

AUGUST 1, 2017

# THE 3 BIGGEST MISTAKES

REPORT

**3 BIGGEST MISTAKES PARENTS  
MAKE GETTING THEIR TEEN READY  
TO GO TO COLLEGE**

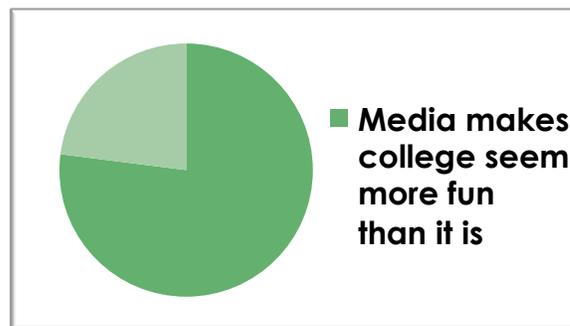
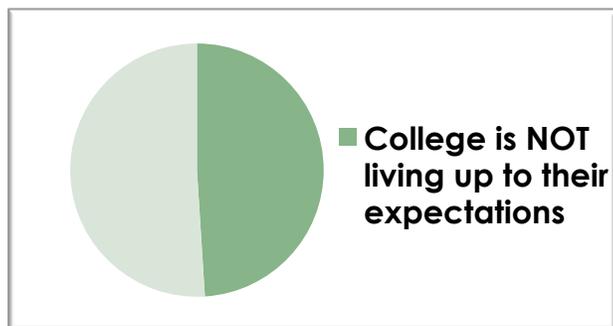
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## Mistake #1 – Telling their teen college is going to be awesome

49% of college freshmen say that college is NOT living up to their expectations. \*

In a recent Harris poll, most students report that media exaggerates the excitement of college. 77% of freshmen say that social media, television and movies make college seem a lot more fun than it actually is.



When you look at the movies that are about college, teens must think that battles are going to be handled with a sing-off between a cappella groups, the guy sitting next to them is an undercover cop, and they are going to meet and fall in love with the perfect person they are meant to marry.

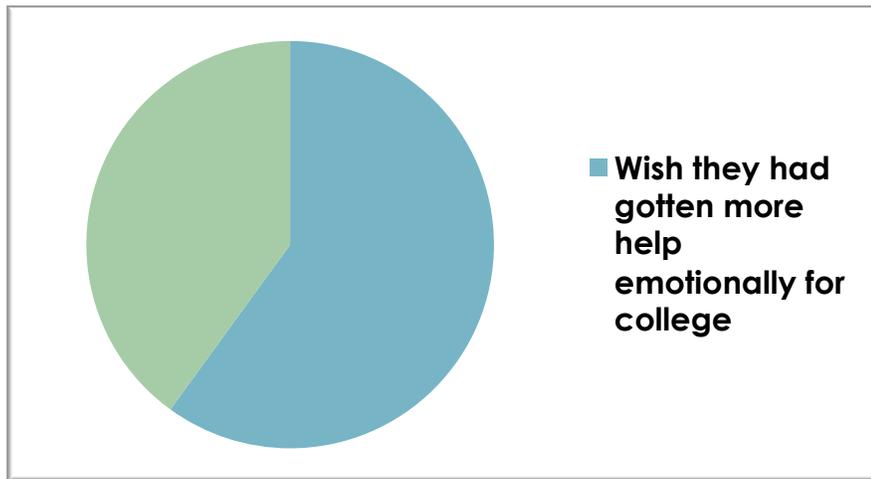
And it's not just the media. It seems like telling your child how great college is going to be would make them excited to go. It seems like it would help offset their jitters about leaving home. Instead, teens are expecting a party every night and immediate friendships when they arrive on campus.

Who **wouldn't** want to go to college with those expectations? But that sets them up for a big disappointment when they get to college. Just when they have the most stress of their life, they get a rude awakening.

As a parent, you can counteract that by remembering to talk about the awesome parts AND the challenges of college life. Helping them spend some time on a real college campus with real college students, attend a real class, and sleep in a dorm can set realistic expectations.

## Mistake #2– Thinking that academic preparation is enough

A majority of all students (60%) wish they had gotten more help emotionally for college. \*



Not only did this group feel like they weren't prepared, but the repercussions are huge. This majority were more likely to...

Have a lower GPA in college

Regularly consume alcohol and drugs

Consider transferring or actually transfer

Parents bend over backwards for over a decade to help their child get ready for the academic rigor of college. **Little if any time is spent helping their child learn tools to deal with the emotional challenges that accompany their transition to college.**

Awareness of their emotional needs gives you a leg up in their college success. Help them sharpen their decision-making, coping skills, confidence, and mental mindset. Academic preparation is great, but don't ignore the emotional piece that makes it all happen.

## Mistake #3– Thinking that they are in the clear because they are not helicopter parents

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Just because you don't jump in and do things for them doesn't mean you're not a helicopter parent.

It's an art to figure out when to help and when to let them make their own decisions and mistakes. As parents we tend to step in and help to avoid having them crash and burn.

You may not fix things for your child by doing things for them yourself, but you may still be smoothing the way for your teen. This too, my friend, is being a helicopter parent.

If you find yourself checking their grades more often than they do,  
If you schedule their college visits,  
If your email address is the one to receive the SAT scores,  
If you are the one talking to their guidance counselor and college counselor

Listen for the thump, thump, thump of the blades...  
You might be a helicopter parent.

Give your child the gift of failure.

If you think you might be helping a little too much, try taking a step back and letting them make their own mistakes.

I know it's hard. Growth isn't always comfortable. But it's worth the discomfort.

## Get Them Ready

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This is a critical time in your child's life.

Your teen is about to go away to college. This is an exciting time for them and probably a terrifying time for you. And I want to make sure that we equip your child with the tools for success.

I wish someone had taught me this when I was 18.

**I'm on a mission to teach our teens.**

**Right now I am offering free 20-minute mini coaching sessions to college-bound teens.**

I talk to your child on the phone and coach them on one thing about college that they're worried about.

**I will give them one clear action step they can take to feel better right away.**

They can get a taste of coaching and if I feel they are ready and would benefit from coaching I will offer a free info session to you, to talk with you specifically about what you think they need.

This mini session is a completely free first step and I encourage everyone with a college-bound teen to take this step.

It's crazy not to.

Because even if I never work with them again, **I can help your child.**

I only clear a few spots each week for these free mini sessions, so go on over to my online scheduler and pick out a time that is good for your kiddo. Go ahead and sign up for info session too while you are there.

Here is the link. Go to <https://ellenyale.acquityscheduling.com> to sign up.

This is what your child needs.

\*Source: 2015 survey of college students in their second term conducted by Harris Poll on behalf of The Jed Foundation, the Jordan Matthew Porco Foundation, and The Partnership for Drug Free Kids.