New Student Transitions and Parent Programs
Suggested Reading List for Parents

133 Ways to Avoid Going Cuckoo When the Kids Fly the Nest by Lauren Schaffer and Sandy Feischl Wasserman
A practical and humorous guide to help parents cope with the realities of Empty Nest Syndrome.

Don't Tell Me What To Do, Just Send Money by Helen E. Johnson and Christine Schelhas-Miller
When children leave for college, many parents feel uncertain about their shifting roles. With humorous anecdotes and realistic dialogues between parents and students, this guide covers a wide range of issues including financial matters, academic concerns, social adjustment, and postgraduate choices. The authors emphasize the importance of being a mentor to your college student.

Empty Nest... Full Heart: The Journey from Home to College by Andrea VanSteenhouse, Ph.D.
The author chronicles the tumultuous journey from the senior year of high school, through the challenging summer, to the first year of college for students. Featuring an emphasis on the freshman experience, the author offers a lighthearted yet savvy look at this turbulent time.

I'll Miss You Too by Margo E. Bane Woodacre, MSW, and Stephanie Bane
Woodacre and Bane, a mother and daughter, journey hand-in-hand through the parallel joys and challenges of the college adventure.

Letting Go: A Parents' Guide to Understanding the College Years by Karen Levin Coburn and Madge Lawrence Treeger
This book leads parents through the period of transition that their student experiences between the junior year of high school and college graduation. The authors explain how to distinguish normal development stages from problems that may require parental or professional intervention. It features a resource guide that introduces parents to campus technology, useful websites, and other organizations providing information on a wide range of topics.

Parents' Guide to College Life by Robin Raskin
This book provides straight answers to questions about what your student will face in the college years. The author talked with deans and other administrators from more than 90 colleges as well as financial advisors, health experts, college students, and parents to find out what you should know before sending your student to college.

This guide addresses topics including identity formation, values development, career exploration, social relationships, sexuality, alcohol and drug abuse, romantic relationships, personal freedom, and depression, and offers insights regarding how to make the most of your student's college years.

You Know You're an Empty Nester When...: A Hilarious Look at Life After Kids by Dianne Sundby, Ph.D.
Humorously depicts “life after kids” through captivating illustrations and incisive one-liners.

You're on Your Own (but I'm here if you need me) by Marjorie Savage
This book helps parents identify the boundaries between necessary involvement and respect for their child's independence.