Surviving College: Guides for Parents/Families

The iConnected Parent: Staying Close to Your Kids in College (and Beyond) While Letting Them Grow Up
Authors: Barbara K. Hofer and Abigail Sullivan Moore
Today’s iConnected parents say they are closer to their kids than their parents were to them, and this generation of families prefers it that way. But is there a limit? Dr. Barbara Hofer, a Middlebury College professor of psychology, and Abigail Sullivan Moore, a journalist who has reported on college and high school trends for the New York Times, answer these questions and more in their groundbreaking, compelling account of both the good and the bad of close communication in the college years and beyond.

College Survival Tips for Parents: Fostering Growth and Independence in Your Kids
Author: Ceil Hall
When our kids go to college, it isn’t always easy to know what to do. Whether or not we experience “empty nest syndrome,” our style and level of involvement with our kids changes by necessity, and it can be difficult to make the transition. College Survival Tips for Parents offers practical advice on how to assist college students in a way that fosters their success and transition to young adulthood. This book offers detailed advice on how to respond to college students’ specific challenges, as well as suggestions on how parents can promote open communication with them.

Empty Nest …Full Heart: The Journey from Home to College
Author: Andrea VanSteenhouse, Ph.D.
The author chronicles the tumultuous journey from the senior year of high school, through the challenging summer, to the first year of college for students. Featuring an emphasis on the freshman experience, Empty Nest…Full Heart offers a light hearted savvy look at this turbulent time.

The Happiest Kid on Campus: A Parent's Guide to the Very Best College Experience
Author: Harlan Cohen
The Happiest Kid on Campus is a witty and wise guide to everything you need to know about the college experience. Harlan Cohen delivers advice, facts, stats, tips, and stories from parents, students, and experts across the country to ensure that you and your child will have an incredible and meaningful college experience.

Parents’ Guide to College Life: 181 Straight Answers on Everything You Can Expect Over the Next Four Years
Author: Robin Raskin
Get straight answers to tough questions. This candid guide answers questions regarding money, credit cards, studying abroad, jobs and meal plans!

Sending Your Child to College: The Prepared Parent's Operational Manual
Author: Marie Carr
Your child will be heading off to college! Are you ready? This book covers everything from student banking and dorm life to health insurance, class schedules and support services. There are forms, checklists and helpful tips, including not only what students can take to school, but also what they should leave behind.

Don’t Tell Me What To Do, Just Send Money
Authors: Helen E. Johnson and Christine Schelhas-Miller
When children leave for college, many parents feel uncertain about their shifting roles. By emphasizing the importance of being a mentor to your college student, Don’t Tell Me What To Do, Just Send Money shows parents how to influence their college student while still supporting their independence. The authors offer valuable insight into the minds of college students and provide parents with simple suggestions for improving communication with their children.

Letting Go: A Parents’ Guide to Understanding the College Years
Authors: Karen Levin Coburn and Madge Lawrence Treeger
Letting Go leads parents through the period of transition that their student experiences between the junior year of high school and college graduation. The authors explain how to distinguish normal developmental stages from problems that may require parental or professional intervention. The new edition explains the differences between college life today and the college life parents experienced twenty or thirty years ago. It features a completely new resource guide that introduces parents to campus technology, useful Web sites, and other organizations providing information on a wide range of topics.