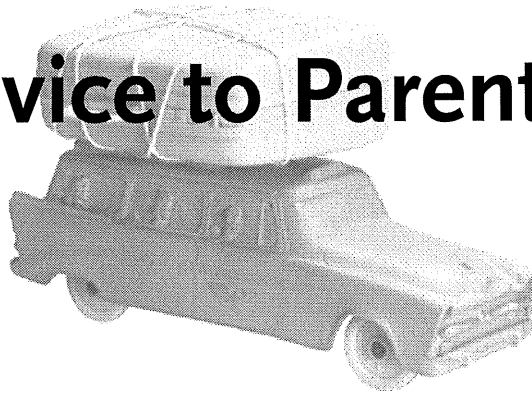


# Advice to Parents



- 1** Be prepared for your child's—and your own—conflicting emotions as the day of departure approaches.
- 2** Discuss academic expectations ahead of time. Encourage your son/daughter to set his/her own academic goals.
- 3** Make a financial plan and openly discuss expectations with your child.
- 4** Discuss expectations about communication/phone calls, e-mails, and letters.
- 5** Discuss use of alcohol and other lifestyle choices your son/daughter will have to make, but don't give lectures.
- 6** If you take your child to school, don't expect to spend a lot of time together. Orientation is designed to foster separation.
- 7** Be a coach rather than a rescuer: encourage your son or daughter to use the resources at college. Learn what the academic and personal support services are. Keep the parents' handbook and materials from orientation in an accessible place.
- 8** Don't make major changes at home without informing your son/daughter.
- 9** Be an anchor. Listen with an open mind and be supportive.
- 10** Keep in touch; write/send care packages.

Additional information can be found in *Letting Go: A Parents' Guide to Understanding the College Years* by Karen Levin Coburn and Madge Lawrence Treeger (paperback, \$14.99, 9780061665738).

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