

Books for College-Bound Families

This list of books was recommended by the parent program professionals of AHEPPP: Family Engagement in Higher Education.

College Ready: Expert Advice for Parents to Simplify the College Transition

Edited by Chelsea Petree, Ph.D.

Written entirely by AHEPPP members, *College Ready 2021* provides practical guidance on what should be done during the summer, during drop-off, and the first semester. Checklists accompany each chapter so you don't forget anything and don't do things you shouldn't! And the book is full of ideas on how to start those tough, but very much needed, conversations.

Don't Tell Me What To Do, Just Send Money: The Essential Parenting Guide to the College Years

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.

Emptying the Nest: Launching Your Young Adult Success and Self-Reliance

Brad Sachs

In today's rapidly changing world and challenging economy, young adults increasingly find themselves at a crossroads between financial and emotional dependence and autonomy. Drawing on Dr. Sachs' extensive clinical experience and his illuminating discussion of the latest psychological research, *Emptying the Nest* will support parents in their efforts to cultivate their young adult's success and self-reliance while simultaneously maintaining healthy family relationships.

GenZ Goes to College

Corey Seamiller and Megan Grace

Generation Z is rapidly replacing Millennials on college campuses. Those born from 1995 through 2010 have different motivations, learning styles, characteristics, skill sets, and social concerns than previous generations. Unlike Millennials, Generation Z students grew up in a recession and are under no illusions about their prospects for employment after college. While skeptical about the cost and value of higher education, they are also entrepreneurial, innovative, and independent learners concerned with effecting social

change. Understanding Generation Z's mindset and goals is paramount to supporting, developing, and educating them through higher education.

Grown & Flown

Lisa Heffernan and Mary Dell Harrington

Grown and Flown is a one-stop resource for parenting teenagers, leading up to — and through — high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic — such as academics, anxiety and mental health, college life — it features a combination of stories, advice from professionals, and practical sidebars.

Letting Go: A Parent's Guide to Understanding the College Years

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 development 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 20 or 30 years ago. It features a completely new resource guide.

Navigating the First College Year: A Guide for Parents

Richard H. Mullendore and Cathie Hatch

This informational pamphlet focuses on "letting go" as a long-term process that should never be completed. The authors encourage parents to renegotiate their relationship with their student as an adult. This concise guide features 10 sections about the major events and feelings parents and students likely will experience during the first year of college and offers suggestions for resolving these issues.

Out to Sea: A Parents' Survival Guide for the Freshman Voyage

Kelly Radi

Out to Sea: A Parents' Survival Guide to the Freshman Voyage will help you navigate the emotional and practical aspects of the freshman year. This easy-to-read, informative guidebook is swimming with helpful tips, organized checklists, and real-world advice from parents and experts alike. *Out to Sea* will keep your sanity afloat and ensure smoother sailing for you and your student as you embark on this grand voyage.

The iConnected Parent: Staying Close to Your Kids in College (and Beyond) While Letting Them Grow Up

Barbara K. Hofer and Abigail Sullivan Moore

"Just let go!" That's what parents have been told to do when their kids go to college. But parents and kids are in constant contact now more than ever. 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. Are parents really letting go — and does that matter?

The UniversityParent Guide to Supporting Your Student's Freshman Year

UniversityParent

This book is packed with practical advice and insightful reflections. Chapters unfold organically, season by season, taking you from summer as you pack and plan, through the challenges and transitions of autumn, and on into spring. Our expert contributors answer your questions — even the ones you didn't know you had.

You're On Your Own (but I'm here if you need me): Mentoring Your Child During the College Years

Marjorie Savage

A reality check on the process of students leaving home; with practical tips for supporting your student in the process. Marjorie Savage is the leading national expert in family engagement programs in higher education and an AHEPPP Founder.