

TIPS ON COLLEGE LIFE



This is a collection of resources compiled by GS parents with students in college.

GS College Guidance and Naviance

Naviance is a new internet-based planning program available to parents and students in the middle of their junior year: research and compare colleges, schedule visits with college representatives on campus and track your application process.

General Information

1. College Tips for Parents: www.CollegeTipsForParents.org for articles written by experienced college parents and students including “Ways to Ease College Costs,” “Parent’s Guide to a Worry-Free Semester,” and “Common College Housing Mistakes.”
2. Parenting Teens information on the About.com website:
http://parentingteens.about.com/od/collegeinfo/College_Information.htm

College Selection and Admission

1. Current *Fiske* or *Peterson* guides: factual information about the characteristics, strengths, and weakness of different colleges. Fiske has a “similar colleges section” to help you expand your list of possible colleges.
2. The *College Prowler* guides: an irreverent guide to give you the “color commentary” about a school from current students.
3. My College Options website: Visit www.MyCollegeOptions.org for help with college selection.
4. “College Fears: How to Help Your Teen.” <http://life.familyeducation.com/college-applications/teen/48444.html>

Tuition and the “Unannounced” Costs

1. Sallie Mae’s Education Investment Planner: http://go.salliemae.com/plan/?dtd_cell=seeigp
2. CNN Money’s College Cost Planner: <http://cgi.money.cnn.com/tools/collegecost/collegecost.jsp>
3. College Board’s Pay for College: <http://www.collegeboard.com/student/pay/add-it-up/index.html>
4. Massachusetts Educational Financing Authority Save for College:
<http://meffa.org/saveforcollege/hintsandtips.aspx>

Adjusting to College Life and Managing Stress

1. Pack for College Checklist: <http://wwco.com/docs/college.html>
2. About.com: College Students Leaving Home:
<http://moving.about.com/od/preparingforyourmove/a/childrenleaving.htm>
3. *The Naked Roommate* or *My Roommate is Driving Me Crazy*, books that help you discuss potential problems with college life with humorous examples
4. A mother/daughter dialog: *I’ll Miss You Too*, presents feelings from both perspectives.

Adjusting to an Empty Nest and Loneliness

1. *Letting Go: A Parents’ Guide to Understanding the College Years*
2. Virginia Tech’s suggested list of family book resources:
<http://www.uaac.vt.edu/parents/Family%20Book%20Resources.pdf>
3. NY Times Article: “Home for the Holidays.”
<http://query.nytimes.com/gst/fullpage.html?res=9C06E1DB113FF935A35752C1A9639C8B63&sec=&sp on=&pagewanted=all>
4. “When a Child is Moving Out” from About.com:
<http://moving.about.com/od/preparingforyourmove/a/adviceparent.htm>