

Resources for Parents & Families

Compiled by the National Orientation Directors Association

BOOKS

133 Ways to Avoid Going Cuckoo When the Kids Fly the Nest: A Parent's Guide for Surviving the Empty Nest Syndrome,

by Lauren Schaffer and Sandy Fleischl Wasserman

2,002 Ways To Cheer Yourself Up,

by Cyndi Haynes (1998)

Almost Grown: Launching Your Child from High School to College,

by Patricia Pasick

Bringing Home the Laundry: Effective Parenting for College and Beyond,

by Janis Brody

Campus Daze, Easing the Transition from High School to College,

by George Gibbs (2000)

Caring for the Mind: The Comprehensive Guide to Mental Health,

by Dianne Hales and Robert E. Hales

The Debt-Free Graduate: How to Survive College or university Without Going Broke,

by Murray Baker (2000)

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.

Doors Open from Both Sides,

by Margo Woodacre, Steffany Bane (2001)

An Educated Choice: Advice for Parents of College Bound Students,

by Frank A. Brock (2002)

The Empty Nest: When Children Leave Home,

by Shelley Bovey (1995)

Empty Nest, Full Heart: The Journey from Home to College,

by Andrea Van Steenhouse (2002)

Empty-Nest Parenting: Adjusting Your Stewardship as Your Children Leave Home,
by Richard M. Eyre (2002)

A family guide to academic advising. *National Academic Advising Association,
National Resource Center for the First-Year Experience & Students in Transition.*
by Smith, Donald C. & Gordon, Virginia N. (2003).

**Getting Ready for College: Everything You Need to Know before You Go from Bike
Locks to Laundry Baskets, Financial Aid to Health Care,**
by Polly Berent, Foreword by Robert Franek

A Guide for Families of Commuter Students,
by Cathie Hatch, Tracy Skipper

Guide to the College Years,
by Helen E. Johnson and Christine Schelhas-Miller

**Helping Your College Student Succeed: The Parent's Crash Course in Career
Planning,**
by Harris, Marcia B., & Jones, Sharon L. (1996)

Helping your first-year college student succeed: A guide for parents.

South Carolina: The National Resource Center for The First-Year Experience and
Students in Transition. BY: Mullendore, R.H. & Hatch, C. (2000).

How to Get the Most Out of College,
by Nancy Schlossberg and Arthur Chickering

How to Help Your Teenager Find the Right Career,
by Charles Shield (1995)

**How to Survive and Thrive on an Empty Nest: Reclaiming Your Life When Your
Children Have Grown,**
by Robert Lauer (1999).

**I'll Miss You Too: A Parent and Student Guide to Opening Doors and Staying
Connected during the College Years,**
by Margo E. Bane Woodacre, and Steffany Bane. (2005)

In addition to tuition: The parent's survival guide to freshman year of college,
by Borden, Marian Edelman, Burlinson, Mary Anne, & Kearns, Elsie R. (1995).

The Launching Years: Strategies for Parenting from Senior to College Life,
by Laura Kastner and Jennifer Fugett Wyatt

Lesson: Fable For Our Times,
by Carol Lynn Pearson & Kathleen Peterson_(2000)

Let the Journey Begin: A Parent's Monthly Guide to the College Experience,
by Jacqueline MacKay and Wanda Ingram

Letting Go: A Parent's Guide to Understanding the College Years,
by Karen Levin Cobum and Madge Lawrence Treger

Millennials Go to College: Strategies for a New Generation on Campus,
by William Strauss

Millenials Rising,
by Neil Howe, William Strauss, R.J. Matson (2000)

A new beginning: A survival guide for parents of college freshmen,
by McGarry, Kaye (1988)

Once My Child, Now My Friend,
by Elinor Lenz (1985)

**Parents' Guide to College Life: 181 Straight Answers on Everything You can Expect
Over the Next Four Years,**
by Robins Raskin (2006)

**A Parent's Guide to Sex, Drugs, and Flunking Out : Answers to the Questions Your
College Student Doesn't Want You to Ask,**
by Joel Epstein

Rising Millennials Face Worldview Conflict,
by Shirley A. Carson

She's Leaving Home: Letting Go As Daughter Goes to College,
by Connie Jones

Tuesdays With Morrie,
by Mitch Albom (2002)

**The Truth About College: 50 Lessons for Parents Before They Start Writing
Checks,**
by Will Keim, Will S. Keim (1997)

The Ultimate College Survival Guide,
by Janet Farrar Worthington and Ronald T. Farrar

When Hope and Fear Collide: A Portrait of Today's College Student,
by Arthur Levine (1998)

When Kids Go Home: A Parent's Guide to Changing Relationships,
by Barbara M. Newman and Philip R. Newman

When kids go to college: A parent's guide to changing relationships,
by Newman, Barbara M., & Newman, Philip R. (1992).

When Your Kid Goes to College; A Parents Survival Guide,
by Carol Barkin

When Your Kids Go To College,
by Lucantoni N. Salvi, Michael J. Hunt (1994)

Why parents of undergraduates matter to higher education,
by Ross, Scott B. & Daniel, Bonnie V. (2001). *New Directions for Student Services*, 94,
1-89.

Words to Live By: A Journal of Wisdom for Someone You Love,
by Emily Marshall, Kate Marshall (2005)

**You're on Your Own (But I'm Here if You Need Me): Mentoring Your Child
During the College Years,**
by Marjorie Savage (2003)

Websites of Interest to Parents & Families

College Survival Guides. (2004). (CD-ROM)
Smart-Start- A survival guide for first year college students (And their parents too).
Nashville, TN: National Tape & Disc Corporation.

Making It Count: Parent Information Center. makingitcount.com

A Guide for Families of Commuter Students, by Cathie Hatch and Tracy Skipper
(available at www.sc.edu/fye/publications/index.html)

The Healthy Student: Preparing for the College Years
www.adolescenthealth.org/The_Healthy_Student.pdf

Transition to College: Separation and Change for Parents and Students

www.aboutourkids.org/aboutour/articles/transitions.html

The Healthy Student: Preparing for the College Years

www.adolescenthealth.org/The_Healthy_Student.pdf

College Parents of America

www.collegeparents.org

The College Board

http://www.collegeboard.com/parents/plan/getting_ready/50129.html

Alcohol and Other Drugs: The Parent Connection

<http://higheredctr.org/parents>

Helping Your First-Year College Student Succeed: A Guide for Parents

www.nodaweb.org/Publications/parenthandbook.htm

Easing the Transition to College

<http://ur.rutgers.edu/medrel/viewArticle.html?ArticleID=3321>

10 tips for parents of college students: How to keep the holidays happy

<http://www.ur.ku.edu/News/03N/DecNews/Dec9/tentips.html>

How to enjoy the summer and avoid a clash with your college kids

<http://msnbc.msn.com/id/3079389/>

Online

The College Transition: Managing Stress and Maintaining Health

www.mayoclinic.com/invoke.cfm?id=HQ00965

Transition to College: Separation and Change for Parents and Students

www.aboutourkids.org/aboutour/articles/transitions.html

The Healthy Student: Preparing for the College Years

www.adolescenthealth.org/The_Healthy_Student.pdf

College Parents of America

www.collegeparents.org

Helping Your First-Year College Student Succeed: A Guide for Parents

www.nodaweb.org/Publications/parenthandbook.htm

Easing the Transition to College

<http://ur.rutgers.edu/medrel/viewArticle.html?ArticleID=3321>

10 tips for parents of college students: How to keep the holidays happy

<http://www.ur.ku.edu/News/03N/DecNews/Dec9/tentips.html>

How to enjoy the summer and avoid a clash with your college kids

<http://msnbc.msn.com/id/3079389/>

Transition to College: Separation and Change for Parents and Students

<http://www.aboutourkids.org/articles/transition.html>

<http://www.colostate.edu> : Colorado State University's website

<http://parentsandfamily.colostate.edu> : Colorado State University Parent & Family Website

<http://www.edc.org/hec/parents/>: Higher Education Center parent connection website

<http://www.collegeparents.org>: a membership organization for parents of college students

<http://www.reslife.net>: a comprehensive site for parents and students

<http://www.securityoncampus.org>: information regarding campus safety issues nationwide

The US Department of Education's site (www.ed.gov) provides a variety of information on education including information on financial aid and career planning.

www.collegeboard.com/parents/

www.ed.gov/pubs/Prepare/index.html

studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp

www.nextstudent.com/parents/preparing_for_college.asp