

Advice Books for College Students' Parents

Letting Go: A Parents' Guide to Understanding the College Years, 4th Ed.

by Karen Levin Coburn

Letting Go is about what it feels like for parents when their kids go off to college. Karen Levin Coburn (earlier editions with Madge Lawrence Treeger) provide a compassionate approach, practical information, and advice about the physical and emotional processes of letting go. They discuss the college-age child's search for identity, independence, and intimacy; give a succinct and accurate description of how college life has changed over the decades; and provide a year-by-year breakdown of what to expect.

Bringing Home the Laundry: Effective Parenting for College and Beyond. Taylore Publishing, \$14.95. Culls advice from more than 140 college students and 200 parents on how parents can loosen their grip on their kids' lives while strengthening new emotional bonds.

Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years by Helen E. Johnson and Christine Schelhas-Miller (St. Martin's Griffin, \$16.95).

Delves into the emotions behind what your child is saying, breaking down the subtext of your conversations into "What's on your mind," "What's on your child's mind," and "What to do," and "What to avoid."

A Parent's Guide to Sex, Drugs, and Flunking Out by Joel Epstein (Hazelden, \$16).

Gets into the nitty-gritty about everything from sex and drugs to hate crimes and proselytizing. It discusses schools' different reputations, and alerts parents to ask about school policies.

Empty Nest . . . Full Heart: The Journey from Home to College by Andrea Van Steenhouse, Ph.D.

Denver, CO: Simpler Life Press, 1998. \$14.95. "It's like having a friend who understands, who shares your sense of loss and offers a few words of advice and encouragement."

Let the Journey Begin: A Parent's Monthly Guide to the College Experience by Jacqueline Kiernan MacKay and Wanda Johnson Ingram. Boston: Houghton Mifflin, 2002. Takes you month by month from the summer before college through the first year. Also includes a Frequently Asked Questions chapter, strategies for parents, and information on transitions for specific populations including students with disabilities, student athletes, commuter students, first-generation college students (students whose parents didn't go to college), students of color, and others.

Almost Grown: Launching your Child from High School to College by Patricia Pasick

A time of tumult, your children's transition from high school to college can also be a time of growth. This book shows you how. *Almost Grown* is a guide for parents to the final years of high school and first years of college, offering intelligent counsel not only in practical issues such as developing a college search plan or handling questions of money, sex, and substance abuse, but also in the psychological issues that arise during this family transition.

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