



My Top 7 Tips for Parents Regarding the College Application Process

College admissions stresses bring latent family problems to the fore. So be sure to keep the channels of family communication open at all times, and don't let other issues get in the way. Often an outside impartial professional can be instrumental in handling difficult situations and helping to temper customary parent/child conflicts that arise.

Believe me---the college application process has evolved into an amazingly complex and overwhelming process. After all is said and done you will understand what it means to have survived it.

- Sit down early with your teen and set expectations as a family about priorities and roles.
- Step back and give your teen ownership. Watch for signs that you are adding to the stress.
- Accompany your teen on as many campus visits as possible and share in conducting research about each school.
- Start a master calendar and a file for each college of interest. Help in the management of deadlines and requirements.
- Keep teens grounded amid the gossip rife in many schools. Your son or daughter is under even more pressure than you since updates are heard everyday from other students in school.
- Don't get sucked into the nerve-wracking buzz about who applied where, and who got into what schools. Every student's circumstances are different. Where one might be happy and comfortable, another may not be.
- Above all be supportive. This is a very stressful time. Reinforce with your teen that success is not defined by a "fat envelope" from a specific college.

Telephone: (516) 313-2988

nancybrennan27@yahoo.com

www.TheWriteDoc.com

Manhasset, NY

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