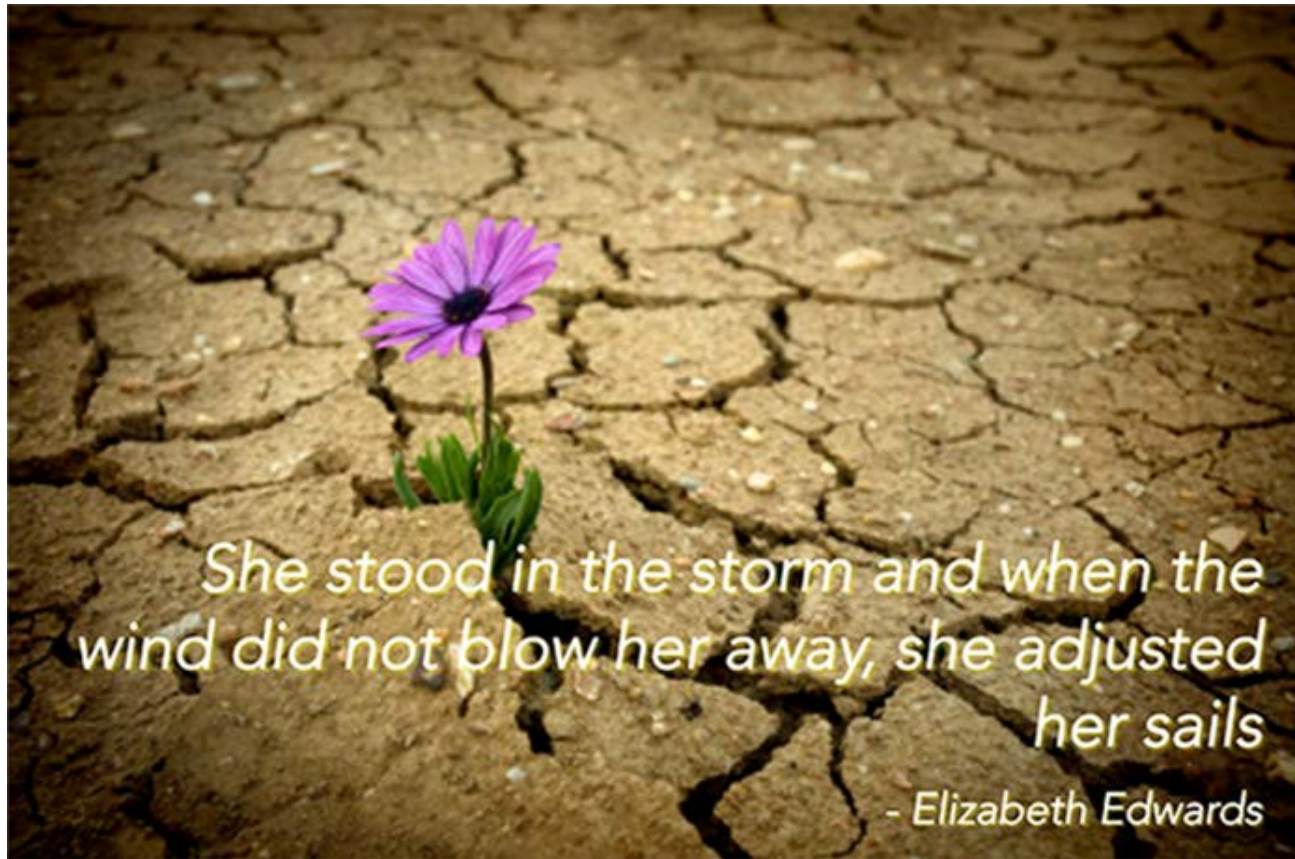


Berkeley  
UNIVERSITY OF CALIFORNIA

UCLA



# Building Resiliency and Responsibility



*She stood in the storm and when the  
wind did not blow her away, she adjusted  
her sails*

*- Elizabeth Edwards*



DAVID YURMAN



NOV 12, 2014 @ 11:43 AM 267,767 VIEWS

The Little Black Book of Billionaire Secrets

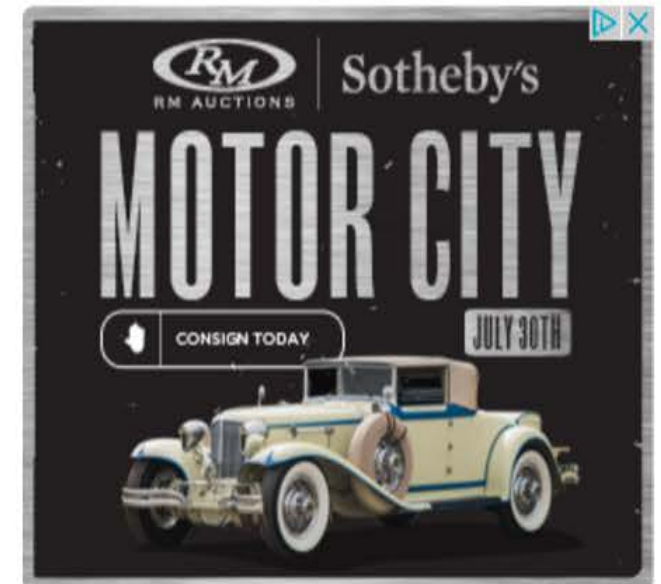
# The 10 Skills Employers Most Want In 2015 Graduates



**Susan Adams,** FORBES STAFF

*I write about entrepreneurs, small business owners & what drives them* [FULL BIO](#)

Can you work well on a team, make decisions and solve problems? Those are the skills employers most want when they are deciding which new college graduates to hire. The next-most-important skill: ability to communicate verbally with people inside and outside an organization. Employers also want new hires to have technical knowledge related to the job, but that's not nearly as important as good teamwork, decision-making and communication skills, and the ability to plan and prioritize work.







- ▶ Able to cope with ups and downs
- ▶ Able to handle interpersonal problems
- ▶ Able to manage assignments, workload, and deadlines

## Former Stanford dean shares the 8 skills everyone should have by age 18



Julie Lythcott-Haims, Quora

🕒 Apr. 17, 2016, 11:00 AM 🔥 820,438 💬 39



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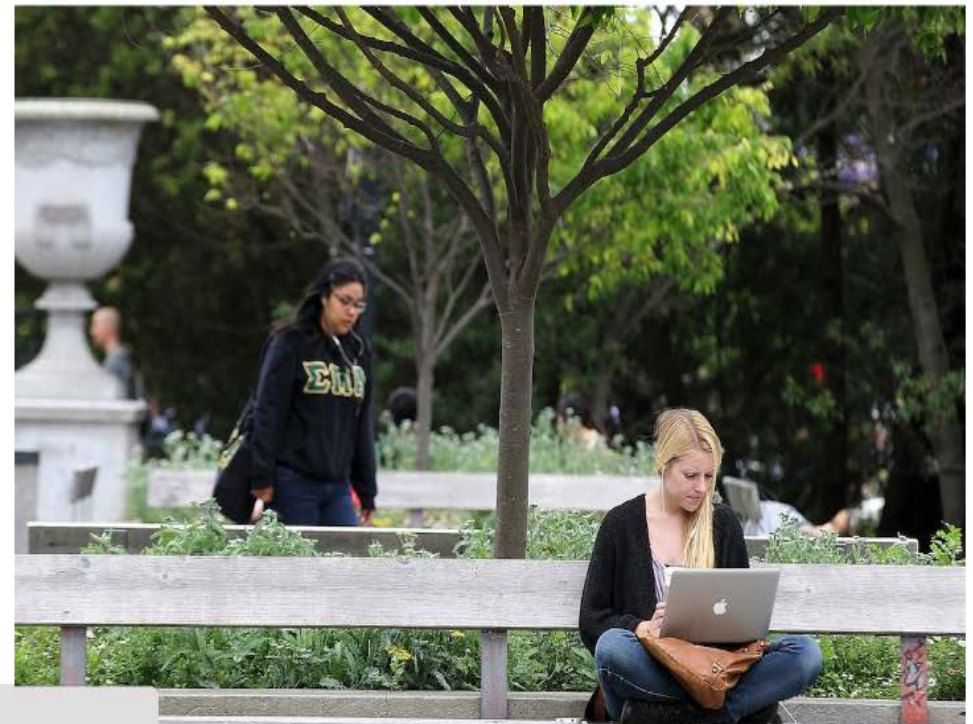
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*This post from [Julie Lythcott-Haims](#) originally appeared on Quora as an answer to the question "[What are the skills every 18-year-old needs?](#)"*

### 1. An 18-year-old must be able to talk to strangers

Faculty, deans, advisers, landlords, store clerks, human

<https://www.facebook.com/quora>



**Peter Gray Ph.D.**

Freedom to Learn

# Declining Student Resilience: A Serious Problem for Colleges

College personnel everywhere are struggling with students' increased neediness.

Posted Sep 22, 2015



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A year ago I received an invitation from the head of Counseling Services at a major university to join faculty and administrators for discussions about how to deal with the decline in resilience among students. At the first meeting, we learned that emergency calls to Counseling had more than doubled over the past five years. Students are increasingly seeking help for, and apparently having emotional crises over, problems of everyday life. Recent examples mentioned included a student who felt traumatized because her roommate had called her a “bitch” and two students who had sought counseling because they had seen a mouse in their off-campus apartment. The latter two also called the

# Declining Student Resilience: A Serious Problem for Colleges

by Peter Gray Ph.D., Boston College

- ▶ Emotional fragility, increase in mental health diagnoses
- ▶ Unable/unwilling to solve problems on their own
- ▶ Struggling with the usual stresses of college life
- ▶ Blaming others for perceived failures
- ▶ *"If we want to prepare our kids for college—or for anything else in life!—we have to give our children the freedom to get away from adults so they can practice being adults—that is, practice taking responsibility for themselves."* Dr. Peter Gray





# Building Resiliency and Responsibility

- ▶ Throughout their time here at NDP, they will be learning how to:
  - ▶ deal with challenge and making mistakes, and the consequences
  - ▶ bounce back after a difficulty
  - ▶ communicate with adults, and each other
  - ▶ take responsibility for one's own actions
- ▶ based on how we model, and through our guidance
  - ▶ Parents, teachers, counselors
  - ▶ Ex: Students, before their parents, reach out to teachers
  - ▶ Ex: Poor grade on test, walk through problem solving





# Striking the Right Balance Between Support and Challenge

## Spectrum of student abilities

- A's and B's, organized, completely independent
  - vs.
- Disorganized, missing work, requires prompting and constant reminders

## What level of academic support is needed?

- Imagine if you were completely hands off, no contact with teachers, not checking on homework, studying, etc.
- How would your student do? Where do they need the attention and support?



# Balance Between Support and Challenge

- ▶ Teach skill directly, allow teen to practice it
- ▶ Gradually pull away support
- ▶ Example: verbal reminders daily to check Powerschool for homework
  - ▶ Let them know it will be their responsibility
  - ▶ Written post-it note on desk at home
    - ▶ written by parents
  - ▶ Written post-it note on desk at home
    - ▶ written by student





# Encourage Teens to Think for Themselves, Make choices, and Live with the Consequences

- ▶ No rescuing!
  - ▶ We learn through experience
  - ▶ Solve problems with your teenagers, not for them
  - ▶ Give them the opportunity to own the success or learn from consequences
- ▶ Example:
  - ▶ Forgot homework at home - take the zero
  - ▶ Left tablet, lunch at home
- ▶ Freshman at college, forgot to turn in a paper?



# Example of Balancing Support/Challenge: Checking PowerSchool

- ▶ If they miss one assignment let them take the zero. See if they bounce back. If they miss two, remind them to write their post it note and have a **calm** discussion about what happened.
- ▶ Important that we keep calm when having discussions with them, especially about grades.
- ▶ One trick is to not react immediately. Don't let them see that this upsets you.
  - ▶ They will close the lines of communication during this crucial time when they need your guidance so desperately.





# Teachable moments

## ▶ Example: Forgot homework

### ▶ Discuss

- ▶ How did this happen?
- ▶ What could you do differently next time?
- ▶ Brainstorm possible solutions (and consequences):
  - ▶ Build a routine- put homework and books in backpack before going to bed
  - ▶ Post-it notes as reminders, white boards
- ▶ *"Character is formed through learning to make decisions and learning to live with their consequences."* from Parenting Teens with Love & Logic



Dear  
Parents  
of  
Teens:

This. Is.  
**HARD**

thecheeriotrail



FOSTER CLINE, MD



& JIM FAY

UPDATED AND EXPANDED EDITION

*Preparing  
Adolescents for  
Responsible  
Adulthood*

# Parenting Teens *with*



## Love & Logic®

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# HOW TO

OVERPARENTING TRAP

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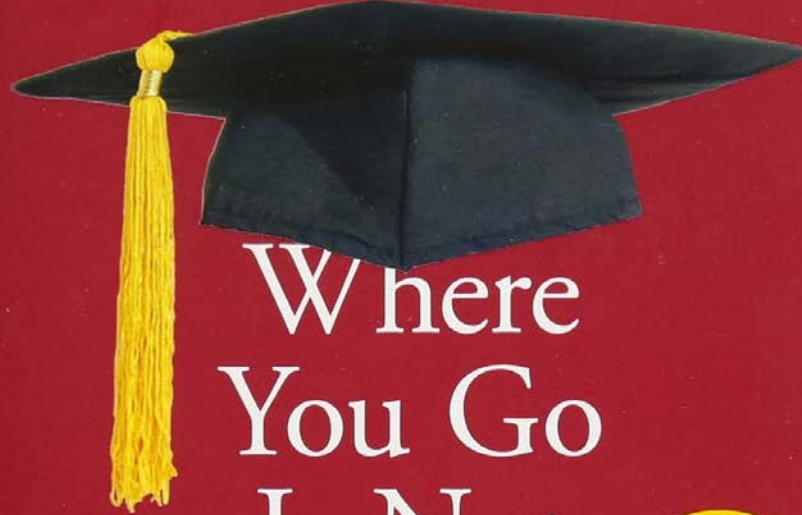
AND PREPARE YOUR

# AN ADULT

KID FOR SUCCESS

JULIE LYTHCOTT-HAIMS

"A humane, measured book . . . . In its authentic humanity, it has lessons  
for a very wide audience indeed." —*THE WASHINGTON POST*



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ADMISSIONS MANIA

FRANK BRUNI

THE *NEW YORK TIMES* BESTSELLER



# College Is Yours 2.0



Preparing, Applying and Paying  
for Colleges  
Perfect for You

by  
Patrick J. O'Connor, Ph.D.

# COLLEGES THAT CHANGE LIVES

40 SCHOOLS THAT WILL  
CHANGE THE WAY YOU  
THINK ABOUT COLLEGES

LOREN POPE

Author of *LOOKING BEYOND THE IVY LEAGUE*

REVISED EDITION  
HILARY MASELL OSWALD





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