

SMU Parent & Family Programs

Five Simple Rules for SMU Families

HARLAN COHEN

Text: 321-345-9070

www.HarlanCohen.com/SMU2020



@HarlanCohen



/HelpMeHarlan

SEND ME YOUR QUESTIONS

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



SMU®



IT ALL STARTS BY DREAMING

BIG

IT ALL STARTS BY DREAMING



BIG

Then Came COVID...



Student & Parent Town Hall – July 29 3:30 p.m. CDT

SMU President R. Gerald Turner, Provost Elizabeth G. Loboa and Vice President for Student Affairs K.C. Mmeje held a virtual town hall Wednesday, July 29. They addressed questions about how the University is keeping the campus safe, what instruction will look like in the fall, how students can get a COVID-19 test, and much more. The full replay is available below:



Quick Links

- [Mustang Strong: Return to Campus 2020 website](#)
- [SMU contact tracing procedure](#)
- [SMUFlex](#)
- [Campus Services](#)
- [Subscribe for updates on SMU Cases](#)
- [Safe Pledge](#)

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- [Safe Pledge](#)

<https://blog.smu.edu/events/student-parent-town-hall/>

YouTube Search

World Changemakers Shaper Here SMU

Debra Kayle

YouTube Search

Overall Campus Information

- SMU will be different this year
- SMU Pledge to Protect
- Canvas Course By August 24th
- Daily Health Screenings
- Face Coverings
- De-certification of campus spaces to support social distancing
 - Dining, Library, Meeting Rooms, Lounges, Lobbies
- Campus-Wide Reservation System
- On-Campus Testing
 - Personal or SMU Health Insurance Billed

Parent Discussion with Housing and Student Success
in Unlisted
1 view · Aug 5, 2020

SMU Undergraduate Admissions
25 subscribers

Parent Discussion with Housing and Student Success
in Unlisted
1 view · Aug 5, 2020

SHARE SAVE

<https://www.youtube.com/watch?v=Dgch5Xdq15c>

Stampede

Stampede Highlights

Stampede 2020 will take place Thursday, August 20 to Sunday, August 23!

Stampede serves as SMU's extended orientation experience for all new-to-SMU students! You will have the chance to form lasting friendships, take part in SMU traditions, and get excited about your new home on The Hilltop! Stampede is everything from Move-In to Convocation, you can find the schedule [here](#). Please register for Stampede [here](#). #ItStartsWithAStampede

For Parents and Families:

You are invited to join us for Stampede Kickoff, either in person or via live stream! Stampede Kickoff will take place on August 20th at 7:30pm in Ford Stadium. There will be a designated Guest Section and Entry Gate. The Guest Entry Gate will open at 6:00pm. We will share more details about the guest entry process soon. The live stream link will be available the week of Stampede.

Move-In

Residential Commons

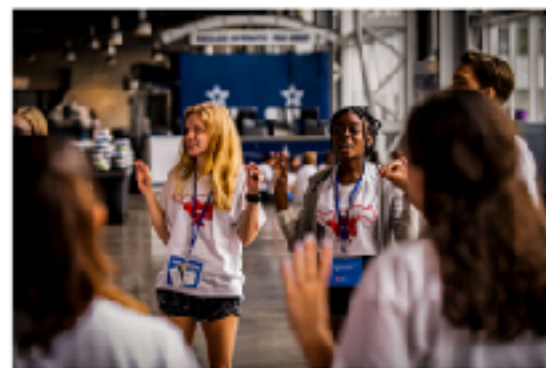
Stampede Guides & volunteers from across campus will be ready to help you move-in! Visit the [Residence Life & Student Housing](#) website to learn more about where to go, what to pack, & more.



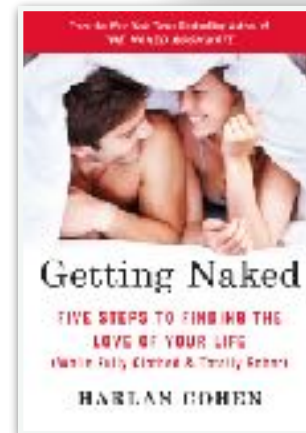
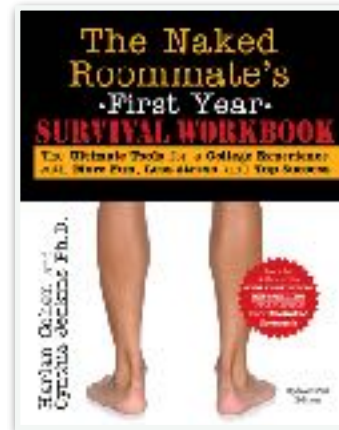
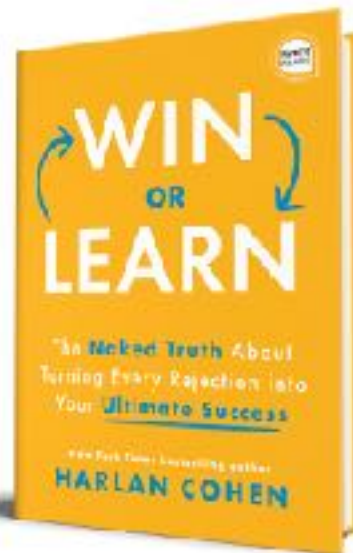
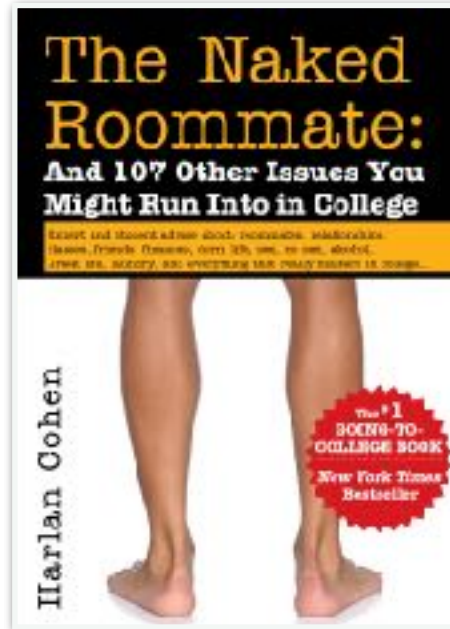
Stampede Guides

Stampede Guides participate in all aspects of Stampede, guiding New Mustangs in groups of 10-15 students. Applications for 2020 Stampede Guide have closed. Check back in Spring 2021 to join in on the fun. Please call (214) 763-4560 or email (orientation@smu.edu) the Office of the Student Experience if you have any questions about the time commitment, job description, or responsibilities.


Apply on [Connect.SMU](#)



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



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 BILKIN/ISTOCK | UPDATED: 10:57 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 my way.

I am a writer with the dream of reading more people than Facebook, Twitter, and all the other social media sites I use. But now that I've moved back in with my parents, I'm feeling a bit lost.

I am hungry for all the "advice" that is coming 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..."

I am young, so this advice should be for me to start the next chapter of my life, right?

As a writer yourself, what is your advice for beginning the walking stage of finding and pursuing my dream, the chasing and then the catching of one's dream?

Someone once told me that the best way to start an opinion is one that can be argued. I am trying to get into that next chunk, but I'm unsure how to take that first step.

—Hester

PHOTO: CHRIS BILKIN/ISTOCK | UPDATED: 10:57 PM CDT

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

Still home but already

DEAR HARLAN: I'm from California to Oklahoma. My parents are not going to be nearby, 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 nervousness is not being able to see them as much as I'm used to. — LEAVING HOME

DEAR LEAVING HOME: Oklahoma used to be far away. Then the car was invented. 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 connection when you get tired of seeing them.

It's difficult to maneuver and feel homesick. In reality, that change suggests fear. 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 place 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 amount of guys that 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

Indy's Mike
 @IndyMike

PHOTO: CHRIS BILKIN/ISTOCK | UPDATED: 10:57 PM CDT



I've visited over 500 schools...



I'm also a parent...



Moving was a dramatic change



Moving was a dramatic change



WARNING
LIFE INSIDE THE CLASSROOM DOES
NOT PREPARE YOUR CHILD FOR
WHAT HAPPENS NEXT...



They Call Your 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



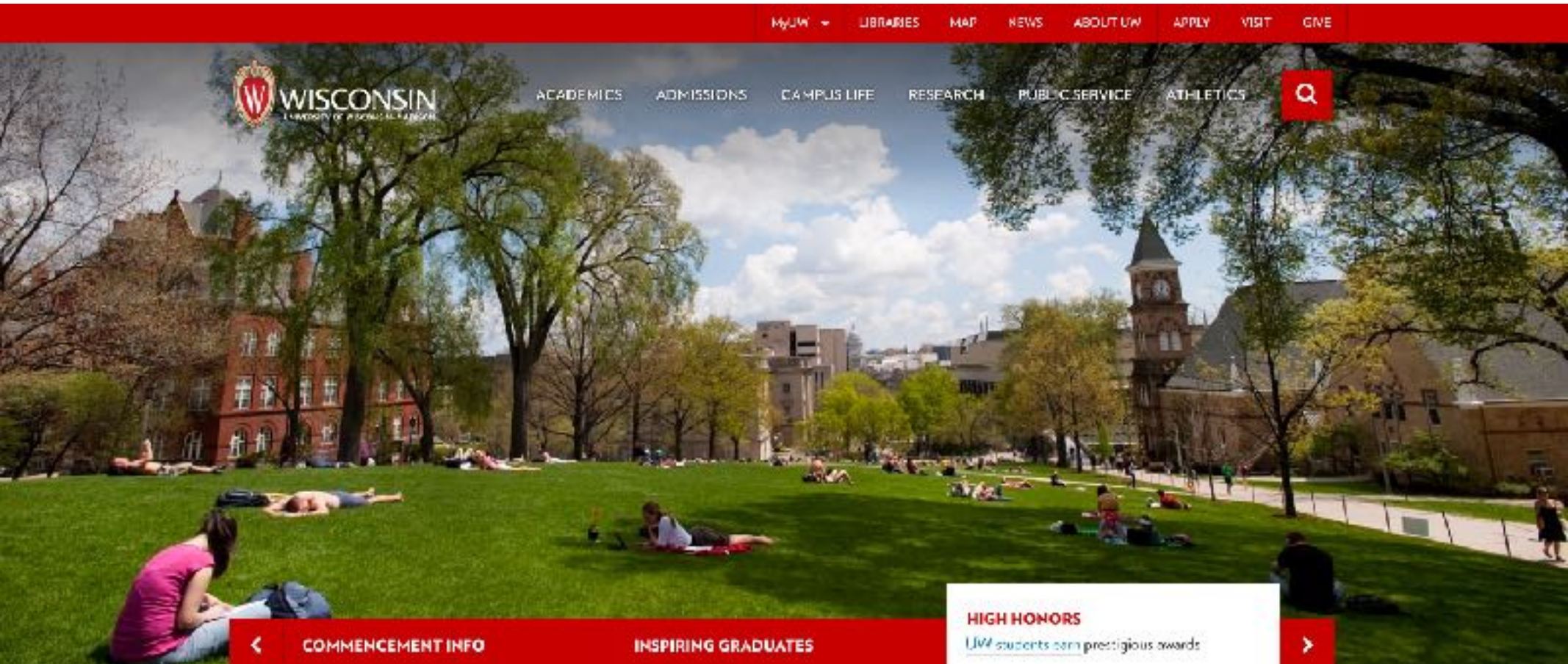
My girlfriend...



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

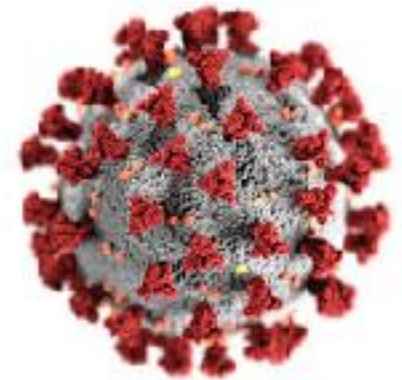
Felt very lonely

	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





SMU[®]



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



Dean of Student Life

Student Affairs / Office of the Dean of Students / Caring Community Connections

Caring Community Connections



The Caring Community Connections Program provides support to students who are in need by identifying and linking them to appropriate resources.

Are you concerned about someone? Click [here](#).

CARING COMMUNITY CONNECTIONS
When To Refer A Student



CCC Submission Form

Please provide detailed information about your concern for a Southern Methodist University (SMU) student in the form that appears on this page. **If you are dealing with an emergency situation, call the SMU Police Department first, at 214-768-3333 or 911.**

PLEASE READ THIS BEFORE PROCEEDING: Based on the "Level of Response" selected and the information provided in the form below, staff will make contact with the student to address your concerns.

- An **"Urgent Response Required"** submission will be treated with heightened attention and should be used **ONLY** in an instance where there is a serious or imminent concern for a student's personal safety or well-being, in which we will initiate attempts to reach the student as quickly as possible.
- In most cases **"Routine Response Requested"** is the acceptable and appropriate tag to apply, and our office will begin a normal outreach process to the student to offer support in various forms as needed and/or refer them to other campus resources. This option is set as the default choice in the "Level of Response" field below.
- If **"Informational Report Only"** is selected, we will retain the submission for possible future reference, but **NO** contact will be initiated with the student. We may also get in touch with you, the submitter, to clarify the nature and intent of your submission.



Once the form is submitted, all information will be stored in a password protected database. Access to this confidential information is limited to the Caring Community Connections response team.

Submitter Information

Enable additional features by [logging in](#).

Your full name:

Faculty/self/student/parent?:

Your phone number:



Your Three Places

PLACES ARE LOCATIONS WHERE YOU CAN

SMU. UNDERGRADUATE ADMISSIONS apply visit connect Search Q

Admission Apply Visit Academics Campus Life Financial Aid Connect

Home / Campus Life / Activities & Organizations

Activities & Organizations

Discover and explore new interests

Some of the most important events in your college life take place outside the classroom. [With more than 200 student organizations on campus](#), you have unlimited ways to serve your community or those in need, explore new interests, sharpen your competitive edge or just be part of something that's important to you. Especially if fun is important to you, too.

Get involved. Whether you want to serve or to lead, there's a group or organization that needs you. Also, campus organizations develop team-building skills that make you a valuable asset no matter where your career takes you.

Have fun. SMU hosts more than 500 performances, concerts and cultural exhibits each year.

Feed your head. At its afternoon forum for students, the [Willis M. Tate Distinguished Lecture Series](#) lets you interact with world leaders and famous figures. Other lecture series feature our world-class faculty and many well-recognized scholars speaking on a variety of topics and groundbreaking research findings.

CAMPUS LIFE

- Residence Life
- Dining
- Health & Safety
- Spirit & Traditions
- Diversity at SMU
- Activities & Organizations
- Fitness & Recreation
- Sports
- Spiritual Life



SMU PLACES

The screenshot shows the top portion of the SMU Student Affairs website. At the top left is the SMU logo and the text "SMU | STUDENT AFFAIRS". To the right is a search bar with the text "Search" and a magnifying glass icon. Below this is a dark navigation bar with the following menu items: "Health Center", "About Us", "Medical", "Pharmacy", "Dental Services", "Counseling", "Health Promotion", "Insurance, Fees, & Forms", and "Testing". The main content area features a large photograph of the Dr. Bob Smith Health Center at SMU, a large brick building with a classical portico, illuminated at dusk. Overlaid on the bottom of the photograph is the text "Introducing the Dr. Bob Smith Health Center at SMU" in white, with a red button below it that says "Learn more...".



SMU PLACES

Campus Housing Support



RAs

- 25-35 students per RA
- Build community and get to know residents
- Direct to campus resources
- Help with roommate conflicts
- Document behaviors



RCDS (Residential Community Director)

- Co-Create the residential experience
- Serve as a resource
- Provide leadership for their building



Student Leaders

- Student with a topical interest that helps with programming and connects, Wellness Champions, Honors Mentors, Engage Dallas Student Directors
- Commons Council and HUB



Faculty in Residence (FiR)

- Faculty that live in the RCs with their families
- Make connections with residents
- Provide support and programming





[Home](#) / [Office of the Student Experience](#) / [Parent and Family Programs](#)

Parent and Family Programs

Parent and Family Programs serves as a resource for parents and families concerning the experience of their students, from their first semester on the SMU campus through graduation. Parent and Family Programs works with the SMU Mothers' and Dads' Clubs as well as individual parents in supporting student success in all aspects of University life.

Your son or daughter is in college now! This comes with a new school, new people, new places both on and off campus, new experiences, and importantly - a new support network. As students begin their academic and social journey through young adulthood, we believe it is important that you as parents and families know and understand the resources available for you and your student here on the Hilltop should a need arise. As a parent or family member, SMU considers you to be a **road partner** with us in your student's success!



Creating



Maintaining



Promoting

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

A large group of people, many wearing red SMU shirts, are posing for a group photo in a gymnasium. The people are arranged in several rows, filling most of the frame. Some are making peace signs. The gymnasium floor is light-colored wood, and there are white tables and chairs visible in the background.

**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 time do you need?

*** One week?**

*** One month?**

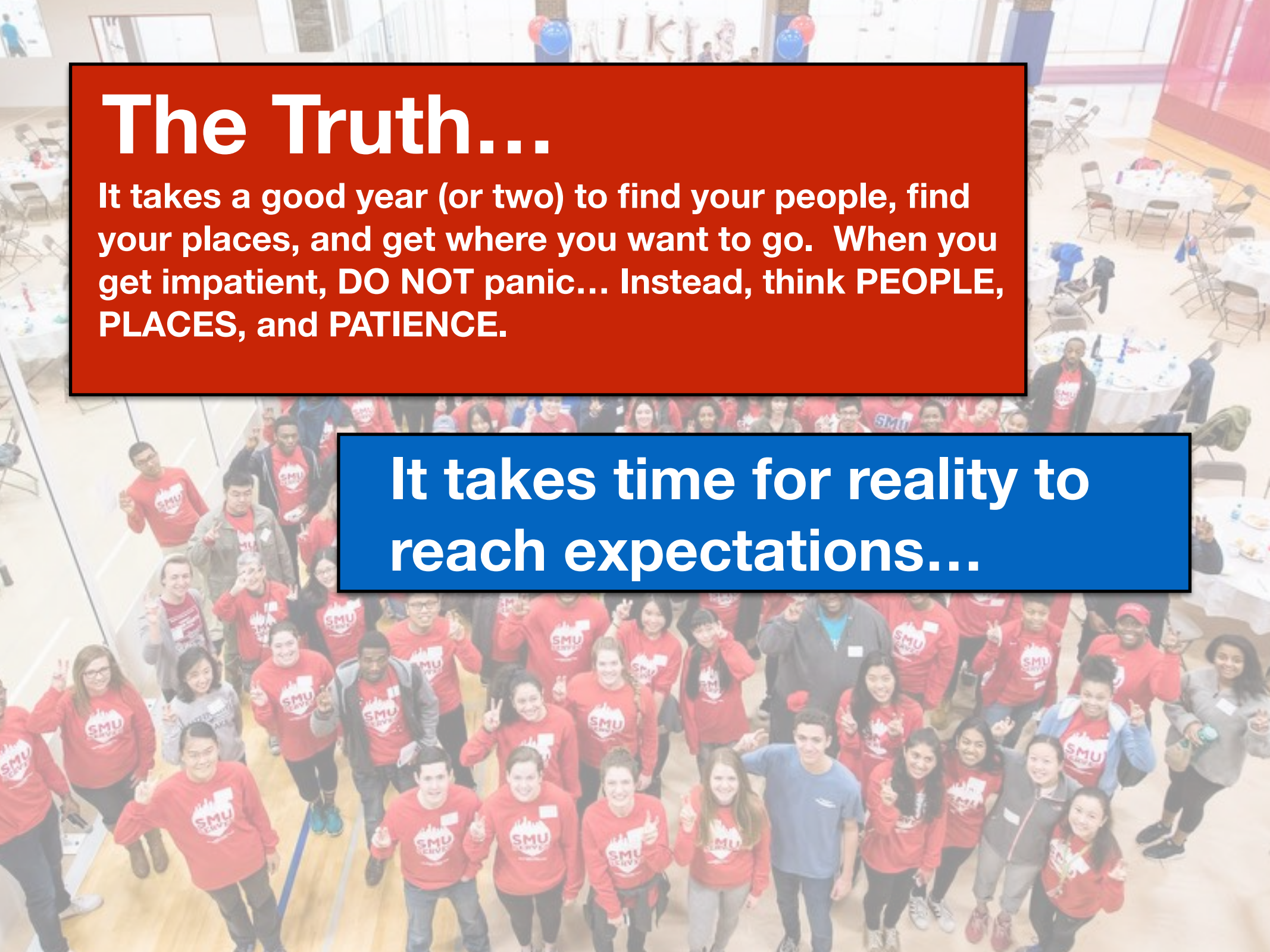
*** One year?**

It can take a good 2 years to find the best people and places.

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

34.12.2018 10:55 pm ET

7.1k



Like 25k



Abigail Copel M.D.
Psychiatrist and Author



IMAGE: SHUTTERSTOCK/VALENTIN AVRAMOV

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 3:55A

Today's Students May Be Emotionally Unprepared

By DAN BRACKEE | JULY 12, 2019

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...



5 Simple Rules for Parents

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...



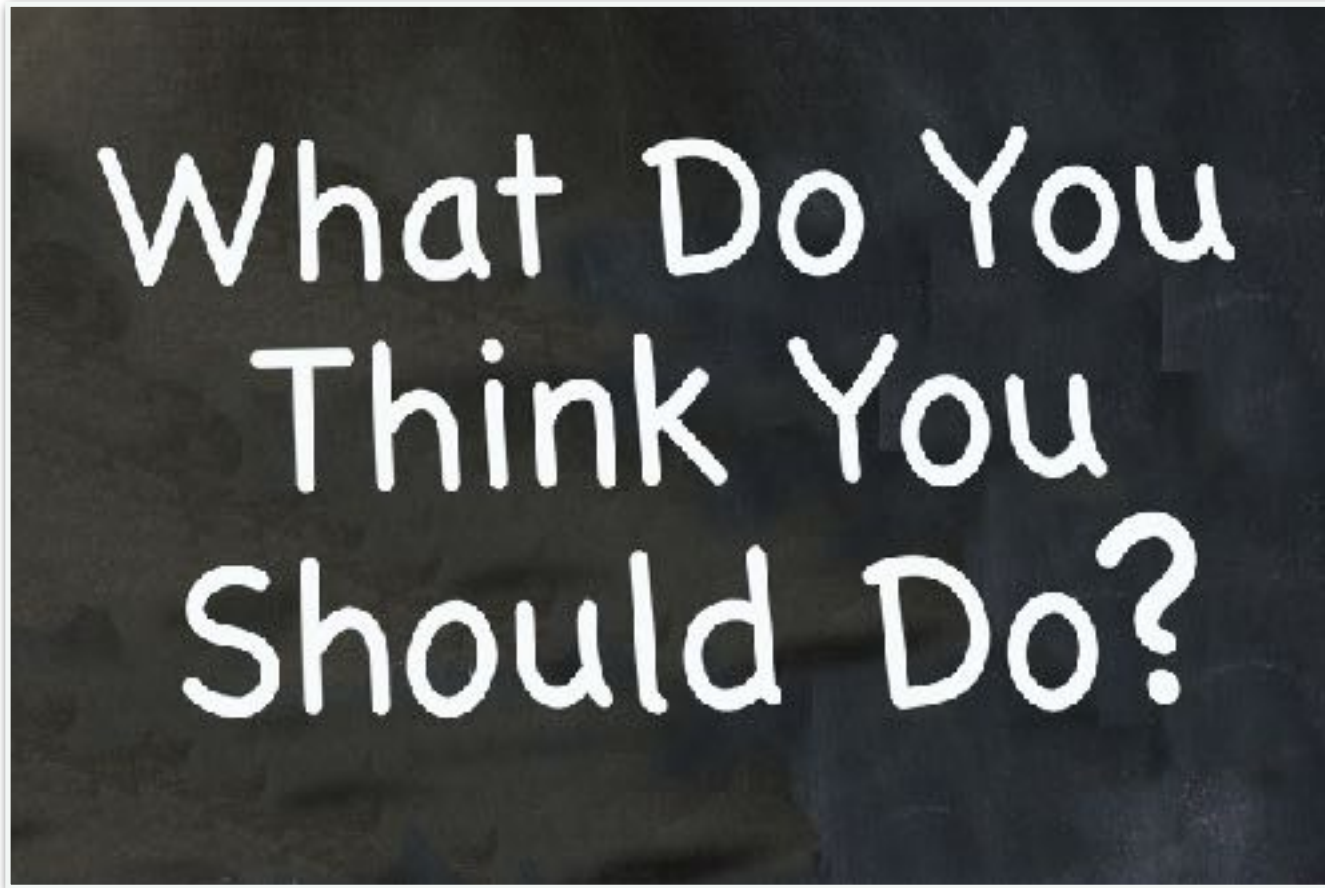
What's going to happen over the next 24 hours?



- ◆ **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**



5 Simple Rules for Parents

The BIG Transition

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

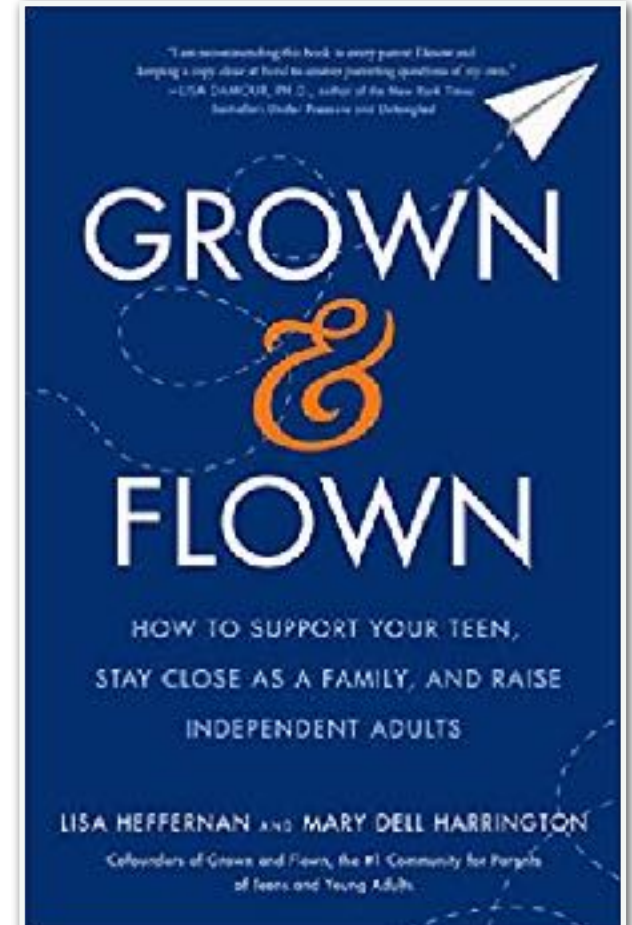
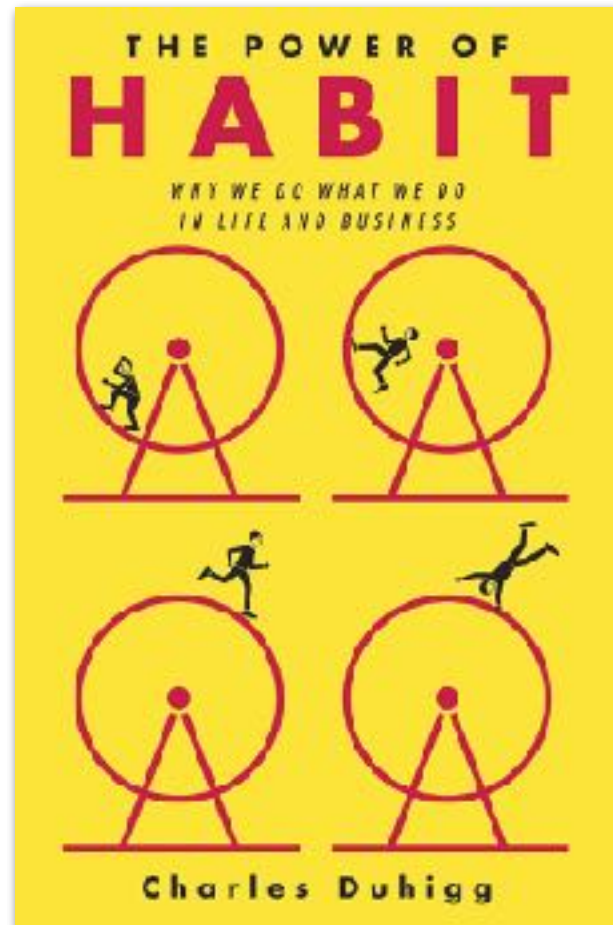
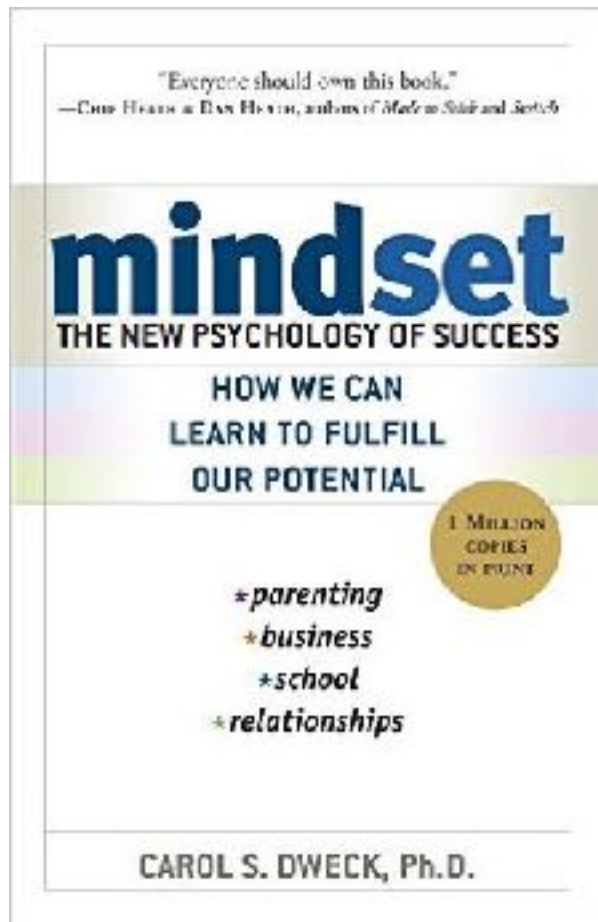
- 1. Get Comfortable with the Uncomfortable**
- 2. DON'T PANIC! People, Places, & Patience**
- 3. Struggles belong to them...
Their victories belong to you!**
- 4. Apply the 24-Hour Rule**
- 5. Practice asking:
What do you think you should do?**





5 Simple Rules for Parents

Additional Resources



One of Your People Project

Real advice from real students and recent grads



1. Click on the school logo
2. Watch the quick clips & full-length videos
3. Find your people. Discover your places. Create your path.

Melanie Dico

Hometown: Newark, NJ

High School: Science Park High School

Year in School: Class of 2022

Major: Double Major in Public Health and Government

Melanie's Place: President of Latin Prayers and Head Resident

Assistant, Franklin Fellow, Mentor, Member of African Drumming

Ensemble, InterVarsity Christian Fellowship, Hazwood Scholar

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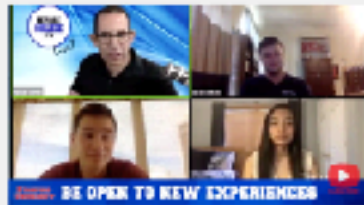


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