

Tips for Parents during the College Process

1. First and foremost, applying to college is a learning process. Try to stay focused on the process and not the *outcome*.
2. As such, encourage your son or daughter to respect and own the process (e.g. adhere to deadlines etc.).
3. Encourage your son or daughter to seek out help. It is a skill that will serve them well in college and through-out life.
4. Go easy on the fire and brimstone speeches. For most of your sons and daughters, applying to college is one of the hardest and most meaningful decisions of their young lives.
5. Stay in your lane. Be clear on the things that you **control vs. those you manage**.
6. Help your son or daughter to "*use their words*". Help them to express clearly what they like and don't like, and what they want and do not want. This will help you and help them to formulate well reasoned decisions as well as understanding the rationale behind a sound decision making process.
7. Be aware of your influence. Many of your sons and daughters will make decisions based on what you say, how you react, etc. E.g. "I'm not applying to XXX University because I know my parents can't afford it."
8. Put the cost of attendance into its proper prospective. At this juncture of the process no one should be worried about the cost of a college. You only know you can't afford a school after your son or daughter has received their financial aid award.
9. Be prepared for your son or daughter to be smarter about this process than you are by the end.
10. Use this time to reinforce life skills. Teach them to wash clothes, change a tire and read a map, balance a checkbook, pay bills, etc.
11. Prepare your son or daughter for success.
12. Talk to your son or daughter about the lessons that come from failure. Mention the importance of resilience and the proper way to deal with failure. Remember: focus not on the misstep but on the opportunity to learn.
13. Enjoy watching the maturation process. These are the fruits of your labor!