# The Parent's 'Last Call' List for Senior Year

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It is the beginning of senior year. 365 days out from the empty nest. The temptation is to spend the year more than a little sad about all of those "lasts." The last first day of school, the last birthday at home (trust me, this one is the real killer) or the last varsity game. But I am going to try and resist the pull to be maudlin and instead create a Parent's Bucket List for senior year in high school, perhaps better thought of as the Last Call List.




**1. Pay a professional photographer.**
Try for that one perfect set of family pictures that no amateur can capture. It seems like the kids are grown, that the need to document their gorgeous faces has lost its urgency as the transitions slow. Wrong. That just-finished-childhood-not-quite-adult look is fleeting. Get someone who knows what they are doing to capture it.

**2. Talk about failure and tell them of your failings**.
Tell them why you failed and how you recovered and how, for some period of time, you thought you might not.  We loom so large in our children's lives as the

people who once held superpowers. Let them know how those powers have often failed you as both an adult and a parent.

**3. Buy them one beautiful thing.**
This moment, these last days, are worthy of commemorating and do not let them slip by unmarked. Jewelry and watches are traditional choices for senior year, but beauty and meaning, not expense, are the salient factors in this purchase.

**4. Tell them secrets.**
Disclose what they just might not know, things about your life that you, perhaps, glossed over, but now realize that they are old enough to understand. You will be letting them know that things are not always as they seem, and that they are a trusted near-adult confident, worthy of sharing family secrets. Talk to them like the adult that they will soon be; it will fill them with the confidence to get there.

**5. Let them go before they are gone.**
I kept my kids on an insanely tight leash senior year. I monitored their every movement and made them check in constantly. In short, I drove them crazy. And then I didn't. Once they were on the downslope of senior year, once everything they could do for college admission had been done, I let them take some victory laps, the well-deserved privilege of senior year. They broke curfews, went out on a few school nights and had a taste of freedom to come.

**6. Have those painful talks.**
Sit down and have the discussion, the one you will wish you had had if, God forbid, anything ever goes wrong. Sure, you can tell them where the wills are and how you hope to see your possessions disbursed. But this is not that talk. This is the talk where you recognize that you are speaking to a near-adult and you tell them why you love their other parent, what makes a good marriage, how shocking it was to find yourself a parent and yet how marvelous, what kind of wife/mother husband/father you hope they will one day be. It will feel sad, and poignant, but while you are still in that day-to-day high school routine, take a step back and talk about the really big things in life.

**7. And just for a minute, grab them tight and hold them close.**
Give them the morning hug that had slipped out of your routine and the kiss on the forehead that was, for years, a nightly ritual. Sit by their bed with a hand on theirs because this is the time to try and capture that feeling forever. This is the moment for that final squeeze, the brief moment when we clench them even tighter, hold them close enough to take our breath away and then let them go.

*This post originally appeared on Grown and Flown.*

# Going to College: 7 Big Talks to Have Before They Leave

When we send our kids off to college it is all too easy get caught up in the whirlwind of graduation, dorm shopping, packing and moving. They try to squeeze in every last second with their friends and we may succumb to some nostalgia and sadness. But motherhood means looking forward and preparing, not for doing their own laundry and signing up for classes, but for the real challenges ahead. The summer before going to college is a time to talk, really truly talk, about some of the most important things in life.



## 1. Talk to them about the magnitude of going to college.

While going to college may well have been expected of them, that doesn't diminish the magnitude of this step. This is the talk where we remind them of their true good fortune to be offered this unparalleled opportunity, that in any other time and place, they would be going to work. Now is the moment to discuss the bounty a college campus has to offer with its speakers, concerts, athletics and courses. There is truly no place else like this and they need to be reminded that it would be criminal to spend four years playing video games, getting drunk and shopping online.

## 2. Talk about sexual misconduct.

Talk about how it happens, why it happens and what to do if it happens. Talk about doing the right thing, being a real friend in need, and the emotional, physical and legal consequences of bad behavior. Talk to them about what real relationships are based upon. This conversation needs to be serious, lengthy and explicit. It is a conversation that will cover some very uncomfortable ground. Steel yourself, if you need to, and then sit down and talk.

## 3. Talk about mental health.

We need to tell our teens about any risks in our families, the skeletons that may still lurk in closets. They need to know warning signs so that they recognize them. College is a time of stress, one of my

kids described the emotional ride as “high highs and low lows.” They need to know when and how to reach out for help for themselves or a friend.

## 4. Ask them to envision graduating.

At 18 it may be hard to see themselves as 22, but ask them anyway. College is over, graduation is at hand, what will they want to have accomplished? What will they regret having missed? Maybe it is time for a college bucket list.

## 5. Tell them your expectations.

College is life beginning anew and with it there may be new expectations. Don’t wait until you have a misunderstanding, until you are feeling let down and they are feeling that they have messed ups. Among other things, I expected my kids to join up and get involved. Watching Netflix all afternoon did not fit, for me, with paying their tuition. Did I always get what I expected? No. But when the conflict came they couldn’t say they had not seen it coming.

## 6. Talk about taking care of others.

Bad things will happen in college. Hopefully, the unfortunate events will confine themselves to lost laptops, missed classes and some evenings of being overserved. But whether the bad news is big or small, college is where we learn to be there for our friends. Before college, families were at hand to help out. From college onward close friends almost become like family. This is the time to tell your kids the importance of taking care of others, of being there when they are needed, and of being the kind of friend they hope to have.

## 7. Talk about sleep.

Before my kids went to college I nagged them into bed every night. It was perhaps an inelegant solution, but my high schoolers got 8+ hours of sleep a night. As this was not a long-term strategy, it was important that as they went off I told them about the wonders of sleep and how our brains, bodies and moods suffer without it. I can report that they all ignored me and learned their lessons, the hard way…but at least when things started to fall apart, they knew why. Sleep is the elixir of the gods, alleviating so many ills, and they cannot hear that too many times.

## Write them a letter and share your pride.

Our kids know we are proud of them. They live bathed in our love. But no one ever tired of hearing how valued they are. I failed to write my kids the kind of letter they would want to save forever, making due with a series of texts that have long since been deleted. This is the moment to pour your heart out, to share the love you have felt since you wrapped up your gorgeous baby and brought him home from the hospital. This is the moment to tell her that you have loved her more than you ever believed possible and are bursting with pride as you watch her go.

Greater Good
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# 32 Tips for My Daughter Before She Leaves Home

By Christine Carter | September 1, 2015 | 1 Comment

Here are the things **Christine Carter** hopes her little girl has learned before she goes out into the world.

**My daughter, Fiona, leaves for school this week. I'm happy and excited for her—and** also broken up about it. Although it was always the plan for our kids to grow up and move away, this week, like so many parents who have a child going off to school, I'm consumed by grief.*

I've done my best to teach my kids everything I know about finding happiness and fulfillment in life, but who knows when they are really listening? Just in case she missed something, here is a list of the principles I hope Fiona takes with her to school.



GGSC Senior Fellow Christine Carter, Ph.D., is the author of the new book *The Sweet Spot*.

**1. Make kindness the central theme of your life.** Look for opportunities to show compassion and generosity. Don't be tricked into thinking that happiness will come from getting what you want; happiness comes from giving, not getting. When you're feeling down, help someone else.

**2.Tolerate discomfort.** Have the difficult conversations. Let yourself truly notice when other people are suffering. Do the right thing even when the right thing is hard. You are strong enough.

**3. Live with total integrity.** Be transparent, honest, and authentic. Do not ever waiver from this; white lies and false smiles quickly snowball into a life lived out of alignment. It is better to be yourself and risk having people not like you than to suffer the stress and tension that comes from pretending to be someone you're not, or professing to like something that you don't. I promise you: Pretending will rob you of joy.

**4. Let go of what other people think of you.** Another person's opinion of you is their business, not yours. Great leaders are often criticized. Especially ignore critics who seem delighted when you stumble.

**5. Invite constructive criticism from the people who want the best for you.** Other people offer us a different view; we need their broader perspective to grow and improve.

**6. Accept that well-meaning and loving people will sometimes give you bad advice.** You'll know when something isn't right for you because you'll feel it in your body. Our unconscious mind is our best source of intelligence, but it communicates through intuition and bodily sensations, not words. Learn how to read your "body compass."

**7. Know the difference between legitimate and not-helpful fear.** Legitimate fear, like terror in the presence of a dangerous person, makes us want to get the heck out of whatever situation we are in. When you feel legitimate fear, run like the wind. Not-helpful fear, on the other hand, makes us hesitate rather than bolt. (Like when we are afraid of looking stupid and so don't ask an important question.) Ignore your hesitation. As Maria Shriver wrote in And One More Thing Before You Go, often "anxiety is a glimpse of your own daring ... Whatever you're afraid of—that is the very thing you should try to do."

**8. Your relationships with your family and closest friends are always more important than any achievement.** Prioritize accordingly.

**9. When you hurt someone, apologize.** Even if you didn't intend to hurt that person, or you think they are over-reacting.

**10. Look people in the eye.** Chat with people in elevators and in line at the store. Look up. Smile.

**11. Develop a strong handshake.** Try to connect with people in your first interaction, to make them feel your delight in them (even if you are scared to death).

**12. Hug people liberally.** Even people you've just met. People are stressed. They need more love. Don't withhold it.

**13. Don't compare yourself to others.** When we get caught in a web of thinking that we are better or worse than others, we usually end up depressed, anxious, and insecure. If you notice that you are comparing yourself to others, try asking yourself these questions: What do I appreciate about those people? How can I connect with or learn from them? How can I add value to their lives?

**14. Don't wear uncomfortable shoes, even if everyone else is doing it.** High heels are the cigarettes of the future; they are bad for your health and they get you in the habit of ignoring pain in order to look good to others, which is never a good idea.



Christine's daughter Fiona giving her 8th grade commencement talk. "She gave better advice to her friends at graduation than I provide in this article," says Christine. "Can you put that in the caption?"

**15. Develop good habits.** You won't need so much willpower that way.

**16. Let yourself feel what you feel.** When we feel stressed out (or sad, or disappointed), we live in a world that offers many ways to numb those negative feelings—to not really feel them. But to honestly feel the positive things in life—to truly feel love, or joy, or profound gratitude—we must also let ourselves feel fear, and grief, and frustration. Your emotions are how your heart talks to you, how it tells you what choices to make. Practice listening to your heart. This is the way to know who you are and what you want.

**17. Train your brain to see the positive in your life by keeping a gratitude journal.**

**18. Don't believe everything you think.** If a thought is stressing you out, it is probably untrue.

**19. If you feel overwhelmed, unplug.** Create times and places in your life every single day where you are free from technology.

**20. Make your bed, and keep your room clean.** The state of your bed is the state of your head. The outside tends to match the inside.

**21. Know when and how to say "no."** That way, you'll feel more joy when you say "yes."

**22. Chase meaning, not happiness.** What purpose or value does your work and your passion have for other people? If you don't know, find out.

**23. Focus on the journey, not the achievement.** Instead of wishing you were somewhere else, or saving your happiness for when you get where you are going, enjoy where you are. Right now. You are always already right where you need to be.

**24. Remember that talents are actually skills.** "Talent" comes from hard work, passion, and great coaching or teaching.

**25. Give people the benefit of the doubt.** When someone does something hurtful or annoying, consider the idea that it isn't about you. Practice compassion and empathy by putting yourself in the shoes of others.

**26. Make mistakes.** In the classroom, in your relationships, on the athletic field, at parties, at home. We learn stuff from our mistakes that we couldn't learn any other way.

**27. When you make a mistake, don't beat yourself up about it.** Self-criticism makes us depressed, and much more likely to make the same mistake again. Instead, remind yourself that mistakes make us human. Feel compassion for your suffering. It can feel really awful to make a mistake. It's okay to feel awful—to feel frustrated, embarrassed, guilty, disappointed, etc. You can handle these feelings.

**28. Repair your mistakes.** Use them to become a better person.

**29. Love what is.** Wishing to be older or younger, wanting other people to be different than they are, wanting it to be sunny when it is raining—this is fighting with reality, and it is a futile and frustrating pastime.

**30. If you are tired, rest.** Working 24/7 will get you nowhere fast. (Trust me, I've tried this.)

**31. Remind yourself that more is not necessarily better.** Do this especially if you are worried that you won't have enough of something, if you feel like you don't have as much as others, or if you are feeling ungenerous with your belongings or your time. Many of your peers will spend their time striving for more: more money, more likes on Instagram, more clothes, more popular or important friends, more prestigious schools. But as they accumulate more, odds are, they'll just want more! True abundance is not a quantity of something; it is a quality of life, a feeling of sufficiency. When we step back from the idea that more might be better, often we see that we have enough to share.

**32. Surround yourself with people and situations that make you laugh uncontrollably.** Laughter is heaven on earth.

** Fiona is going to boarding school for 9th grade. This is at once terrible and wonderful. Even though I went to the high school she'll be attending (The Thacher School), and I've served on its board for nine years, I'm really having some hesitations about all this going away business. But then I remember: I had an incredible experience at Thacher that I would never dream of depriving Fiona of, especially just to satisfy my own selfish desire to keep her home. Still.*

## About The Author

**Christine Carter, Ph.D.** is a Senior Fellow at the Greater Good Science Center. She is the author of *The Sweet Spot: How to Find Your Groove at Home and Work* (Ballantine Books, 2015) and *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents* (Random House, 2010). A former director of the GGSC, she served for many years as author of its parenting blog, Raising Happiness.



## On Losing a Son (to College)

from Bill Bryson's book I'm a Stranger Here Myself, 1999

This may get a little sentimental, and I'm sorry, but yesterday evening I was working at my desk when my youngest child came up to me, a baseball bat perched on his shoulder and a cap on his head, and asked me if I felt like playing a little ball with him. I was trying to get some important work done before going away on a long trip, and I very nearly declined with regrets, but then it occurred to me that never again would he be seven years, one month, and six days old, so we had better catch these moments while we can.

So we went out onto the front lawn and here is where it gets sentimental. There was a kind of beauty about the experience so elemental and wonderful I cannot tell you – the way the evening sun fell across the lawn, the earnest eagerness of his young stance, the fact that we were doing this most quintessentially dad-and-son thing, the supreme contentment of just being together – and I couldn't believe that it would ever have occurred to me that finishing an article or writing a book or doing anything at all could be more important and rewarding than this.

Now what has brought on all this sudden sensitivity is that a week or so ago we took our eldest son off to a small university in Ohio. He was the first of our four to fly the coop, and now he is gone – grown up, independent, far away – and I am suddenly realizing how quickly they go.

"Once they leave for college they never really come back," a neighbor who has lost two of her own in this way told us wistfully the other day.

This isn't what I wanted to hear. I wanted to hear that they come back a lot, only this time they hang up their clothes, admire you for your intelligence and wit, and no longer have a hankering to sink diamond studs into various odd holes in their heads. But the neighbor was right. He is gone. There is an emptiness in the house that proves it.

I hadn't expected it to be like this because for the past couple of years even when he was here he wasn't really here, if you see what I mean. Like most teenagers, he didn't live in our house in any meaningful sense – more just dropped by a couple of times a day to see what was in the refrigerator or to wander between rooms, a towel round his waist, calling out "Mom, where's my . . .?" as in "Mom, where's my yellow shirt?" and "Mom, where's my deodorant?" Occasionally I would see the top of his head in an easy chair in front of a television on which Asian people were kicking each other in the heads, but mostly he resided in a place called "Out."

My role in getting him off to college was simply to write checks – lots and lots of them – and to look suitably pale and aghast as the sums mounted. I was staggered at the cost of sending a child to college these days. Perhaps it is because we live in a community where these matters are treated earnestly, but nearly every college-bound youth in our town goes off and looks at half a dozen or more prospective universities at enormous cost. Then there are fees for college entrance examinations and a separate fee for each university applied to.

But all this pales beside the cost of college itself. My son's tuition is $19,000 a year, which I am told is actually quite reasonable these days. Some schools charge as much as $28,000 for tuition. Then there is a fee of $3,000 a year for his room, $2,400 for food, $700 or so for books, $650 for health center fees and insurance, and $710 for "activities." Don't ask me what that is. I just sign the checks.

Still to come are the costs of flying him to and from Ohio at Thanksgiving, Christmas, and Easter, plus all the other incidental expenses like spending money and long-distance phone bills. Already my wife is calling him every other day to ask if he has enough money, when in fact, as I point out, it should be the other way around. And here's one more thing. Next year, I have a daughter who goes off to college, so I get to do this twice.

So you will excuse me, I hope, when I tell you that the emotional side of this event was rather overshadowed by the ongoing financial shock. It wasn't until we dropped him at his university dormitory and left him there looking touchingly lost and bewildered amid an assortment of cardboard boxes and suitcases in a spartan room not unlike a prison cell that it really hit home that he was vanishing out of our lives and into his own.

Now that we are home it is even worse. There is no kick-boxing on the TV, no astounding clutter of sneakers in the back hallway, no calls of "Mom, where's my . . .?" from the top of the stairs, no one my size to call me a "doofus" or to say, "Nice shirt, Dad. Did you mug a boat person?" In fact, I see now, I had it exactly wrong. Even when he wasn't here, he was here, if you see what I mean. And now he is not here at all.

It takes only the simplest things – a wadded-up sweatshirt found behind the backseat of the car, some used chewing gum left in a patently inappropriate place – to make me want to blubber helplessly. Mrs. Bryson, meanwhile, doesn't need any kind of prod. She just blubbers helplessly.

For the past week I have found myself spending a lot of time wandering aimlessly through the house looking at the oddest things –a basketball, his running trophies, an old holiday snapshot – and thinking about all the carelessly discarded yesterdays they represent. The hard and unexpected part is the realization not just that my son is not here but that the boy he was is gone forever. I would give anything to have them both back. But of course that cannot be. Life moves on. Kids grow up and move away, and if you don't know this already, believe me, it happens faster than you can imagine.

Which is why, if you will excuse me, I am going to finish here and go off and play a little baseball on the front lawn while the chance is still there.

# Preparing You and Your Child for College

*(taken from a Humboldt State University Parent Newsletter – May 2007- where it says Humboldt- just substitute the name of your son's/daughter's college)*

My oldest son started school this year. Being as I work with parents every summer who are sending kids off to school, I tried to practice all the things we recommend parents do. We talked often with our son about what this new experience would be like, what our expectations were, and about any anxiety he might be experiencing.

We also talked about how to get on and off the bus, what he should do if he had to go potty during school, and how to buy lunch in the cafeteria - my oldest son started kindergarten this year. It dawned on me that today I'm dropping my son off at kindergarten - tomorrow college. Although the two events will be separated by many years, I believe that preparing for the two events will be similar. As you prepare for this transition, here are some thoughts to guide you:

**Encourage independence.**
Avoid the temptation to tell your student how to be independent (which defeats the purpose of the message). For your students to be independent, you must send them the message that you trust their judgment; you have confidence in them; and you believe they will be successful in their academic career.

**Talk about money.**
Be sure it is clear what you can and are willing to pay for. Discuss what you expect your student's financial contribution to college to be. How many years of college are you willing to pay for?

It is important to talk about family finances and the cost of college and develop a reasonable budget. Make sure they understand budgets, checking accounts, and the oh-so tempting credit cards. This one topic can cause so much anger and misunderstanding between parents and students.

**Discuss grade expectations.**
If you are funding your student's college experience is the funding tied to specific grades? Do you expect your student to get at least a certain grade in every class or do your expect a particular overall grade point average? Realize that even students who did very well academically in high school often do not do as well their first semester at college. Dealing with roommates, new and different academic standards, homesickness, etc. can often affect a student's academic performance.

Note that only students are able to access their grades. If you will want access to your student's grades, you will need to discuss this with your student.

**Lift the Curfew.**
Humboldt has no curfew. If students still have curfews at home, you might consider allowing them to experiment with the responsibility of coming and going at night without a specific curfew. It's important to talk about being responsible and considerate of others in terms of the hours they keep at home and at school, and it is probably better to experiment with this freedom before coming to school.

**Getting Started at Humboldt.**
Once your student has been admitted the next step is to sign up for the Humboldt Orientation Program. This is where all students receive major advising, get help selecting their fall class schedule, become familiar with the campus and our resources, and register for their fall classes. We offer family orientation at this time, too. You can learn about the campus and our resources so that you can help guide your students from afar. If your student doesn't quite seem sure of their academic goals, don't worry. Know that "undeclared" is the largest major for freshmen.

***Vicky Paul, Director***
***New Student Programs and Clubs***
***Humboldt t State University, California***

# RESOURCES

**Articles:**

Why it feels so terrible to drop your kid at college
https://www.theatlantic.com/family/archive/2018/08/why-it-feels-so-terrible-to-drop-your-at-kid-college/567847/

Making the Transition to College: A Guide for Parents
https://med.nyu.edu/child-adolescent-psychiatry/news/csc-news/2015/making-transition-college-guide-parents

Advice From a Formerly Lonely College Student
https://www.nytimes.com/2018/10/09/well/family/advice-from-a-formerly-lonely-college-student.html

Transition to College: Separation and Change for Parents and Students
https://med.nyu.edu/child-adolescent-psychiatry/news/csc-news/2015/transition-college-separation-and-change-parents-and-students

6 months to send-off: How to Emotionally Prepare Your Child (And Yourself) for College
https://www.nbcnews.com/better/health/6-months-send-how-emotionally-financially-prepare-your-child-college-ncna850771

15 Tips to Ease the Transition from High School to College
https://www.psychologytoday.com/us/blog/singletons/201807/15-tips-ease-the-transition-high-school-college

The Transition From School to University
https://www.theguardian.com/education/2008/sep/09/students.highereducation

7 Essential Things To Do The Summer Between High School and College
https://www.huffpost.com/entry/7-essential-things-to-do-_b_10335704?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAALZtWuJ0Lq9TlBZPhKgSrVGOgKJfhGQLgGUsp1nnHULqxeg4QVN5OevKrxUj14zxbEUBj1TLPGIt8kQIZ9Xt2UE6bJ_3-HSgqOrgFKuPfV61QZjPx4wLwCrK_fpzypvWCeoCRyRJaRCb066D-3dGlyG1AkOIqbvZ87U5yvw7225S

Transitioning To College
https://libguides.library.kent.edu/c.php?g=278041&p=1853695

Why I Won't Be GPS Tracking My College Freshman
https://www.washingtonpost.com/news/parenting/wp/2015/10/29/why-i-wont-be-gps-tracking-my-college-freshman/

Self-Compassion for Freshman
https://greatergood.berkeley.edu/article/item/self_compassion_for_freshmen

SoSonia Goodbyes: Video of TCK talking about goodbyes
https://www.youtube.com/watch?v=psztsj0WsXQ&app=desktop

**Sites:**
http://grownandflown.com
http://greatergood.berkeley.edu/article/item/self_compassion_for_freshmen
http://greatergood.berkeley.edu/raising_happiness/post/how_to_help_kids_adjust_to_college
https://denizenmag.com/2011/09/a-third-culture-kids-guide-to-college/

**Books**

**The Thinking Student's Guide to College**
**by Andrew Roberts**
***From the Publisher:***
Andrew Roberts' *Thinking Student's Guide to College* helps students take charge of their university experience by providing a blueprint they can follow to achieve their educational goals—whether at public or private schools, large research universities or small liberal arts colleges. An inside look penned by a professor at Northwestern University, this book offers concrete tips on choosing a college, selecting classes, deciding on a major, interacting with faculty, and applying to graduate school. Here, Roberts exposes the secrets of the ivory tower to reveal what motivates professors, where to find loopholes in university bureaucracy, and most importantly, how to get a personalized education.

**The Global Nomad's Guide to University Transition**
**By Tina L. Quick**
***From the Publisher:***
Third culture kids/global nomads have typically interacted with two or more cultures during their developmental years - those years that shape who they are as human beings. As they go about living their normal highly mobile, cross-cultural lives, they have no clue as to how they are being impacted. But one day they have an experience that wakes them up to the fact that they are different from others. This commonly takes place upon repatriation for college or university when they are surrounded mostly by those who have never ventured away from their home country or culture. Now there is a guide book to help these students understand what takes place in re-entry and/or transition and gives them the tools and strategies they need to not only survive but to thrive in the adjustment. This is the first book written to and for students who have been living outside their "passport" countries but are either returning "home" or transitioning on to another host country for college/university.

**You Are On Your Own (But I'm Here If You Need Me)**
**Margorie Savage**
***From the Publisher:***
Parents whose kids are away at college have a tough tightrope to walk: they naturally want to stay connected to their children, yet they also need to let go. What's more, kids often send mixed messages: they crave space, but they rely on their parents' advice and assistance. Not surprisingly, it's hard to know when it's appropriate to get involved in your child's life and when it's better to back off. This book helps parents identify the boundaries between necessary involvement and respect for their child's independence. Marjorie Savage, who as a parent herself empathizes with moms and dads, but who as a student services professional understands kids, offers advice on wide-ranging issues, including:

- How to cope with your family's mood changes in the months before move-in day on campus

- Why students complain about the food but still manage to gain fifteen pounds their first year
- How to teach basic financial responsibility, including the handling of credit cards and academic expenses
- When parental intervention is critical

With anecdotes and suggestions from experienced parents and college staffs nationwide, the strategies and tips provided throughout will help you to create a loving, supportive partnership responsive to the needs of both you and your children.

## Letting Go: A Parents' Guide to Understanding the College Years

**By Coburn and Treeger (http://www.lettinggobook.com)**

***From the Publisher:***

This bestselling guide, read by hundreds of thousands of parents over the past decade, is now better than ever, newly revised and completely updated. Based on real-life experience and recommended by colleges and universities around the country, Letting Go offers compassionate, practical, and up-to-the-minute information to help parents with the emotional and social changes of the college years.

- When should parents encourage independence?
- When should they intervene?
- What issues of identity and intimacy await students?
- What are normal feelings of disorientation and loneliness for students and for parents?
- What is different about today's college environment?
- What new concerns about safety, health and wellness, and stress will affect incoming classes?

These important issues and more are addressed with wise advice and time-tested counsel in *Letting Go* -- a realistic and reassuring source for meeting the challenges ahead, from the senior year in high school through college graduation.

## The Naked Roommate: For Parent's Only: A Parent's Guide to the New College Experience

**By Harlan Cohen**

***From the Publisher:***

If your child is starting life in college, there's a surprise around every corner….But that doesn't mean you can't be prepared! The Naked Roommate: For Parents Only is a witty and wise guide to everything you need to know about the college experience. Harlan Cohen, America's most trusted college life expert, delivers the best advice, facts, stats, tips and stories from parents, students and experts across the country to ensure that you and your child will have an incredible and meaningful college experience.

## The Launching Years

**Kastner & Wyatt**

***From the Publisher:***

Launching a child from home is second only to child-birth in its impact on a family. Parents can end up reeling with the empty-nest blues, while teens find their powers of self-reliance stretched to the breaking point. During the time of upheaval that begins senior year of high school with the nerve-wracking college application process and continues into the first year of life away from home, *The Launching Years* is a trusted resource for keeping every member of the family sane. From weathering the emotional onslaught of impending separation to effectively parenting from afar, from avoiding the slump of "senioritis" to handling the newfound independence and the experimentation with alcohol and sexuality that college often involves, *The Launching Years* provides both parents and teens with well-written, down-to-earth advice for staying on an even keel throughout this exciting, discomforting, and challenging time.

**Almost Grown: Launching Your Child From High School to College**
**Patricia Pasick**
***From the Publisher:***
This guide for parents to the final years of high school and the first years of college discusses not only practical issues such as developing a college search plan or handling questions of money, sex, and substance abuse, but also psychological issues that arise during this family transition. Writing as both psychologist and parent, Pasick tackles the key question of how parents can foster adolescents' growth and autonomy while maintaining family connections and stability. She also explores the unexpected: the impact of the changing family on siblings, the benefits and frustration of college students' returning home, the challenges that nontraditional families face, and more. Readers will find here advice from high-school and college admissions counselors across the country and, at the heart of the book, stories of personal experience from parents and adolescents who are making, or have made, the transition.

**Doors Open from Both Sides**
**Margo Bane Woodacre**
***Synopsis:***
Each year nearly two million young Americans leave home and enter college. For most parents and children, the transition is an emotional one and for some, traumatic. This book deals with the complex emotions which surface for families when the transition creates an empty nest at home. It is unique in that it describes the full array of new challenges for both the parents and the child from college acceptance to graduation. The authors, mother and daughter, describe in candid detail the off-to-college experience from their own individual perspectives. Journal entries and carefully crafted reminiscences capture each aspect of their experience.

**I'll Miss You Too: What Will Change, What Will Not, and How We'll Stay Connected,**
**Margo Bane Woodacre**
This book focuses on the emotional ups and downs of the off-to-college transition. Our emphasis is on the importance of keeping the "door open" for communication between parent and child through the college years. The book is unique because it is written from both perspectives: the parent's and the child's. Please look at our website for more details: [http://illmissyoutoo.com] www.frombothsides.com
***From the Publisher:***
This book, by mother-daughter team Margo E. Bane Woodacre and Steffany Bane, is a must-have guidebook for students and parents that will help them to navigate the college years, and ensure that their one-of-a-kind relationship not only remains intact, but flourishes as well.
I'll Miss You Too is unique in that it is written from both sides of the mother-daughter relationship, providing valuable insight into the issues that both parent and child face, including:

- The 10 major traumas of empty nesters, (and their solutions!)
- Tips for students making the transition in the "real world"
- Communication issues, and how to set healthy expectations
- Most common problems of moving out and leaving home (for both parent and student)
- Coming home for the first time
- The personal, intimate journeys of mother and daughter when separating
- And much more...

This poignant and oftentimes hilarious guidebook provides the kind of perspective that leads to understanding, and opens the door for meaningful discussion between parent and child.

**I'm a Stranger Here Myself - On Losing a Son (to College)**
**Bill Bryson, 1999**
***From the Publisher:***

After living in Britain for two decades, Bill Bryson recently moved back to the United States with his English wife and four children (he had read somewhere that nearly 3 million Americans believed they had been abducted by aliens -- as he later put it, "it was clear my people needed me"). They were greeted by a new and improved America that boasts microwave pancakes, twenty-four-hour dental-floss hotlines, and the staunch conviction that ice is not a luxury item.
Delivering the brilliant comic musings that are a Bryson hallmark, I'm a Stranger Here Myself recounts his sometimes disconcerting reunion with the land of his birth. The result is a book filled with hysterical scenes of one man's attempt to reacquaint himself with his own country, but it is also an extended if at times bemused love letter to the homeland he has returned to after twenty years away.

**The Naked Roommate:  And 107 Other Issues You Might Run Into in College**
**Harlan Cohen**

**The Happiest Kid on Campus:  A Parent's Guide to the Very Best College Experience**
**Harlan Cohen**

**Been There Should've Done That**
**Suzetter Tyler**

**Confessions of a College Freshman**
**Zach Arrington**

**College Knowledge- What you need to know before you go!**
**Jennifer Trussell**

**Living the College Life – Real Students, Real Experiences, Read Advice**
**Ken Paulsen**