

The Parent's Guide to Navigating the College Years: A Comprehensive Resource for Understanding and Supporting Your Student

As parents, we want what's best for our children, and that includes helping them succeed in college. But the college years can be a challenging time, both for students and their parents. This guide will provide you with the essential insights and practical advice you need to navigate the college years with confidence and help your student succeed.



Letting Go, Sixth Edition: A Parents' Guide to Understanding the College Years by Karen Levin Coburn

★ ★ ★ ★ ☆ 4.5 out of 5

Language	: English
File size	: 1001 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 456 pages



Chapter 1: The Transition to College

The transition to college can be a major adjustment for both students and their parents. In this chapter, you'll learn about the challenges students may face and how you can support them during this time. You'll also find tips on how to help your student develop the independence and self-reliance they need to succeed in college.

Chapter 2: Academic Support

College-level coursework can be challenging, and even the best students need academic support from time to time. In this chapter, you'll find information on the resources available to students, such as tutoring, writing centers, and academic advising. You'll also learn how to talk to your student about their academic progress and offer support without being overbearing.

Chapter 3: Financial Planning

College can be expensive, and it's important to start planning for the costs early on. In this chapter, you'll learn about the different types of financial aid available to students and how to apply for it. You'll also find tips on how to save money on college costs and how to help your student manage their finances.

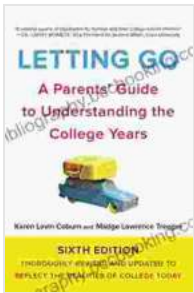
Chapter 4: Mental Health

The college years can be a stressful time for students, and it's important to be aware of the signs of mental health problems. In this chapter, you'll learn about the different mental health services available to students and how to talk to your student about their mental health. You'll also find tips on how to support your student if they are struggling with mental health problems.

Chapter 5: Social and Emotional Development

College is a time of great social and emotional development for students. In this chapter, you'll learn about the different social and emotional challenges students may face and how you can support them during this time. You'll also find tips on how to help your student develop the social and emotional skills they need to succeed in college and beyond.

The college years can be a challenging time for both students and their parents, but with the right support, students can succeed and thrive. This guide has provided you with the essential insights and practical advice you need to navigate the college years with confidence and help your student succeed.



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