Perspective as a Parent
- Acknowledge the anxiety. Understand that it comes from the right place—and get over it.
- “Helicopter” parents: are you one?
- This is not the most important decision your daughter will make in her life!

College Search Process
- Transition is filled with challenge, anxiety...and opportunity.
- First step is self-reflection for your daughter—and for you. You may have different expectations. Consider strengths, weaknesses, goals and reasons for going to college.
- Ask your daughter: “Why do you want to go to college?” Really listen to the answer.
- It’s not about the name, it’s about the match. There’s not one perfect college.

Family Dynamics/Role of the Parent
- You are not going to college, your daughter is.
- Stay quietly to the side and let her control the process.
- Communication is critical. Be supportive and listen; listen more than you talk. One of the most important questions you can ask your daughter is, “How can I help you love this last year or two of high school?”
- Remember, more selective doesn’t always mean better.
- Assist with organization. Keep copies of everything. Organize the college visits. Teach life skills like managing budgets and doing laundry.
- Expand your horizons; look at lots of different colleges.
- Help her handle the stress by handling it yourself. The college sticker on the car is not your grade as a parent.
- Know that your daughter will learn from you also. How you handle a difficult situation will be an important model for her as she handles disappointments.
- Remember to let go!

Parent Reading Recommendations
- A Woman’s Education, Jill Ker Conway
- Almost Grown: Launching Your Child from High School to College, Patricia Pasick
- Crazy Busy: Overstretched, Overbooked and About to Snap! Strategies for Handling Your Fast-Paced Life, Edward M. Hallowell, MD
- 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
- Getting Things Done: The Art of Stress-Free Productivity, David Allen
- How to Survive and Thrive in an Empty Nest: Reclaiming Your Life When Children Have Grown, Jeannette and Robert Lauer
- I’m Going to College—Not You! Surviving the College Search with Your Child, Jennifer Delahunty
- Less Stress, More Success: A New Approach to Guiding Your Teen Through College Admissions and Beyond, Marilee Jones and Kenneth R. Ginsburg
- Letting Go: A Parents’ Guide to Understanding the College Years, Karen Levin Coburn and Madge Lawrence Treeger
- Panicked Parents’ Guide to College Admissions: Words of Wisdom for Surviving the College Admission Process, Sally Rubenstone and Sidonia Dally
- Parenting the Millenial Generation, David Verhaagen
- Parents’ Guide to College Life, Robin Raskin
- Ready or Not, Here Life Comes, Mel Levine
- The Launching Years: Strategies for Parenting from Senior Year to College Life, Laura Kastner and Jennifer Wyatt
- The Pressured Child, Michael Thompson
- The Procrastinator’s Handbook: Mastering the Art of Doing It Now, Rita Emmett
- When Hope and Fear Collide: A Portrait of Today’s College Student, Jeanette Cureton and Arthur Levine
- Worry, Hope and Help for a Common Condition, Edward M. Hallowell, MD