

## SENIOR STUDENTS' TIPS TO PARENTS

*Junior and senior year are really stressful for us. Help your kids maintain some perspective about college -- this is not the only thing that will impact their future. Ask your children what you can do to help reduce their stress level. Take your kids' lead. Give your child a lot of space, and find a communication strategy that works for your family.*

### **Here is our Top 10 list of advice for parents:**

1. Take your child's lead on talking about college. Ask family members, relatives, family friends not to talk about what we are doing after high school or what school we are applying to.
2. Don't ask where our friends are applying or who is getting in where -- we will let you know if we want to talk about it.
3. Understand that even though we have a long list of things to get done, we may also need to have down time.
4. If you are worried your child needs help following through on college applications, set up a time once a week to talk about college, and don't bring it up other times.
5. Don't take it personally when we are grouchy and snap at you or if we hide up in our room and need space.
6. Cut us some slack over household chores -- it's hard for us to shift gears from homework to doing laundry.
7. Remind us to calm down and put things in perspective, to remember the big picture, that whatever the outcome, I'll be fine. Don't feed into our anxiety about grades or where we will get into school.
8. We really appreciate when you do little things for us -- bring a snack, give us a ride, help us print out a paper.
9. We may not let you know, but underneath we may be are scared to leave home.
10. We understand parents have their own worries to, but try not to add on to ours.