



## **COACHING FOR COLLEGE e-Tip Sheet** for parents who have a student preparing for college

### **School Supplies - August**

We walked down the aisle for the last time looking for school supplies to be used for her senior year at high school. I thought she could do this alone, but she asked me to come along. As a former teacher, I still get excited when I see the shelves filled with bright pocket folders, spiraled notebooks in a rainbow of colors, and of course, the yellow and green boxes of Crayola crayons. For me, it's all about the newness of the school year, a fresh start, and the possibilities of new learning.

I remembered how I shopped so carefully with my daughter years ago when the school mailed each student the list of necessary school supplies. How quickly our young students went from Crayola 8 ct crayons to 64 ct to \$25 for art supplies; paint smock to graphing calculator, Barbie lunchbox to cell phone; Teenage Mutant Ninja backpack to school parking lot pass. As the years passed, it became less about buying supplies and more about being supplied for learning and life. It's more about what you have on the inside now and less about what you can buy at the store. In essence, our sons or daughters are the storehouse of their own supplies...supplies like character, personality, attitude, values, knowledge, resourcefulness, and desire to succeed.

The start of this school year signals to me that she is well supplied. The backpack is almost full. And, how do we as parents support our students and their supply warehouse? After the shopping is done this fall, consider creating a CALENDAR OF COLLEGE APPLICATION FOR SENIORS. This will serve as a visual "rudder in the water" as your student navigates the busyness and demands that the new school year brings. The Calendar can help eliminate the surprise factor, the "I didn't know" factor, the blaming factor, overwhelm, and the outbursts or withdrawals.

Time is an elusive thing that can easily cause imbalance during the fall when students are busy with new classes, participating in sports and clubs, working part-time jobs, and keeping up with their social lives, cell calls, and emails. Yet, fall is also that critical season for the college application process. Keep the calendar that you create with your student visible, clear, and simple. Put it on the refrigerator door. In fact, make a few copies and mount the calendar in other strategic places. The holidays will be more enjoyable if the calendar has check offs and progress is being made in timely manner. *(To create a Calendar of College Applications, see the e-tip for September, Mark Your Calendars at my website, [www.beckoncall-coach.com](http://www.beckoncall-coach.com).)*

Feel your teen could use a jumpstart for the college planning process? Perhaps as the parent, you realize you could use a tune-up on your career path as well or want to prepare to become an *Empty Nexter*®. Contact Beckon Call and let's talk!

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