
Office of Admission

Smith College
Northampton, Massachusetts 01063
T (413) 585-2500
F (413) 585-2527

2007 College Parent Reading List

Sidonia M. Dalby, Associate Director of Admission

The Culture

Generation ME: Why Today's Young Americans are More Confident, Assertive, Entitled—and More Miserable than Ever Before, Jean M. Twenge, PhD
Making the Most of College: Students Speak Their Minds, Richard Light
A Tribe Apart, A Journey into the Heart of American Adolescence, Patricia Hersch
Meeting at the Crossroads, Lyn Mikel Brown and Carol Gilligan
The Rise and Fall of the American Teenager, Thomas Hine

The Parent's Job

Less Stress, More Success, A New Approach to Guiding Your Teen Through College Admissions and Beyond, Marilee Jones and Kenneth R. Ginsburg
Parents' Guide to College Life, Robin Raskin
Letting Go: A Parents' Guide to Understanding the College Years, Karen Levin Coburn and Madge Lawrence Treeger
The Launching Years: Strategies for Parenting from Senior Year to College Life Laura Kastner and Jennifer Wyatt
Worry, Hope and Help for a Common Condition, Edward M. Hallowell MD
Almost Grown; Launching your Child from High School to College, Patricia Pasick
Doors Open from Both Sides and I'll Miss You, Too: What will Change, What will Not, and How We'll Stay Connected, Margo Bane Woodacre
Parenting the Millennial Generation, David Verhaagen
How to Survive and Thrive in an Empty Nest: Reclaiming Your Life When Children Have Grown, Jeannette and Robert Lauer
When Hope and Fear Collide: A Portrait of Today's College Student, Jeanette Cureton and Arthur Levine

Time Management

Crazy Busy: Overstretched, Overbooked and About to Snap! Strategies for Handling Your Face-Paced Life by Edward M. Hallowell, MD
Getting Things Done: The Art of Stress-Free Productivity by David Allen
The Procrastinator's Handbook: Mastering the Art of Doing it Now, Rita Emmett
Ready or Not, Here Life Comes, Mel Levine

Money Management

Don't Tell me What to Do, Just Send Money: the Essential Parenting Guide to the College Years, Helen Johnson and Christine Schelhas-Miller
Rich Dad, Poor Dad: What the Rich Teach Their Kids about Money that the Poor and Middle Class Do Not, Robert T. Kiyosaki and Sharon Lechter
Got Money? Enjoy it! Manage it! Even save some of it! Jeff Wuorio
The Millionaire Next Door, Thomas J. Stanley and William D. Danko

Budget Yes! 21st Century Solutions for Taking Control of Your Money Now, Jane Chidester and John Macko

Athletics

The Game of Life: College Sports and Educational Values, William G. Bowen and James L. Schulman

It's Not about the Bra: Play Hard, Play Fair and Put the Fun Back into Competitive Sports, Brandi Chastain

Fitting In

A Hope in the Unseen, An American Odyssey from the Inner City to the Ivy League,

Ron Suskind

Ivy Days: Making My Own Way out East, Susan Allen Toth

Learning styles

Learning Outside the Lines, Jonathan Mooney and David Cole

Driven to Distraction, Recognizing and Coping with Attention Deficit Disorder from Childhood through Adolescence, Edward M. Hallowell MD and John J. Ratey MD

Delivered from Distraction, Edward M. Hallowell, MD and John J. Ratey, MD

Substance Abuse

Smashed: The Story of a Drunken Girlhood, Koren Zailckas

Dry, Augusten Burroughs

Dirty: A search for answers inside America's Teenage drug epidemic, Meredith Maran

Our Drink: Detoxing the Perfect Family, Chris and Toren Volkmann

Special Services

College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It, Richard Kadison, MD

The Worst Case Scenario Survival Handbook: College, by Joshua Piven, David Borgenicht, and Jennifer Worick

Sexual Orientation

Is It a Choice? Eric Marcus

Beyond Acceptance: Parents of Lesbians and Gays Talk about their Experiences, by Carolyn Griffin and Marian Wirth

Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter, Kevin Jennings and Pat Shapiro

Study Abroad

Study Abroad: A Parent's Guide, William W. Hoffa

Eating Disorders

Helping Your Child Overcome an Eating Disorder, Techniques based on the Latest Scientific Research at the Yale Center for Eating and Weight Disorders, Bethany A. Teachman, Marlene B. Schwartz, Bonnie S. Gordic and Brenda S. Coyle

Surviving an Eating Disorder: Strategies for Family and Friends, Michelle Siegel

The Secret Language of Eating Disorder: How You Can Understand and Work to Cure Anorexia and Bulimia, Petty Claude-Pierre

The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders, Carolyn Costin

Smith/Northampton

A Woman's Education, Jill Ker Conway

Hometown, Tracy Kidder

Running with Scissors, Augusten Burroughs