

# Parent and Family Reading List

## Transition

### **Almost Grown: Launching Your Child from High School to College**

Patricia Pasick (1998)

ISBN: 0393317102

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

George Gibbs (2000)

ISBN: 1575090627

### **Empty Nest ... Full Heart: The Journey from Home to College**

Andrea Van Steenhouse (2002)

ISBN: 0961980621

### **Empty-Nest Parenting: Adjusting Your Stewardship As Your Children Leave Home**

Richard M. Eyre, Linda Eyre, Saren Eyre Loosli (2002)

ISBN: 1570087318

### **The Empty Nest: When Children Leave Home**

Shelley Bovey (1995)

ISBN: 0044408986

### **The Launching Years: Strategies for Parenting from Senior Year to College Life**

Laura Kastner, Jennifer Wyatt (2002)

ISBN: 0609808060

### **Let the Journey Begin: A Parent's Monthly Guide to the College Experience**

Jacqueline MacKay, Wanda Ingram (2002)

ISBN: 0618077138

### **Letting Go: A Parents' Guide to Understanding the College Years**

Karen Levin Coburn, Madge Lawrence Treeger (2003)

ISBN: 0060521260

### **Millenials Go To College: Strategies for a New Generation On Campus**

William Strauss, Neil Howe (2003)

ISBN: 1578580331

### **Millenials Rising**

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

ISBN: 0375707190

### **Once My Child, Now My Friend**

Elinor Lenz (1985)

ISBN: 0446328804

**When Hope and Fear Collide: A Portrait of Today's College Student**

Arthur Levine (1998)

ISBN: 0787938777

**When Kids Go to College: A Parents Guide to Changing Relationships**

Barbara M. Newman, Philip R. Newman (2002)

ISBN: 0814205615

**When Your Kid Goes to College; A Parent's Survival Guide**

Carol Barkin

ISBN: 0380798409

**When Your Kids Go To College**

Lucantoni N. Salvi, Michael J. Hunt (1994)

ISBN: 0809135027

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

Lauren Schaffer, Sandy Fleischl Wasserman (2001)

ISBN: 0609807005

**2,002 Ways To Cheer Yourself Up**

Cyndi Haynes (1998)

ISBN: 0836268350

**She's Leaving Home: Letting Go As Daughter Goes to College**

Connie Jones

ISBN: 0740723464

Finance and Assistance

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

Murray Baker (2000)

ISBN: 1564144720

**Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years**

Helen E. Johnson, Christine Schelhas-Miller, Chrisine Schelhas-Miller (2000)

ISBN: 0312263740

**Getting Ready for College: Everything You Need to Know before You Go from Bike Locks to Laundry Baskets, Financial Aid to Health Care**

Polly Berent, Foreword by Robert Franek (2003)

ISBN: 0812968964

**In Addition to Tuition: The Parents' Survival Guide to Freshman Year of College**

Marian Edelman Borden, Mary Anne Burlinson, Elsie R. Kearns (1996)

ISBN: 0816030995

**The Truth About College: 50 Lessons for Parents Before They Start Writing Checks**

Will Keim, Will S. Keim (1997)

ISBN: 0827236336

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

Frank A. Brock (2002)

ISBN: 0801063868

Helping Your Student

**A Family Guide to Academic Advising**

Donald C. Smith and Virginia N. Gordon

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

Janis Brody (2000)

ISBN: 0878331840

**Doors Open from Both Sides**

Margo Woodacre, Steffany Bane (2001)

ISBN: 1561676802

**How to Help Your Teenager Find the Right Career**

Charles Shield (1995)

ISBN: 0874473055

**Helping Your First Year Student Succeed: A Guide for Parents**

Richard H. Mullendore, Cathie Hatch (2000)

ISBN: 1889271314

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

Joel Epstein (2001)

ISBN: 1568385714

**Helping Your First Year Student Succeed: A Guide for Parents**

Richard H. Mullendore, Cathie Hatch (2000)

ISBN: 1889271314

**Rising Millennials Face Worldview Conflict**

Shirley A. Carson (2002)

ISBN: 0971049122

**Words to Live By: A Journal of Wisdom for Someone You Love**

Emily Marshall, Kate Marshall (2005)

ISBN: 0767919092

**You're On Your Own (But I'm Here if You Need Me): Mentoring Your Child During the College Years**

Marjorie Savage (2003)

ISBN: 0743229126

For Students and Parents

**Been There Should've Done That: 505 Tips for Making the Most of College**

Suzette Tyler (1997)

ISBN: 0965608646

**College Rules!: How to Study, Survive and Succeed in College**

Sherrie L. Nist, Jodi Patrick Holschuh, Sherrie Nist (2002)

ISBN: 1580083579

**The Ultimate College Survival Guide**

Janet Farrar Worthington, Ronald Farrar (1995)

ISBN: 1560793961

**The University in Your Life**

Jeffrey Gordon (1995)

ISBN: 1561342378

**Where's Dad Now That I Need Him? Surviving Away from Home**

Betty Frandsen (1991)

ISBN: 096153902X

**Your College Experience: Strategies for Success**

John N. Gardner, A. Jerome Jewler (2004)

ISBN: 0534971954

**100 Things Every College Freshmen Ought to Know**

William Disbro (1996)

ISBN: 0935637222

**101 Ways To Enjoy Life's Simple Pleasures**

Donna Watson (1994)

ISBN: 1885167008

**Student Success: How to Succeed in College and Still Have Time for Your Friends**

Timothy Walter, Al Siebert (1992)

ISBN: 015500588X

**Chicken Soup for the College Soul: Inspiring and Humorous Stories About College**

Mark Victor Hansen, Kimberly Kirberger, Dan Clark, Jack Canfield (1999)

ISBN: 1558747052

**College 101: A First Year Reader**

John D. Lawry (1998)

ISBN: 0073031593

**The Education of Character: Lessons For Beginners**

Will Keim (1992)

ISBN: 0963183400

**How to Get the Most Out of College**

Arthur W. Chickering, Nancy K. Schlossberg (1994)

ISBN: 0205162916

**If Life is a Game These Are The Rules: 10 Rules for Being Human**

Cherie Carter-Scott & Jack Canfield (1998)

ISBN: 0767902386

## Learning

**Becoming a Master Student: Tools, Techniques, Hints, Ideas, Illustrations, Examples, Methods, Procedures, Processes, Skills, Resources, and Suggestions for Success**

David Ellis (2000)

ISBN: 0395981506

**Improving Student Learning Skills (The Jossey-Bass Series in Higher Education)**

Martha Maxwell PhD (1979)

ISBN: 0875894135

**The Power of Mindful Learning**

Ellen J. Langer (1998)

ISBN: 0201339919

**Quantum Learning: Unleashing the Genius in You**

Bobbi Deporter, Mike Hernacki (1992)

ISBN: 0440504279

## Miscellaneous

**A Guide for Families of Commuter Students**

Cathie Hatch, Tracy Skipper

ISBN: 1889271470

**Caring for the Mind: A Comprehensive Guide to Mental Health**

Dianne Hales, Robert E. Hales (1996)

ISBN: 0553375113

**Lesson: Fable For Our Times**

Carol Lynn Pearson & Kathleen Peterson (2000)

ISBN: 0879058625

**Tuesdays With Morrie**

Mitch Albom (2002)

ISBN: 0385484518

Online

**The College Transition: Managing Stress and Maintaining Health**

[www.mayoclinic.com/invoke.cfm?id=HQ00965](http://www.mayoclinic.com/invoke.cfm?id=HQ00965)

**Transition to College: Separation and Change for Parents and Students**

[www.aboutourkids.org/aboutour/articles/transitions.html](http://www.aboutourkids.org/aboutour/articles/transitions.html)

**The Healthy Student: Preparing for the College Years**

[www.adolescenthealth.org/The\\_Healthy\\_Student.pdf](http://www.adolescenthealth.org/The_Healthy_Student.pdf)

**College Parents of America**

[www.collegeparents.org](http://www.collegeparents.org)

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

[www.nodaweb.org/Publications/parenthandbook.htm](http://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>