



COACHING FOR COLLEGE e-Tip Sheet

for parents who have a student preparing for college

SUMMER AND THE SENIOR YEAR - June

As a parent of a high school senior, summer takes on a different perspective. It's the last summer to really make it count, whether it is about having a summer job with substance, taking the memorable family trip, having a relaxed summer before the final year of high school, or taking road trips to visit the colleges on the "top ten list". In other words, this summer has a little more pressure to it. It feels like as parents, "we have to get it right."

As a career coach, I am launching a Coaching for College Tip Sheet to share some ideas and perspectives with you as we balance the fun and sun of summer and position ourselves for the months ahead that will require focus, strategy, perseverance, and waiting. Whether this is your oldest teen, middle child, the youngest, or only child, each experience is unique.

Here are some parent survival skills to keep you buoyant, hopeful, and open as you and your teen focus on the college planning process:

1. **COMMUNICATION** can bog down like a warm, stagnant pond in summer when talking about college plans. Try short conversations around a few questions; try a few open questions too. Generally, there are no right or wrong answers, just hot spots that trigger emotional outbursts or avoidance.
2. **SCHEDULE** a "talk time" for a set period of time (15 min or half-hour) around a college conversation with your teen. If they are willing to have the conversation, it will be more productive than a parent lecture. Try a morning discussion and an evening one. See what time you both feel more productive.
3. **WRITING** is a good alternative to talking about colleges. Have your son or daughter jot down the strengths, characteristics and values he or she possesses. The college search is all about them. Start thinking, who am I? What do I want to accomplish at college? Why should the college choose me and why should I consider applying there? What colleges do I want to visit? Any of these notes or thoughts might be a springboard for a college application essay or interview.
4. **RESEARCH** with the internet, review the college reference books, take trips to the library or call a student who just returned from his or her freshman year. Our high school career center has a list of graduated students and their college choices. You can generally find someone who graduated recently and would be available for a few questions. One of my favorite resources is The Princeton Review: The Best 357 Colleges. It's a quick, sometimes humorous, at-a-glance snapshot of colleges and includes the student body speaking out about their college.
5. **LOGGING** high school activities and community service can be started or updated. Record the dates, describe activities and accomplishments, and record school clubs, sports, and

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Coaching for College e-Tip Sheet® is written by Barbara Wulf. Send questions, comments, and article ideas to: Barbara.wulf@me.com or call 920-725-2930.



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recognition. This could be useful for college applications, scholarships, and even the high school yearbook.

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