SMU Parent & Family Programs, SMU Mothers' and Dads' Clubs present:

Five Simple Rules for College Parents

HARLAN COHEN
Text: 321-345-9070
SEND ME YOUR QUESTIONS

Harlan will answer your questions **LIVE** during this event
*your identity will remain confidential

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SMU
IT ALL STARTS BY DREAMING BIG
WHO AM I? Author

Welcome

5 Simple Rules for Parents
WHO AM I? Speaker
WHO AM I? Syndicated advice columnist
I’ve visited over 500 schools...
Welcome

We moved...
Moving was a dramatic change
5 Simple Rules for Parents...
They Call Parents Names...

HELICOPTER PARENTS

LAWNMOWER PARENTS

SNOWPLOW PARENTS

5 Simple Rules for Parents
I call you the MOST loving, caring, and supportive parents facing new and unprecedented challenges.
SIMPLE RULE #1

Get comfortable with the uncomfortable
MY PROBLEM? NO ONE TOLD ME COLLEGE COULD BE UNCOMFORTABLE.
IT CAN STORM IN COLLEGE
There will be… SOCIAL, EMOTIONAL, PHYSICAL, FINANCIAL, and ACADEMIC STORMS.
• My friends from high school went to IU.
• My brothers went to IU.
• There was a fraternity that HAD to accept me.
It took me a good year to get comfortable with the uncomfortable...

- I found my places
- I found my people
- I found my patience
Yes, the world’s worst acronym
THE 90/10 RULE

Life is 90% amazing
10% difficult
(or a bunch of BS)

The secret...NEVER let the 10% take up 100% of your time!
No one tells high school seniors and their parents...

66% of 1st year students are lonely or homesick

Source: Higher Education Research Institute, UCLA
If you don’t know what’s coming…
It’s easy to panic, get lost, give up, or lose control.

2019

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<th>Female</th>
<th>Total</th>
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| Any time within the last 12 months | 47.9 | 58.6 | 55.9 |

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| Any time within the last 12 months    | 78.4 | 91.5   | 87.4  |

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| Any time within the last 12 months          | 76.0 | 88.6   | 84.7  |

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Let me introduce you to the…

Universal Rejection Truth

The URT says that not everyone and everything will respond to you the way you want everyone and everything to respond.
There are two types of people in the world:

**People who fight the uncomfortable**

These people are always looking to hate, hide, or attack. They blame anyone or anything for the things that make them uncomfortable. These children are NOT happy and can be very difficult to communicate with.
There are two types of people in the world:

**People who face the uncomfortable**

These people acknowledge the truth and seek to find answers. They are open to feedback, guidance, and support. These children are willing to look inward, look outward, and grow.
The Universal Rejection Truth Gives Us Somewhere to Go

When something doesn’t go as planned we can ask three questions:

1. Am I the problem?
   Is the problem you, someone else, or something else?

   Is it the problem
   The Universal Rejection Truth?
Practice Uncomfortable

Uncomfortable is NOT an emergency

It’s part of life.
SIMPLE RULE #2

DON’T PANIC…
Think places, people, and patience
People, Places, Patience

**PEOPLE:**
Find Your 5 people

**PLACES:**
Find Your 3 places

**PATIENCE:**
Give it a couple semesters
Your Child’s Three Places

PLACES ARE LOCATIONS WHERE YOU CAN

✴ SWEAT
✴ PLAY
✴ PRAY
✴ LIVE
✴ LEARN
✴ LEAD
✴ LOVE
✴ WORK
5 Simple Rules for Parents

Your Child’s Three Places

PLACES ARE LOCATIONS WHERE YOU CAN

- SWEAT
- PLAY
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- LEAD
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Introducing the Dr. Bob Smith Health Center at SMU

Learn more...
Your Three Places

Parents & Family: Webinar Series

Mark Your Calendars now for Three Wednesdays in November – A Webinar Series for Parents & Families
WHY THREE PLACES?

✴ ALWAYS somewhere to go
✴ ALWAYS something to do
✴ ALWAYS have options

**SUGGESTIONS:** Your child should identify his or her three places on campus.
Three Types of People

People who volunteer to help

People who are paid to help

People you ask or enlist to help
5 PEOPLE... WHY?

✴ Someone is always there
✴ You will never be alone
✴ You always have options
PATIENCE: How much do you need?

- One week?
- One month?
- A good year?

DING DING DING DING

But really it takes a good two years to find the best people and the best places. It takes time for expectations to meet reality.
The Truth…
It takes a good year (or two) to find your people, find your places, and get where you want to go. When you get impatient, DO NOT panic… Instead, think PEOPLE, PLACES, and PATIENCE.

It takes time for reality to reach expectations…
SIMPLE RULE #3

Their struggles belong to them... Their victories belong to you !!!
Their Struggles Belong to Them... But Victories Belong to You !!!

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**Helicopter Parenting Has Given Birth To A Generation of Entitled Victims**

Overparenting is widely recognized as a problematic approach to raising kids. For nearly a decade, studies have shown how the rise of the “helicopter parent” has been worsening children’s anxiety and school performance in the K-12 years. Now we’re witnessing what happens when the overparented child grows up, and it’s a

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**Today’s Students May Be Emotionally Unprepared**

Regardless of all the AP classes and A.P. courses they took in high school, or the science, technology, and engineering courses they cram into their college curriculum, students today will not be fully prepared to compete in an increasingly global business environment.

The problem and the solution is not intellectual. It’s emotional.

American teenagers are in psychological trouble. For the first time, college students today are facing more stress than their parents, according to a recent report by the American Psychological Association.

The evidence is all around us. America’s teenagers attempt suicide more often than youths in many other countries, and they are among the world leaders in violence, binge drinking, marijuana use, obesity and underachievement, according to a Temple University professor, Laurence Steinberg.

A survey of more than 123,000 students at 143 colleges by the American College Health Association in 2011 found that more than half experienced overwhelming anxiety and about a third felt: deep depression during the
What’s Your Story?

Tell the story as if it’s already happened…
It’s May 2020

Here’s what happened my this year in college…
Tell your story as if...  

It’s May 1, 2020 and I had the most incredible year ever! I reached my goals and accomplished (Fill in Outcome). The most challenging part was (Fill In). I got through it by leaning on (Person #1), (Person #2), and (Person #3) for answers and support. I found people to help me find answers at (Place #1), (Place #2), and (Place #3). It took me (Fill in Time) to get where I wanted to go. I’m so grateful and proud of myself and my accomplishments.
It’s easier to let them struggle when parents and students have their…

PLACES

PATIENCE

PEOPLE
SIMPLE RULE #4

Apply the 24-Hour Rule
What is the 24-hour rule?

Give problems 24 hours to settle breathe…
What’s going to happen over the next 24 hours?

- **NOTHING** - The problem will still be there tomorrow.
- **SOLUTION** - Your child will solve the problem.
- **NEW PROBLEM(S)** - The old problem will no longer be a problem because new and exciting other problems will pop up.
SIMPLE RULE #5

Practice asking the question:

What Do You Think You Should Do?

(AND actually give them time to answer...)
THEN THINK:

**Where are the PLACES to get help?**
For every problem there are at least three places to get help.

**Who are the PEOPLE who can help?**
For every problem there are at least five people in your child’s corner who can help.
WARNING:
Rule #5 can only be followed by students and parents who:

- Are comfortable with the uncomfortable
- Know how to find people and places
- Allow their children space to safely struggle
- Are patient enough to apply the 24-hour rule
To Sum it Up

Life is search, selection, AND transition. Transition is a life skill. One way to raise resilient, gritty, and passionate people is to give children the tools to think big, go after what they want, navigate the uncomfortable, find their own answers, and embrace the process. It starts with a parent who understands the process.
RECAP:

5 Simple Rules

1. Get Comfortable with the Uncomfortable
2. DON’T PANIC! People, Places, & Patience
3. Struggles belong to them... Their victories belong to you!
4. Apply the 24-Hour Rule
5. Practice asking: What do you think you should do?
Book recommendations

1. Mindset: The New Psychology of Success
   - Author: Carol S. Dweck, Ph.D.
   - Description: "Everyone should own this book."

2. The Power of Habit: Why We Do What We Do in Life and Business
   - Author: Charles Duhigg

3. Grown & Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults
   - Authors: Lisa Heffernan and Mary Dell Harrington
   - Description: "I am recommending this book to every parent I know."

4. Additional Resources

   - SMU
   - 5 Simple Rules for Parents
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