



HIGH SCHOOL RESOURCES FOR PARENTS

Compiled by Keri Shields, Director of College & Academic Counseling

PARENTING WEBSITES

THE CULTURE TRANSLATOR

axis.org/the-culture-translator

This resource is a must! This free weekly email from Axis, a gospel-centered resource, helps parents understand the trends, slang, music, social media, and stories shaping a teen's world. Each Friday, it explains what is happening, why it matters, and how parents can begin meaningful conversations rooted in faith. It is brief, practical, and one of the best resources I know for staying connected to teen culture without feeling completely overwhelmed.

FOCUS ON THE FAMILY

focusonthefamily.com/13-18/

A helpful resource for Christian families who want practical parenting support rooted in faith.

ROOTED

rootedministry.com/parenting

Rooted Ministry offers thoughtful, gospel-centered articles and podcasts for parents raising teenagers. Its resources address spiritual formation alongside real-life concerns such as anxiety, relationships, identity, technology, school, and preparing students for adulthood. The tone is wise, hopeful, and grounded in Scripture.

PARENTING BOOKS

THE ANXIOUS GENERATION

Jonathan Haidt, Ph.D. (2024)

A must-read for understanding the mental health challenges facing today's teenagers, including sleep deprivation, social media, attention fragmentation, and loneliness.

THE BLESSING OF A B MINUS

Wendy Mogel (2011)

A wise reminder that adult success is shaped less by perfect grades and more by resilience, optimism, flexibility, and emotional intelligence.

THE EMOTIONAL LIVES OF TEENAGERS

Lisa Damour, Ph.D. (2024)

An excellent guide for parents seeking to better understand and support the emotional world of their teenagers.



HOW TO RAISE AN ADULT

Julie Lythcott-Haims (2016)

If you read just one parenting book, choose this one. It is one of the most practical books for helping parents step back in ways that build independence and resilience.

NEVER ENOUGH: WHEN ACHIEVEMENT CULTURE BECOME TOXIC-AND WHAT TO DO ABOUT IT

Jennifer Breheny Wallace (2023)

The world is sending the message to our teens that their value stems from achievement. This book provides a framework for the adults in the room to use with their teens.

SMART BUT SCATTERED TEENS

Richard Guare (2012)

A practical, science-based guide for helping teens strengthen executive functioning and independence.

THE TEENAGE BRAIN

Frances Jensen, M.D. (2016)

If you want to understand the science behind the teenage brain, this book clearly explains why teenagers often behave the way they do.

QUEEN BEES & WANNABEES, 3rd Ed.

Rosalind Wiseman (2016)

The definitive guide on understanding girl culture and the powerful role cliques plays in shaping every aspect of adolescent girls' lives.

QUIET

Susan Cain (2013)

I am not quiet. This book helped me understand and appreciate the strengths of teenagers who are.



COLLEGE PLANNING RESOURCES

COLLEGE BOOKS I RECOMMEND

GUIDING FAITHFUL FUTURES: FAITH, PURPOSE, AND A CLEAR PLAN FOR HIGH SCHOOL, COLLEGE, AND LIFE

Keri Shields

An honest, practical guide for students and parents who want to make wise decisions about high school, college, and life after graduation.

COLLEGES THAT CHANGE LIVES

Loren Pope and Hilary Masell Oswald Pope explores lesser-known institutions that offer students not just an education, but a profound college experience.

WHERE YOU GO IS NOT WHO YOU'LL BE

Frank Bruni

Students need to understand that getting into a highly selective college will not make them successful. Students have far more control over their success than the college name does.

WHO GETS IN AND WHY

Jeff Selingo

The best book I've read on understanding highly selective college admissions. It is a must-read for anyone seeking admission to a highly selective college.

WEBSITES I USE THE MOST

THE COLLEGE ESSAY GUY

collegeessayguy.com

I am a big fan of Ethan Sawyer, better known as *The College Essay Guy*. He started as a oneman show and has built one of the most helpful college admissions resources available. When I'm helping students think through essays, supplemental prompts, or how to tell their story well, this is often one of my first stops. The free resources alone are outstanding.

COLLEGE SCORECARD

collegescorecard.gov

When I want the *real story* about a college, this is one of the first places I look. College Scorecard cuts through the glossy brochures and provides data that matters: graduation and retention rates, average annual cost, student debt, and earnings after graduation. Colleges make plenty of promises; this is where students and parents can examine the outcomes. Before committing to a college, *look at the receipts*.



CROSSINGS CHRISTIAN SCHOOL

KERI SHIELDS, DIRECTOR OF COLLEGE & ACADEMIC COUNSELING

CARLY SNEDEKER, ACADEMIC COUNSELOR

COLLEGE TRANSITIONS

collegetransitions.com

Their Dataverse is one of the best tools out there for families who want to better understand admissions trends, selectivity, and financial aid. It's practical, data-driven, and especially helpful when building a balanced college list.

COMPASS EDUCATION GROUP

compassprep.com

An excellent resource for test prep, academic tutoring, and especially understanding ACT/SAT strategy. Their Resource Center is full of clear, trustworthy information.

IVYWISE ivywise.com

Another consulting company with strong paid services, but the knowledge base is where the gold is. Particularly helpful for families navigating highly selective admissions.

PREPSCHOLAR

prepscholar.com

Go straight to the Advice Blog. They do a great job breaking down specific admissions questions in a way that's easy to understand.