



Lindenwood Family & Supporter

# Five Simple Rules for Lindenwood Families

**HARLAN COHEN**

**Text: 321-345-9070**



@HarlanCohen



/HelpMeHarlan

[www.HarlanCohen.com/Lindenwood2020](http://www.HarlanCohen.com/Lindenwood2020)

# SEND ME YOUR QUESTIONS

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

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IT ALL STARTS BY DREAMING

BIG



**IT ALL STARTS BY DREAMING**

**BIG**



# Then Came COVID...



## STUDENT LIFE

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### STUDENT CONDUCT

- All students should follow safety protocols and COVID-19 policies.
- The student handbook is updated to reflect COVID-19 related policies.
- All students will receive notice of Lindenwood University policies at the start of the fall semester and must acknowledge their agreement.

### RESIDENTIAL LIFE

- Common areas and high-touch surfaces will be disinfected frequently.
- Students are responsible for maintaining the cleanliness of their personal residential space.
- Students are limited to one (1) visitor at a time in their residential room.
- All visitors must be Lindenwood students. Outside visitors are not allowed in the residential buildings.
- Overnight guests are not allowed in residential buildings.
- Modified residential life programming will be offered, to include virtual options.
- All residential facilities will remain open through the end of the semester on December 11.
- All residential students have the option to return to campus following Thanksgiving.

### MOVE-IN

- Student move-in will occur over several days to support physical distancing and limit traffic in hallways, stairways, and elevators.
- Each student will sign-up for a 2-hour appointment period for move-in.
- Each student is allowed two (2) guests for their designated move-in time.
- Guests must depart campus within one (1) hour of a student's scheduled move-in time.
- Students and guests must always wear a face covering during move-in.
- Residential students will receive a reusable, washable face covering at move-in.

### STUDENT INVOLVEMENT

- University-sanctioned events for student organizations will have a maximum capacity based on the approved room occupancy.
- All university sanctioned events require an attendance sheet including student/employee name and ID number.
- Attendance sheets from university events will be submitted to TJ Moore (tmoore@lindenwood.edu).
- LSG executive board elections will be held online.
- All recruitment events for fraternities and sororities will be held in a hybrid format.
- Fraternity and sorority chapter rooms have a maximum occupancy of ten (10) people.



**Fall 2020 New Student Orientation (NSO) and Family/Supporter Orientation will have sessions started on August 11th for Families and Supporters, and the full student program will begin August 17th -23rd . We are excited to welcome you to Lindenwood!**

New Student Orientation is an exciting program designed to provide you with all the tools needed to ensure your Lindenwood beginning is successful! New Student Orientation is mandatory for all new first-year students, and transfer students are highly encouraged to participate, so mark your calendars now!

## FIRST-YEAR PROGRAMS

FIRST-YEAR HOW TO'S

NEW STUDENT ORIENTATION ▾

REGISTRATION

FREQUENTLY ASKED QUESTIONS

PARENT AND SUPPORTER ORIENTATION

SCHEDULE OF EVENTS

TRAVEL & ACCOMMODATIONS

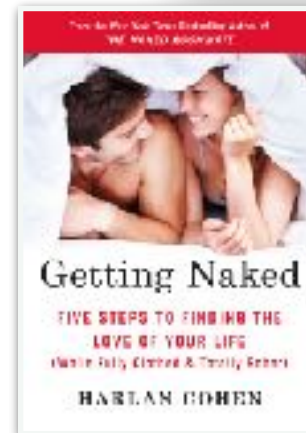
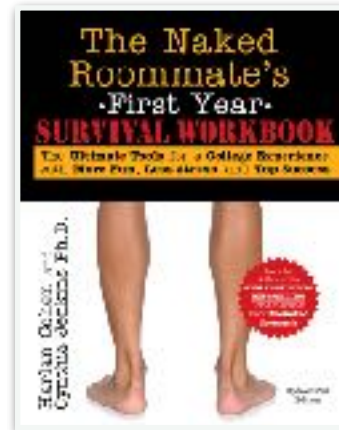
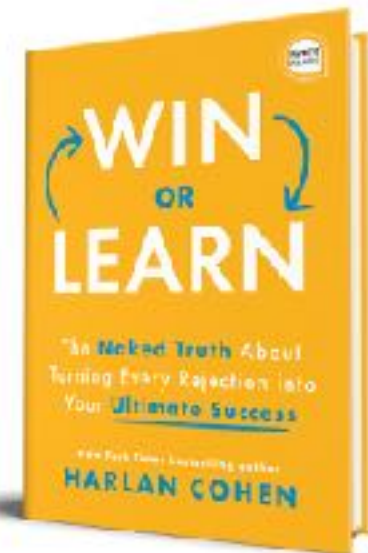
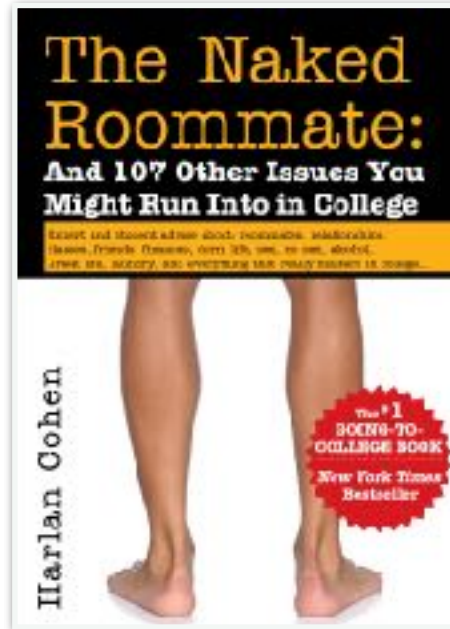
FRESHMAN SEMINARS

LEARNING COMMUNITIES


PARENTS

IMPORTANT EVENTS

# WHO AM I? Author



BEST SELLERS - EDUCATION

Best Sellers  June 2015 ◀ May 2015 July 2015 ▶

THIS MONTH

### EDUCATION

- MISSOULA**, by Jon Krakauer. (Doubleday.)  
 The author of "Into the Wild" discusses cases of acquaintance rape in Missoula, Mont., home of the University of Montana.  
 Sunday Book Review [Buy](#)
- VERY GOOD LIVES**, by J. K. Rowling. (Little, Brown.) J.K. Rowling's Harvard commencement address on embracing failure and imagination.  
[Buy](#)
- BETWEEN YOU & ME**, by Mary Norris. (Norton.) A memoir of a career in the New Yorker's storied copy department, along with grammar advice.  
 Sunday Book Review [Buy](#)
- HOW TO READ LITERATURE LIKE A PROFESSOR**, by Thomas C. Foster. (Harper Perennial.) An introduction to the hidden truths of literature that decodes literary basics, including symbols, themes and context.  
[Buy](#)
- THE NAKED ROOMMATE**, by Harlan Cohen. (Sourcebooks.) A primer of issues one might typically expect to encounter during college dormitory life.  
[Buy](#)

OVERVIEW

PRINT & E-BOOKS  
Fiction  
Nonfiction

HARDCOVER  
Fiction  
Nonfiction

PAPERBACK  
Trade Fiction  
Mass-Market Fiction  
Nonfiction

E-BOOKS  
Fiction  
Nonfiction

ADVICE & MISC.  
Combined

CHILDREN'S  
Picture Books  
Middle Grade  
Young Adult  
Series

GRAPHIC BOOKS  
Hardcover  
Paperback  
Manga

MONTHLY LISTS  
Animals  
Business  
Celebrities  
Crime  
Culture



# WHO AM I? Speaker



[www.HarlanCohen.com/TEDx](http://www.HarlanCohen.com/TEDx)



# WHO AM I? Advice Columnist

TwinCities.com  
**COLUMNISTS**  
 News • Sports • Business • Entertainment • Lifestyle • Op-Ed

Photo: Diane In St. Paul Photo: Wings training camp

Home | Columns | **Blur**

## Help Me! Harlan: Recent grad hungry and needs career advice

By Hester Cohen

PHOTO: CHRIS BILLORE/ST. PAUL POST-TRIBUNE | UPDATED: 10:45 PM CDT

Dear Harlan: I recently graduated from college and am finding myself in a bit of a bind. The whole world is out there for me to take, but I am having trouble finding a job. I am a writer with the dream of reading more people than Facebook, Twitter, and all the other social media sites allow. But now that I've moved back in with my parents, I'm feeling a bit of a disconnect. I am hungry for all the "newness" that is to come my way. I am ready to succeed and to possibly inspire people in my pursuit of my dream. I don't want to look back and find myself muttering the words "I wish," "If only," and "I wish I had done this or that." I am young, so this is the time for me to start the next chapter of my life. Can you help me?

As a writer yourself, what is your advice for beginning the writing stage of my career? I am looking for a job in the publishing industry, but I am not sure how to get started. I am a writer with the dream of reading more people than Facebook, Twitter, and all the other social media sites allow. But now that I've moved back in with my parents, I'm feeling a bit of a disconnect. I am hungry for all the "newness" that is to come my way. I am ready to succeed and to possibly inspire people in my pursuit of my dream. I don't want to look back and find myself muttering the words "I wish," "If only," and "I wish I had done this or that." I am young, so this is the time for me to start the next chapter of my life. Can you help me?

—Hester

PITTSBURGH POST-GAZETTE • SUNDAY, JULY 20, 2015 •

## Still home but already

**D**EAR HARLAN: IT'S DIFFICULT to be a recent grad in California or Oklahoma. My parents are not going to be overly helpful, and I'm very anxious about it. Do you have any advice on how to get past not being with your parents for an extended period of time? It's my first time being away from family, and I'm living in a new area. The network seems not being able to see them as much as I'm used to. — LEAVING HOME

**DEAR LEAVING HOME:** CRASHING used to be the way. Then the car was involved. Then came the airplane. Now, here's the internet. You can see your parents whenever you want. The best part is that you can have a bit of a connection when you get tired of seeing them.

It's difficult to maneuver and feel homesick. Do realize that change happens fast. Plan when you'll visit, talk and chat. Pick a date when you will see them and know that date is coming.

Another trick is to tell your story as if it already happened. For example, your story will be "I'm so grateful and excited to be thriving in Oklahoma. I have amazing friends and an awesome job. I've worked so hard to find my people and places here. I did X, Y and Z to meet them. I'm so grateful I got to OK to

and see my parents online whenever I want. I know that I visit my parents and they love me." When you tell your story from a place of happiness and excitement, you can manifest the experience you desire in the future.

**DEAR HARLAN:** I have been dating this girl for almost eight years (we are both 21), and we have been going through a bit of a rough patch right now. She is moving to another state for an internship for the summer. She suggested a break while she is gone.

I was OK with it, but she started to talk to other guys. She has had the same number since she isn't looking for another relationship. She just wants time for herself. It really crushes me to see her talk to other guys. I try not to text or call her often, but it's so hard when she is the main person I go to with almost anything. She was my rock and my support, and now that she's gone, I really feel alone. I'm away to love with this girl, and I know she is the one for me. Any advice? Thanks! — CRAZY IN LOVE

**DEAR CRAZY IN**

THURSDAY, JUNE 25, 2015

# IDS

INDIANA DAILY STUDENT | IDSNEWS.COM

**Movies to make you call home**  
See more, page 2

**FOOTBALL**

## IU adds recruit No. 8 in Ohio tail back

**Recruit No. 8**  
Indiana Daily Student | June 25, 2015

Indiana Daily Student | June 25, 2015

of your life (please keep...  
 Continued from page 1  
 (St. Martin Press)



I've visited over 500 schools...

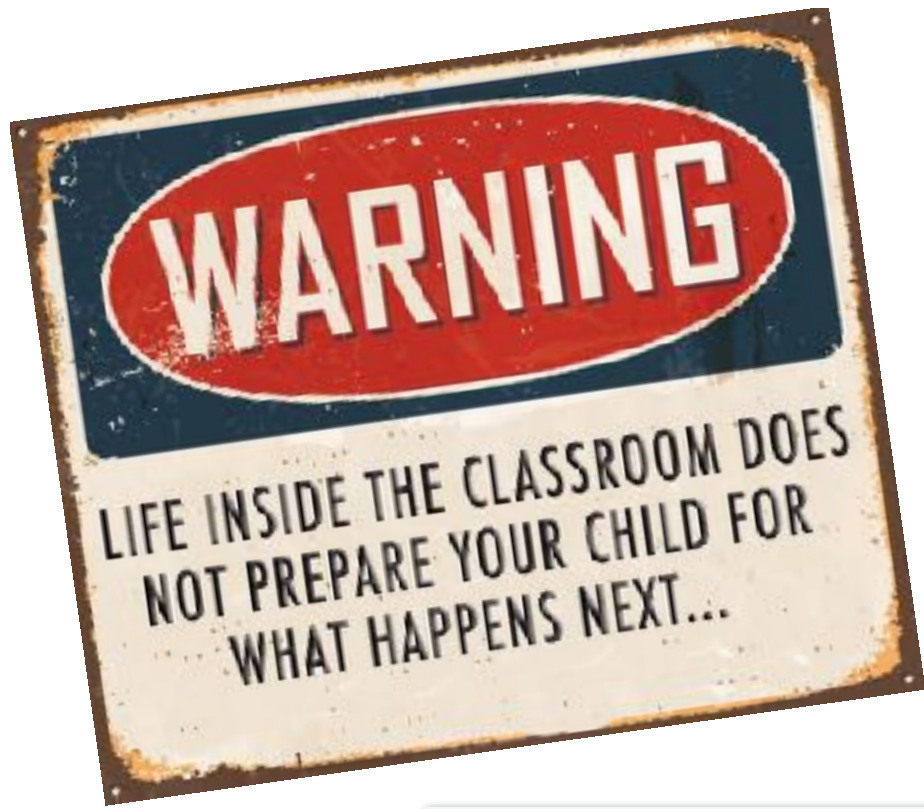


**I'm also a parent...**



# Moving was a dramatic change





# They Call Parents Names...

**HELICOPTER PARENTS**



**LAWNMOWER PARENTS**



**SNOWPLOW PARENTS**





**I call you the MOST loving, caring, and supportive parents facing new and unprecedented challenges.**



# SIMPLE RULE #1

## **Get Comfortable With The Uncomfortable**



- ▶ **I wanted a BIG school**
- ▶ **I wanted to be close to my high school girlfriend**
- ▶ **I didn't want to know people**



# **X Roommate was not my friend**



**X Didn't get into a fraternity**



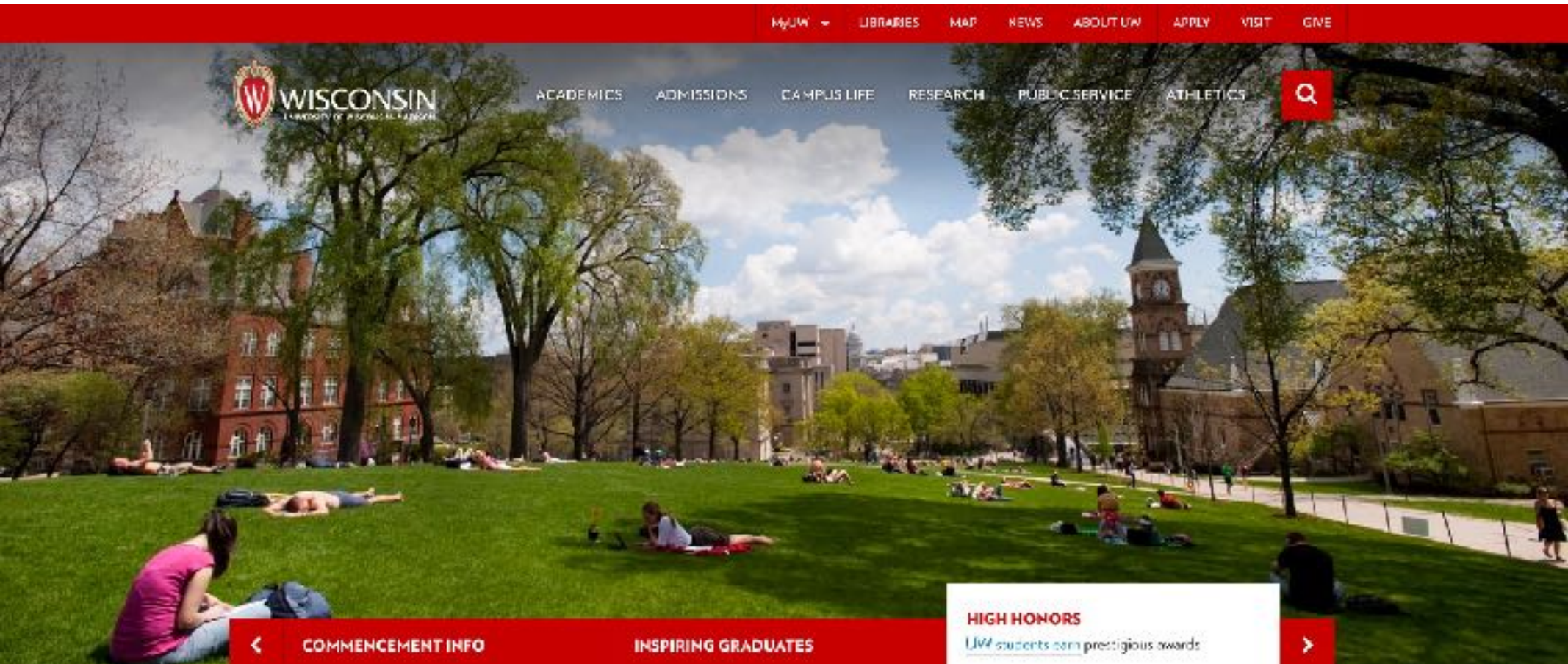
**My girlfriend...**



**shot the LDR puppy**



# THE PROBLEM.... NO ONE TOLD ME COLLEGE COULD BE UNCOMFORTABLE.



< COMMENCEMENT INFO

INSPIRING GRADUATES

**HIGH HONORS**

[UW students earn prestigious awards](#)

>



EXPAND THE  
BOUNDARIES  
OF POSSIBLE

**IT CAN STORM IN COLLEGE...**

**SOCIAL, EMOTIONAL,  
PHYSICAL FINANCIAL, and  
ACADEMIC STORMS.**

TEXT HARLAN YOUR QUESTIONS: 321-345-9070

**I was depressed, anxious, and felt like a failure...**







[ABOUT](#)

[ADMISSIONS](#)

[ACADEMICS](#)

[RESEARCH](#)

[HOOSIER LIFE](#)

[YOUR FUTURE](#)

**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 **PEOPLE**

- I found **PLACES**

- I found **PATIENCE**



# The Five BIG Transitions

**SEPPFR**

**Social  
Transition**

**Emotional  
Transition**

**Physical  
Transition**

**Financial  
Transition**

**Professional  
Transition**

**Yes, the world's worst acronym**



**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

### II. Mental Health

Students reported experiencing the following within the last 12 months:

#### Felt things were hopeless

Percent (%)	Male	Female	Total
No, never	34.2	23.3	26.3
No, not last 12 months	17.9	18.1	17.9
Yes, last 2 weeks	18.3	22.6	21.8
Yes, last 30 days	8.8	11.7	10.9
Yes, in last 12 months	20.7	24.3	23.2
<i>Any time within the last 12 months</i>	47.9	58.6	55.9

#### Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
No, never	16.7	7.1	10.1
No, not last 12 months	7.3	4.3	5.2
Yes, last 2 weeks	42.6	57.0	52.8
Yes, last 30 days	15.3	15.9	15.6
Yes, in last 12 months	18.1	15.8	16.4
<i>Any time within the last 12 months</i>	76.0	88.6	84.7

#### Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
No, never	14.8	5.2	8.2
No, not last 12 months	6.9	3.2	4.3
Yes, last 2 weeks	41.7	58.2	53.3
Yes, last 30 days	15.3	16.2	15.9
Yes, in last 12 months	21.4	17.1	18.2
<i>Any time within the last 12 months</i>	78.4	91.5	87.4

#### Felt very lonely

Percent (%)	Male	Female	Total
No, never	24.4	15.4	18.0
No, not last 12 months	17.6	16.3	16.5
Yes, last 2 weeks	24.2	30.1	28.8
Yes, last 30 days	11.3	14.9	13.8
Yes, in last 12 months	22.5	23.4	23.0
<i>Any time within the last 12 months</i>	58.0	68.4	65.6

# If you don't know what's coming...

## It's easy to panic, get lost, give up, or lose control.

2011

### H. Mental Health

Students reported experiencing the following within the last 12 months:

#### Felt things were hopeless

	Percent (%)	Male	Female	Total
No, never		42.2	30.7	34.5
No, not last 12 months		19.9	20.7	20.4
Yes, last 2 weeks		14.1	17.4	16.4
Yes, last 30 days		6.6	9.8	8.8
Yes, in last 12 months		17.0	21.5	20.0
<i>Any time within the last 12 months</i>		37.8	48.6	45.2

#### Felt exhausted (not from physical activity)

	Percent (%)	Male	Female	Total
No, never		19.1	8.5	12.0
No, not last 12 months		9.0	5.3	6.5
Yes, last 2 weeks		42.3	55.5	51.2
Yes, last 30 days		15.5	16.8	16.3
Yes, in last 12 months		14.1	13.9	13.9
<i>Any time within the last 12 months</i>		71.9	86.2	81.4

#### Felt overwhelmed by all you had to do

	Percent (%)	Male	Female	Total
No, never		15.9	5.5	9.0
No, not last 12 months		7.7	3.6	4.9
Yes, last 2 weeks		42.7	58.8	53.5
Yes, last 30 days		15.9	17.3	16.9
Yes, in last 12 months		17.7	14.9	15.8
<i>Any time within the last 12 months</i>		76.4	91.0	86.1

#### Felt very lonely

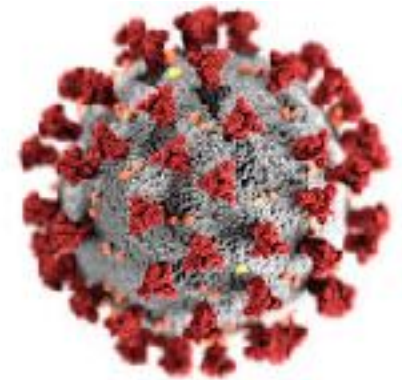
	Percent (%)	Male	Female	Total
No, never		30.6	19.5	23.1
No, not last 12 months		20.7	19.2	19.7
Yes, last 2 weeks		20.0	25.7	23.9
Yes, last 30 days		10.9	15.1	13.7
Yes, in last 12 months		17.9	20.5	19.6
<i>Any time within the last 12 months</i>		48.8	61.3	57.2

**Rename the first year the  
getting comfortable year and  
shift expectations.**





# Universal Rejection Truth



The **URT** is a law of nature that says that not everyone and everything will always respond to you the way you want. Rejection is as normal and natural as breathing. It's an unavoidable part of life.

# People who fight the truth

These people are always looking to hate, hide, or attack. They blame anyone or anything for the things what make them uncomfortable. These children are NOT happy and can be very difficult to communicate with.



A photograph of two Black women smiling and clapping their hands. The woman on the left is wearing a maroon shirt and a light purple cardigan. The woman on the right is wearing a light green cardigan. They are both looking towards each other and smiling broadly. The background is plain white.

# People who face the truth

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.

# Practice Uncomfortable

Uncomfortable is NOT an emergency

It's part of life.



## SIMPLE RULE #2

**DON'T PANIC...**

Think places, people, and patience





## **PEOPLE:**

Find Your 5 people

## **PLACES:**

Find Your 3 places



## **PATIENCE:**

Give it a  
couple  
semesters



# PLACES ARE LOCATIONS WHERE YOU CAN...

\* SWEAT

\* PLAY

\* PRAY

\* LIVE

\* LEARN

\* LEAD

\* LOVE

\* WORK





# PLACES

## STUDENT COUNSELING AND RESOURCE CENTER (SCRC)

### Hours of Operation and Location

The Student Counseling and Resource Center (SCRC) is in the Evans Commons building on the 3rd floor in the Wellness Center.

The SCRC will remain open 8:00 a.m. – 5:00 p.m. Monday - Friday, but all counseling sessions will be virtual. Please contact the SCRC at (636) 949-4522 for an appointment.

- [Tips for our Lions Dealing with the Pandemic](#)

### CONNECT WITH US ON SOCIAL MEDIA

- [Follow us on Instagram](#)
- [Like us on Facebook](#)

### MISSION

The SCRC's mission is to help students obtain academic success, personal growth, and balance that lead to rich, full, whole lives encompassing mental and physical health through counseling, promotion of self-care and consultation that reflects social justice, equity, diversity, and inclusion.

### WHO WE ARE



SUPPORT STAFF

### ANTI-HAZING RESOURCES

Missouri state law prohibits hazing of any kind by campus groups, organizations, or athletic teams. Lindenwood is in full compliance with this law.

[LEARN MORE](#)







# PLACES

**ABOUT** **ACADEMICS** **ADMISSIONS** **STUDENT LIFE** **ATHLETICS** **CAREERS** **PORTALS** **EMAIL** **SEARCH**

LINDENWOOD UNIVERSITY

STUDENT AND ACADEMIC SUPPORT SERVICES (SASS)

TUTOR SERVICES | GPA CALCULATORS | ACCESSIBILITY SERVICES

**\*Lindenwood University will be utilizing an online-only format for all classes through the remainder of the spring terms. SASS remains dedicated to supporting all students. We encourage students to use the Online Tutoring Services during this time for course-specific assistance. Please contact your Lion Life Coach (below) or [SASS@lindenwood.edu](mailto:SASS@lindenwood.edu) with specific questions or if you need additional support.\***

Student and Academic Support Services (SASS) supports the Lindenwood University student community through academic engagement, problem resolution, and provision of resources. We are committed to a student-centered environment reinforcing retention and persistence to graduation by encouraging academic and individual development along with social responsibility.

CONTACT INFO

**STUDENT AND ACADEMIC SUPPORT SERVICES (SASS)**  
Library and Academic Resources Center (LARC) Suite 346  
(585) 540-4590



# PLACES

LINDENWOOD  
UNIVERSITY

Organizations Events Forms Resources +



## Coming Up



Sorticity Recruitme...

08/26/2020 - 9:00 PM



NSD Playfair

08/06/2020 - 5:00 PM



Let's Get Quizzical

08/17/2020 - 7:00 PM



Fall 2020 LSG Gene...

09/14/2020 - 4:00 PM

## News

Thursday Jul 30th

Fall 2020 Residential Requirement  
Change

[Read More](#)

## THE ORGANIZATION REGISTRATION FORM IS NOW AVAILABLE!

Welcome, Lions!

Hey Lions, welcome to our new and improved Involve UI! We're in the process of building our new site, which includes all of our organizations building their presence on the site. Please be patient if you don't see the organizations you're interested in. They're coming soon!

For a list of last year's active student organizations, [click here](#).

### Student Organization Registration

For more information on returning student organization re-registration, [click here](#). Looking to start a new organization on campus? It's super simple! [Click here](#) for more info on starting a student organization at Lindenwood University. Questions about organization registration? Contact Angie Royal at [aroyal@lindenwood.edu](mailto:aroyal@lindenwood.edu).

### Fraternity & Sorority Recruitment

If you're interested in joining a community of students that is committed to prioritizing academics, exemplifying shared values, positively impacting the community, and enhancing personal and professional leadership experiences, register to attend PHA Sorority Recruitment or IFC Fraternity Rush today! Registration for both is open and can be found by clicking these two links: [Register for PHA Recruitment](#) and [Register for IFC Fraternity Rush](#).

PHA Recruitment is scheduled for **Sept. 8 - 12** and IFC Rush is scheduled for **Sept. 14 - 19**. All recruitment events will occur virtually or in a hybrid format that adheres to the University guidelines on physical distancing, face covering, and maximum occupancy. For all recruitment questions, and for students who are interested in participating in **membership intake** for Alpha Psi Lambda National, Inc., Phi Beta Sigma Fraternity, Inc. or any of the city-wide NPHC chapters, please contact Carynn Smith at [csmith2@lindenwood.edu](mailto:csmith2@lindenwood.edu).

### COVID-19 Update

For more information on our Roaring Return to campus, [click here](#)! To find out more about what involvement on campus will look like, [click here](#).

# 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.

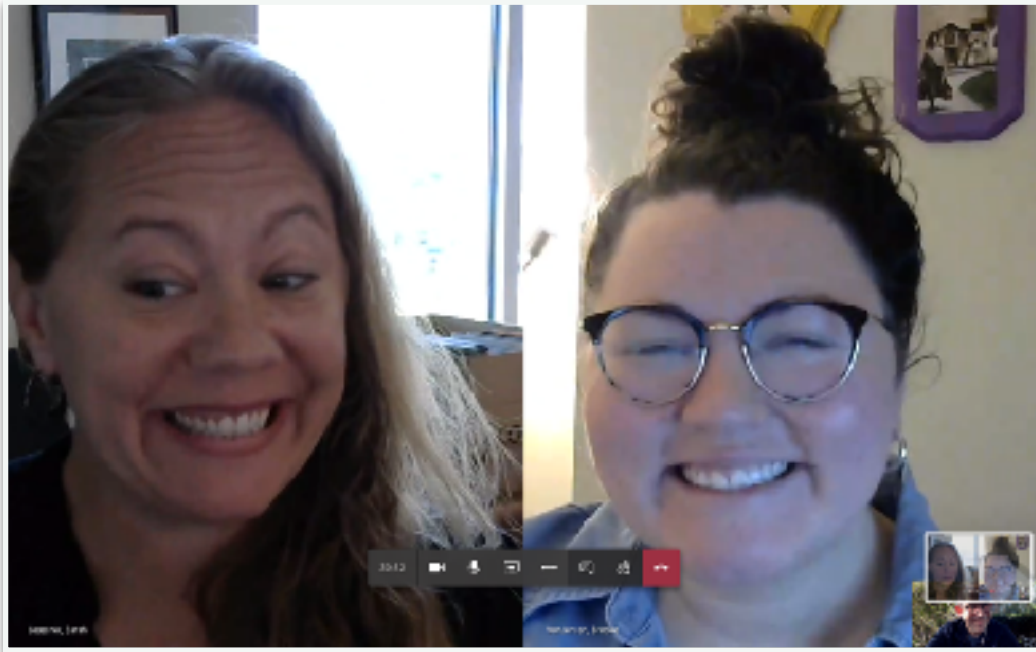


# Three Types of People

**People who  
volunteer to help**

**People who are  
paid to help**

**People you ask  
or enlist to help**



**More People...**



# 5 PEOPLE... WHY?

- \* Someone is always there
- \* You will never be alone
- \* You always have options



# **PATIENCE:**

**How much time do you need?**

✦ **One week?**

✦ **One month?**

✦ **One year?**



# **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 !!!

THE BLOG

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

3/4/12/2018 10:55 am ET

7.1k



Like 15k



Abigail Copel M.D.  
Psychiatrist and Author



IMAGE SOURCE: WIREIMAGE.COM

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

SECTIONS

HOME SEARCH

The New York Times

EDUCATION 12:58 PM

## Today's Students May Be Emotionally Unprepared

By DAN BRACKETT JULY 12, 2015

Regardless of all the honors classes and A.P. courses they took in high school, or the science, technology and engineering classes they cram into their college curricula, 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. American teenagers attempt suicide more often than youths in most other countries, and they are among the world leaders in violence, binge drinking, marijuana use, obesity and unhappiness, according to a Temple University professor, Laurence Steinberg.

A survey of more than 123,000 students at 153 colleges by the American College Health Association in 2013 found that more than half experienced overwhelming anxiety and about a third felt deep depression during the



**Tell the story as if it's already happened...**



## Tell Your Story As If...

### Tell your story as if...

It's May 1, 2021 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 & students have...**

**PEOPLE PLACES PATIENCE**



# 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?

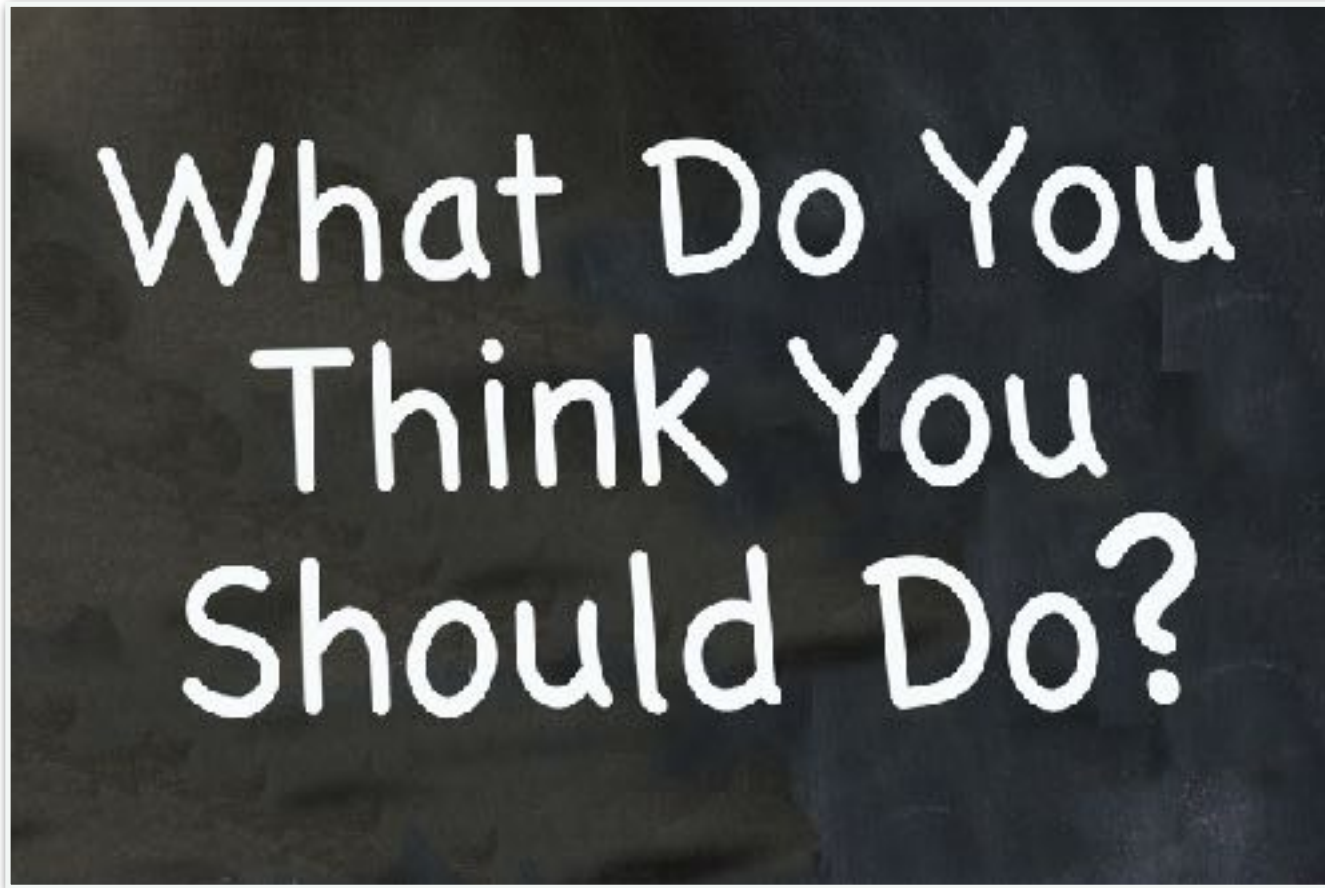


- ◆ **NOTHING** - The problem will still be there tomorrow.
- ◆ **SOLUTION** - Your child will solve the problem.
- ◆ **NEW PROBLEM(S)** - The old problem will no longer be a problem because new and exciting other problems will pop up.



# SIMPLE RULE #5

**Practice asking the question:**



(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**

# The BIG Transition



5 Simple Rules for Parents

## 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

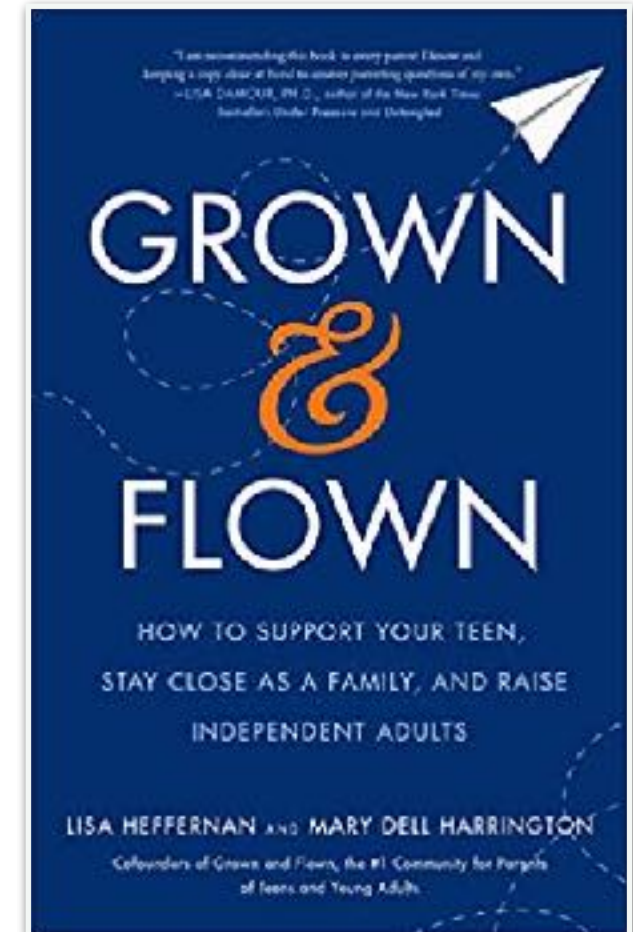
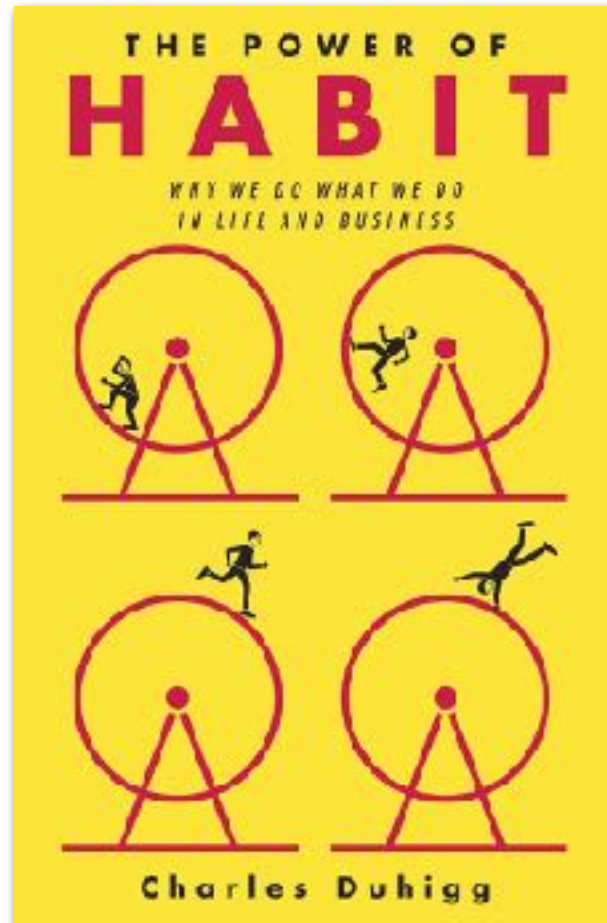
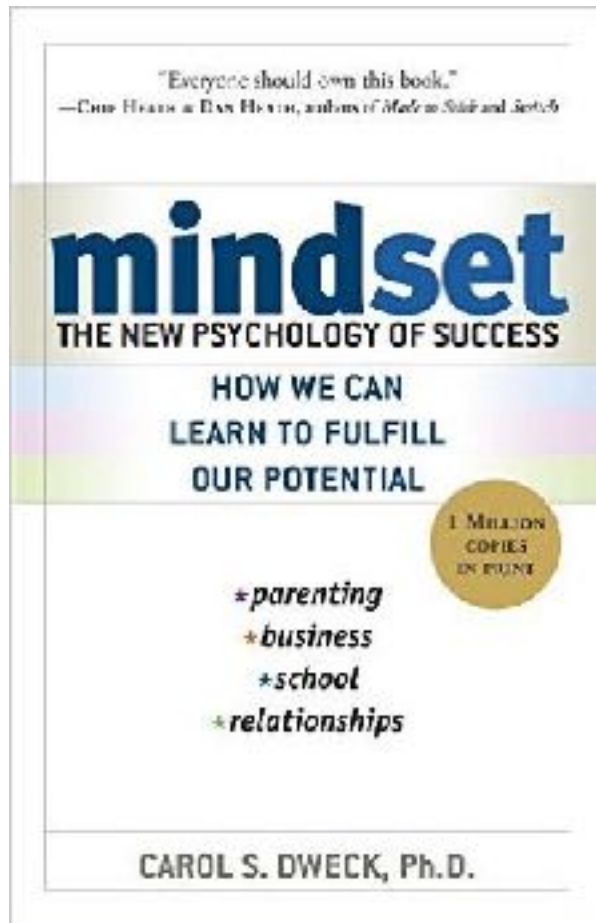
- 1. Get Comfortable with the Uncomfortable**
- 2. DON'T PANIC! People, Places, & Patience**
- 3. Struggles belong to them...  
Their victories belong to you!**
- 4. Apply the 24-Hour Rule**
- 5. Practice asking:  
What do you think you should do?**



# Additional Resources



5 Simple Rules for Parents



## One of Your People Project

Real advice from real students and recent grads



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2. Watch the quick clips & full-length videos
3. Find your people. Discover your places. Create your path.

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High School: Science Park High School

Year in School: Class of 2022

Major: Double Major in Public Health and Government

Melanie's Placements: President of Latina Prayer and Head Resident

Assistant, Franklin Fellow, Mentor, Member of African Drumming

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