

2023 PARENT UPDATE

on

THE POST-BHS TRANSITION -- WHAT SENIOR PARENTS NEED TO KNOW

Whether heading off to college or the military or staying close to home for a gap year or to work, the transition from high school life is a big change. On May 10, the Senior PTO and B-PEN presented a special evening with guest speaker Dr. Anjini Virmani, BHS Social Worker Abby Dean, and three recent BHS grads addressing this milestone from both parent and student perspectives. A recording of the full meeting can be found [here](#).

KEY TAKEAWAYS

Prevention/Intervention Social Worker Abby Dean talked about the importance of preparing teens for what's next and preparing ourselves for letting go as they begin the next phase of adulthood. She drew from an excellent article by Heather Barnett, "[15 life skills every kid should know before they leave for college.](#)"

Anjali Mitra (BHS 2020) talked about the value of her gap year spent year living in different parts of the country doing remote climate organizing. "My parents encouraged me to do what I wanted as long as I had a plan." She got to know herself better apart from her family, making new friends, building confidence and independence. She learned to navigate medical emergencies on her own and how to ask for help. She valued the space to make mistakes and learn from them.

Maxy Gangadharan (BHS 2020) went straight to college, despite the uncertainty of COVID, making her first full year online. When she was able to move to an apartment in D.C., she learned to cook, get groceries, navigate city transportation, and live with new people while studying. During a semester in London, she learned to navigate health services in a new country, but wishes she had known beforehand the importance of stocking up on certain medications and contact lenses because of insurance issues, which can be a problem in college out of state as well.

Kyle Melo (BHS 2018) He knew college wasn't a good fit, so went to trade school studying to be a plumber, apprenticing with his uncle. He learned how to run a company, how to talk to people. He wish he'd known that he could have attended trade school in HS, realizing the importance of letting kids explore their passions – there's more than just studying hard and getting good grades. Kids sometimes halfway through college regret their choices. College is not the only way to succeed.

Students advise parents – help them find a balance between support/advice and freedom/independence. Accept that parents can't fix everything – life has ups and downs, but stress that kids can always fall back on family help.

Dr Anjini Virmani gave the evening's main presentation. (*An Internal medicine physician practicing at Atrius Health since 1998 with a focus on college health, innovative care, and teaching, she also served as Associate Dean of Health, Wellness and Counseling and the Medical Director of the Health Center at Bentley University and is currently the Internal Medicine Chief of Clinical Coverage department at Atrius. Her two children graduated from BHS and now attend college.*)

Dr. Virmani's main points are outlined in the materials linked below and include important information about dealing with college student medical needs away from home, including insurance issues, HIPAA health privacy guidelines, and a "medical tool kit." She also stressed the importance of students studying out of state being aware of differences in women's health laws (i.e., birth control is fully legal, but some college health centers may not prescribe) and marijuana laws still vary state to state.

RESOURCES

[Dr. Virmani's Medical Tool Kit for Parents](#)

[Dr. Virmani's Medical Tool Kit for Students](#)

[College Transitions](#) page on B-PEN website (<https://www.b-pen.org>)

[What Every Kid Needs to Know Before Leaving Home](#)

["15 life skills every kid should know before they leave for college"](#)

[Ten College Transition Tips](#)

PTO class of 2023 Website: <https://www.bhs-pto.org/class-of-2023.html>

Zoom

Recording: https://brooklinema.zoomgov.com/rec/share/xK4CLK6HflrJDjiMFrlo4gOUjSpx1KR ed-U8gsCsC0_ovB9D58NQcJcfbafxSUIf.8wagqbafdqP22lXY

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