

## TIPS TO PARENTS FROM SENIOR STUDENTS

*By senior year of high school, college application stress can start to take a real toll on students, who repeatedly confess they are overwhelmed by all they have to do in addition to the regular academic workload – college essays, visits, test prep, etc. BHS Peer Leaders contributed to the following list of tips to parents on supporting your teen through this challenging period.*

**Take your child's lead** on talking about college and don't frequently bring it up -- respect the need to have down time NOT centered around school and college prep. Also ask relatives and friends to **limit questions and advice** about college plans.

**Try not to feed into the culture of competitiveness.** Don't ask where friends are applying, or who is getting into which school early decision – your child will share when he/she is ready. Remember, your child is the one applying to college, NOT YOU.

If you are worried your child needs help following through on applications, etc., consider **setting up a time once a week** to check in and talk about it. Find a communication strategy that works for your family.

**Volunteer to help**, if needed, but don't be intrusive or nag. Teens most often appreciate when parents do little things -- bring a snack, offer a ride, help print out a paper, etc.

**Give your teen space** and cut him/her some slack over household expectations and chores. And don't take it personally if they snap at you – choose your battles.

**Manage your own stress** -- don't feed into your teen's drama, but take steps to manage your own anxiety – exercise, social outlets, proper sleep, etc.

Have an honest conversation about **college financing**, and remember that college isn't for everyone. Be open if your child is not ready for college or wants to explore **other options**.

Help your teen stay calm and **maintain perspective**. Keep an eye on the big picture – there are many different kinds of futures and many different ways to get there.

*Remember, while your teen may not let you know it, underneath he/she is anxious about leaving home. Be calm, reassuring, and supportive – this too shall pass!*

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For more information, go to the "Transitions" page at [www.B-PEN.org](http://www.B-PEN.org) or contact coordinators June Harris ([june\\_harris@brookline.k12.ma.us](mailto:june_harris@brookline.k12.ma.us)) or Karen Campbell ([kcampbell@brooklinema.gov](mailto:kcampbell@brooklinema.gov))

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