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Preface:

Our goal as parents is to raise our children to be happy, resilient, self-sufficient adults.

Students today are:

- group-centered, with the ability to lead or follow, hard-working, optimistic, hard wired in technology and at the same time...
- the most anxious, sleep deprived, judged, tested, poorly nourished generation ever.

Many students today are steeped in stress and often less healthy and less connected in relationships than ever before. They are so busy 'doing' that they have less time to simply think and be creators.

Marilee's Suggestions:

Focus on your child's *strengths* and what *is* working

Expect your child to do their best - not perfection

Encourage free time – at least 45 minutes a day

Appreciate your child as a '*Human Being*' rather than a '*Human Doing*'

Have faith in your child's desires and instincts

Help manage timelines and deadlines with your child

Encourage 8 hours of sleep, 3 healthy meals

Get technology (cell phone included) out of the bedroom - (they need uninterrupted sleep)

Make home a safe place, a refuge from outside pressures

Avoid:

Living vicariously through your child

Doing your child's work; this is their initiation into adulthood

Pushing college reputation over a good match

Forcing timing- pushing visits and decisions too soon

Criticizing your child's weaknesses

Pronoun abuse: using "our" vs. "your" when referring to college needs

Being competitive with other parents and students

Taking admissions advice from friends

Acting out towards guidance counselors or admissions officers

Marilee's motto: " Keep Calm and Carry On" (British Ministry of Government)

SUCCESS

To laugh often and much
to win the respect of intelligent people
and affection of children; to earn the
appreciation of honest critics and
endure the betrayal of false friends;
to appreciate beauty, to find the best
in others; to leave the world a bit
better, whether by a healthy child
a garden patch or redeemed
social condition; to know even
one life has breathed easier because
you have lived. This is to have
succeeded.

-Ralph Waldo Emerson

More information regarding Marilee Jones can be found in her book, Less Stress, More Success and at her website www.marileejones.com.