



Lindenwood Family & Supporter

Five Simple Rules for Lindenwood Families

HARLAN COHEN

Text: 321-345-9070

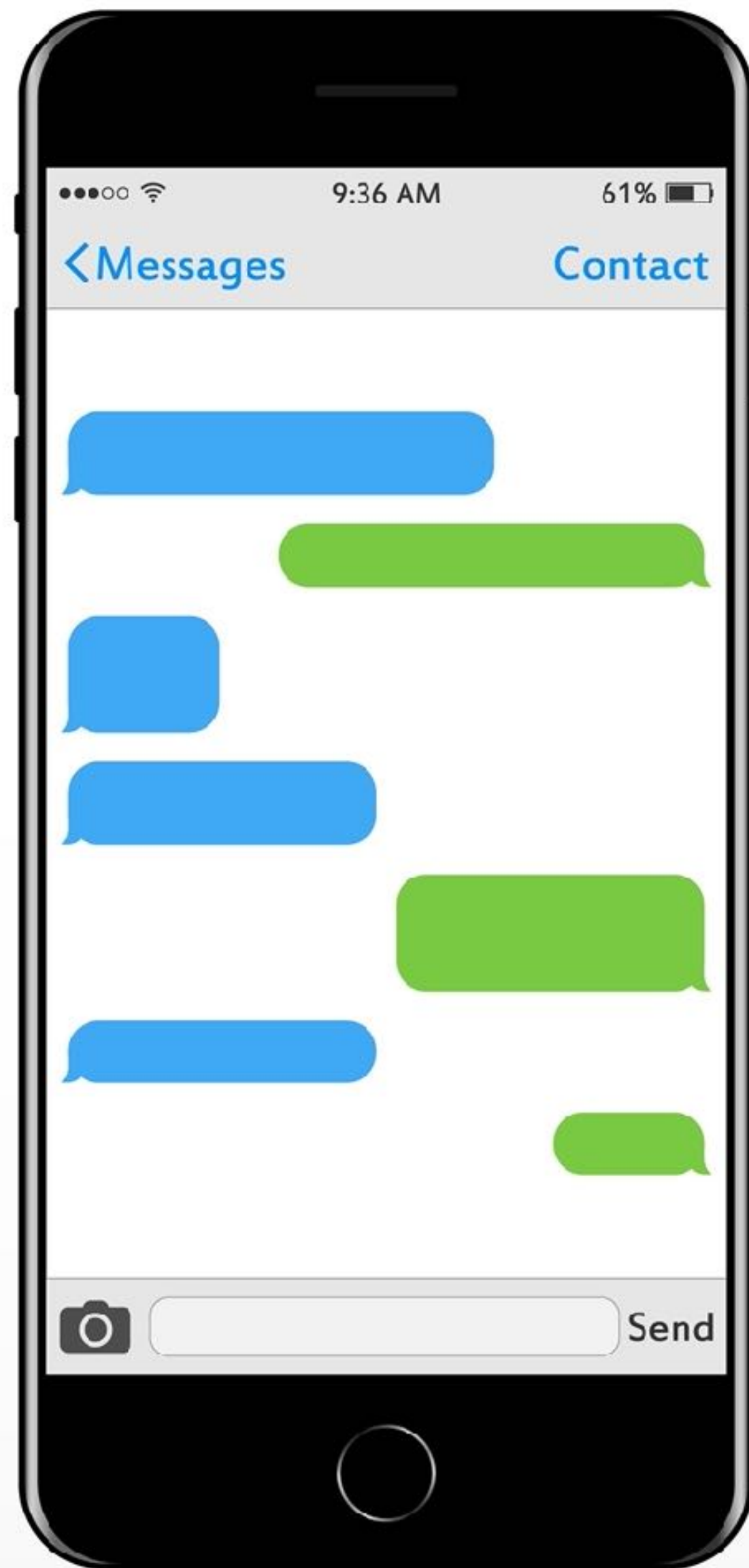
www.HarlanCohen.com/Lindenwood2022



@HarlanCohen



/HelpMeHarlan



On a scale 1-10

How are you today?

10 = Best Day Ever

9 = Amazing

8 = Fantastic

7 = Great

6 = Good

5 = OK

4 = Fair

3 = Bad

2 = Very Bad

1 = Worst Day Ever

Text Me: 321-345-9070

SEND ME YOUR QUESTIONS

Harlan will answer your questions **LIVE** during this event



IT ALL STARTS BY DREAMING

BIG



IT ALL STARTS BY DREAMING

BIG



IT ALL STARTS BY DREAMING

BIG



IT ALL STARTS BY DREAMING

BIG



IT ALL STARTS BY DREAMING

BIG



IT ALL STARTS BY DREAMING

BIG



They Survived COVID...



Next year's entering class of traditional students will not have had a normal school year since Grade 9...

THE LAST NORMAL SCHOOL YEAR...

	for students currently in...	was
SY 2021-2022	12th Grade	Grade 9
	11th Grade	Grade 8
	10th Grade	Grade 7
	9th Grade	Grade 6
	8th Grade	Grade 5
	7th Grade	Grade 4
	6th Grade	Grade 3
	5th Grade	Grade 2
	4th Grade	Grade 1
	3rd Grade	Kindergarten
	2nd Grade	Never
	1st Grade	Never
	Kindergarten	Never

SY 2018-2019

©April Roquard

ACADEMICS
NEW STUDENT
ORIENTATION

HOME > ACADEMICS > SUPPORT &... > FIRST-YEAR... > NEW STUDENT ORIENTATION

Fall 2022 New Student Orientation (NSO) will be hosted August 16 - 21, 2022. We are excited to welcome you to Lindenwood! #LUDiscoverYourRoar

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!

New Student Orientation is for incoming First-Year Students. We encourage Family and Supporters to join us virtually for Summer Orientation Programming (Lindenwood Talk Tuesdays) and during New Student Orientation Move-In.

[Learn more about Fall 2022 New Student Orientation!](#)

UNDERGRADUATE DEGREES

EVENING & GRADUATE DEGREES

FLEXIBLE PROGRAMS FOR ADULTS

ONLINE PROGRAMS

MINORS AND CERTIFICATES

PROFESSIONAL AND CONTINUING EDUCATION

ACADEMIC COLLEGES

CENTERS & INSTITUTES

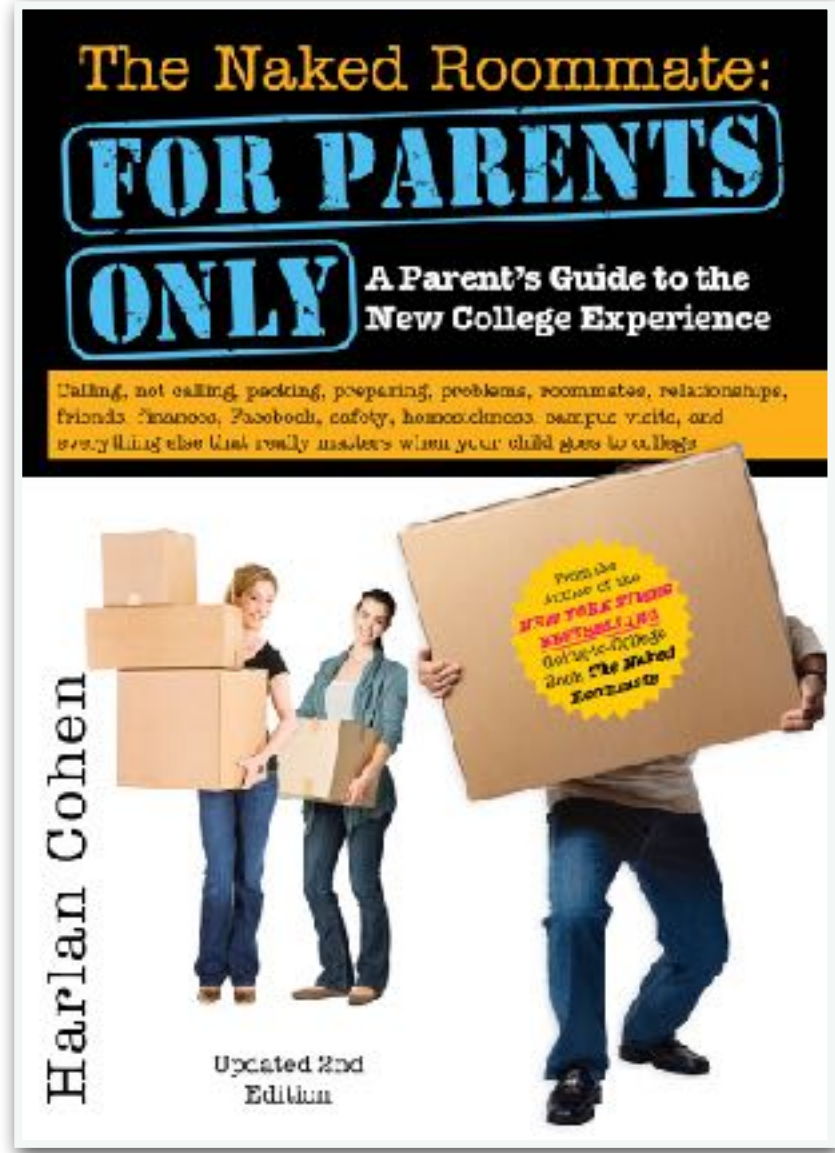
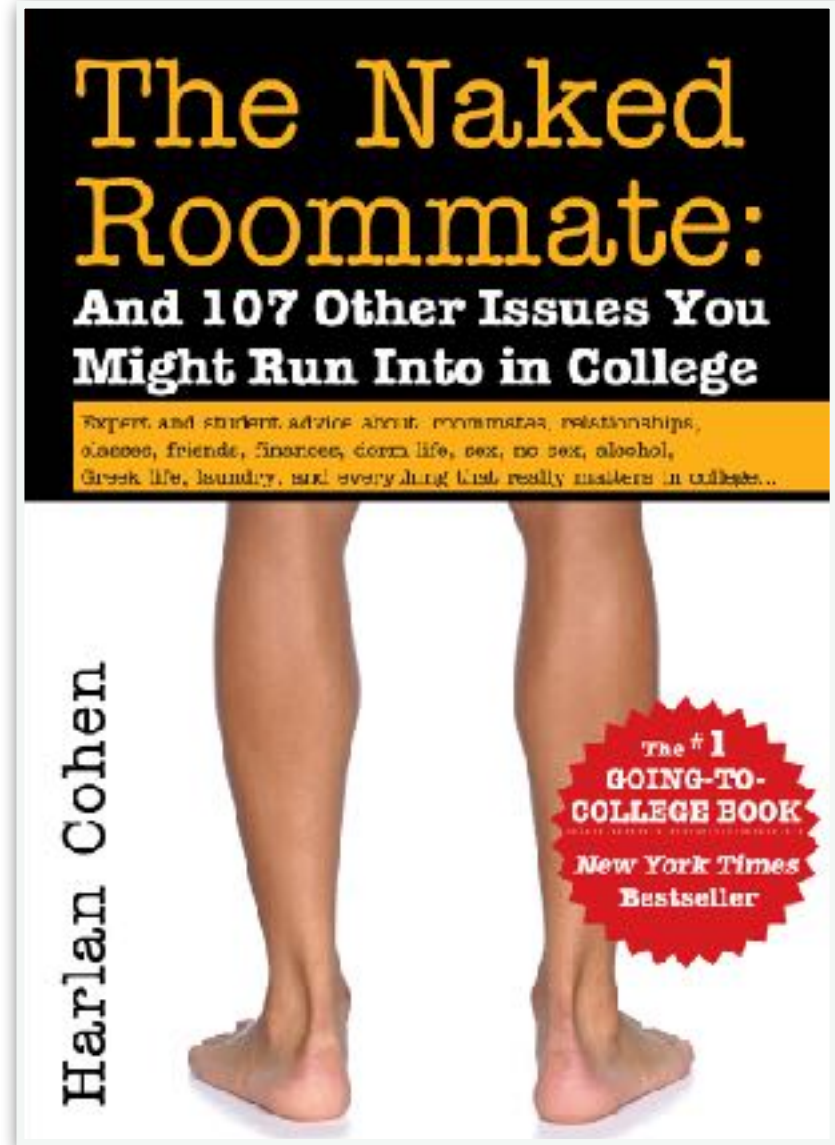
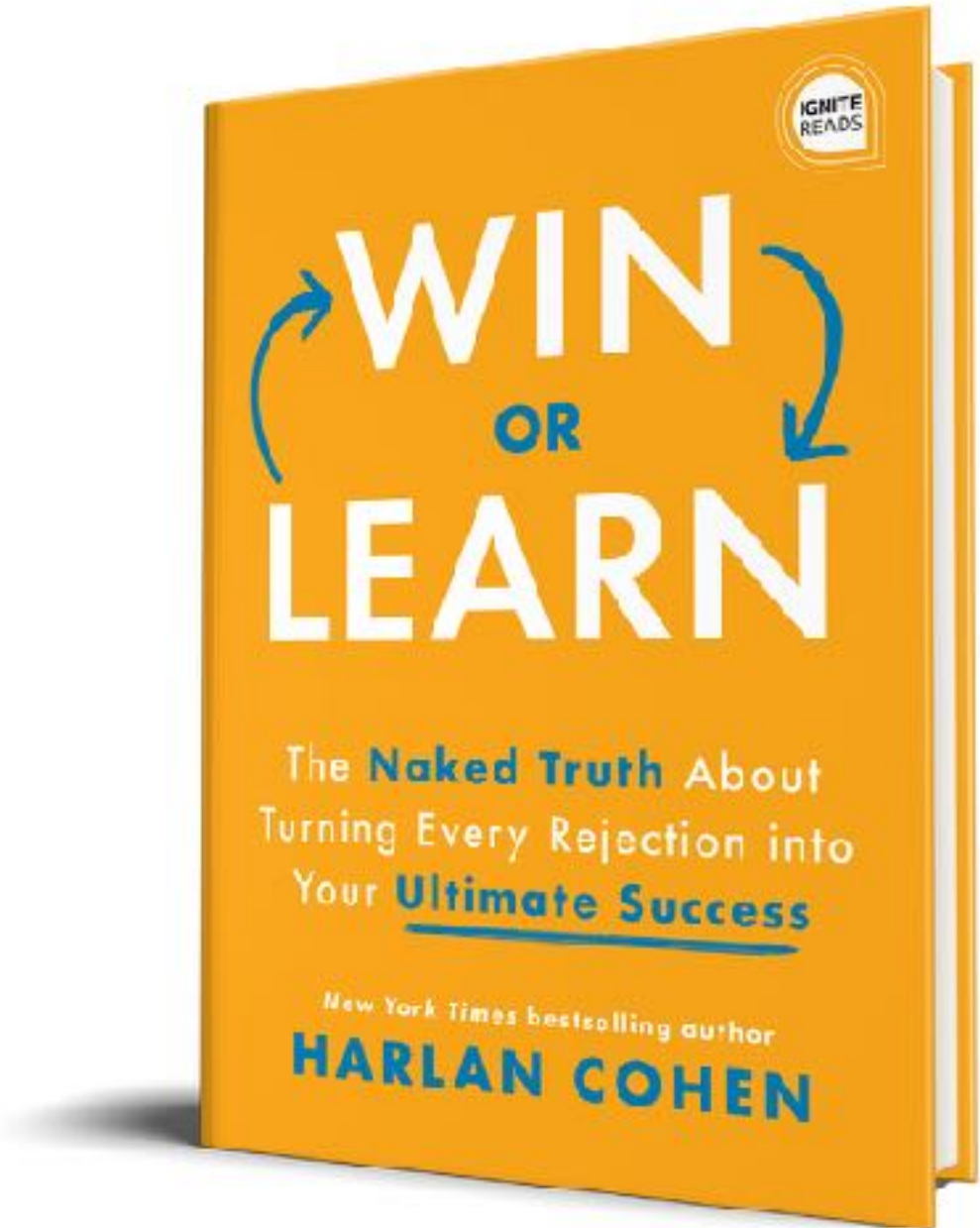
ACADEMIC ENRICHMENT

BEYOND THE CLASSROOM

***What is your
biggest concern
about the
upcoming year?***



WHAT DO I DO? Research and Write Books



BEST SELLERS > EDUCATION

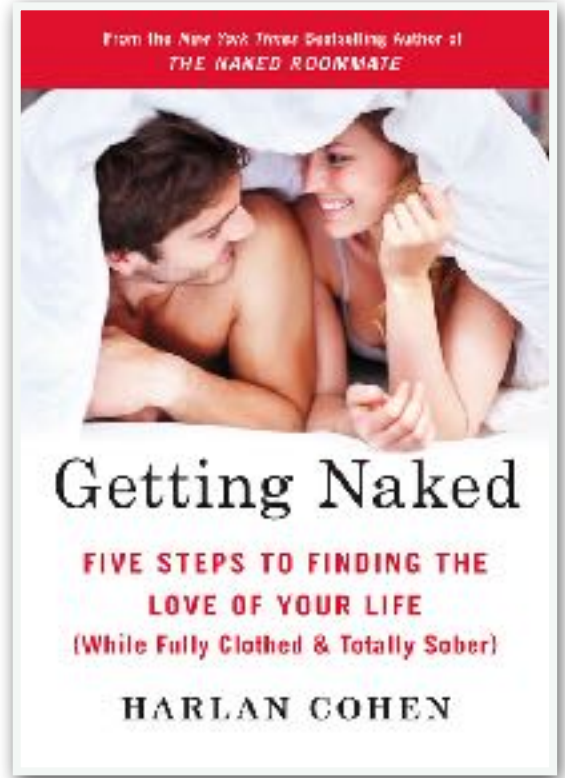
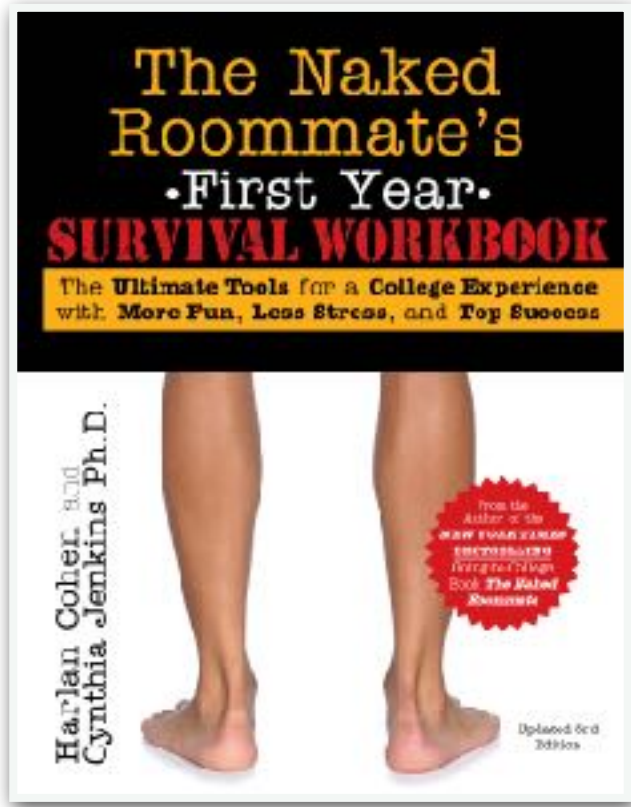
Best Sellers

June 2015

THIS MONTH

EDUCATION

1	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
2	VERY GOOD LIVES , by J. K. Rowling. (Little, Brown.) J.K. Rowling's Harvard commencement address on embracing failure and imagination. Buy
3	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
4	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
5	THE NAKED ROOMMATE , by Harlan Cohen. (Sourcebooks.) A primer of issues one might typically expect to encounter during college dormitory life. Buy



WHAT DO I DO? Support College Students



helpmeharlan

Harlan Cohen

Edit profile

751 Following 452.8K Followers 17.3M Likes

Author #1 College Book NAKED ROOMMATE, NY Times bestselling author,

2help

linktr.ee/harlancohen

Videos

Liked



College Tip 515: How to p...



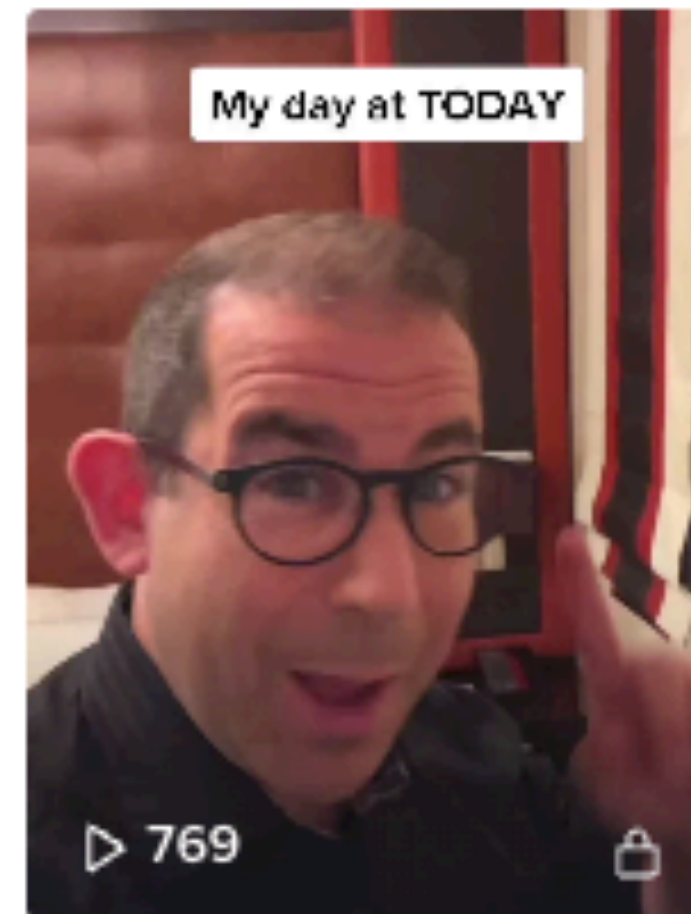
College Tip 514: Rename ...



Life Tip 76: How I got an i...



Life Tip 75: Take bagels h...



My day at TODAY. Segm...



This is how I spent my mo...

WHAT DO I DO? Teach, Listen, Share



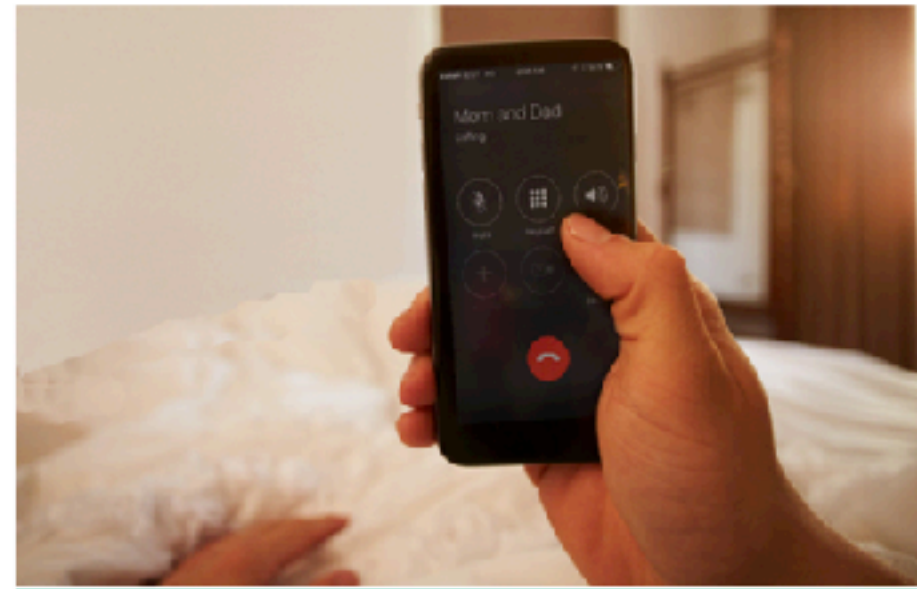
WHAT DO I DO? Share Stories



Harlan Cohen, Contributor
Author, Speaker, Syndicated Advice Columnist

15 Things Parents of First-Year College Students Should Never Do

08/13/2015 05:21 pm ET | Updated Dec 06, 2017



1. Get Carried Away in Hysterics: No one wants to be the freshman of the mom who literally couldn't let go, fell, hit her head, and got carried away in an ambulance. On the other hand, hiding your feelings makes you come off as cold and uncaring. Find a middle ground (a few tears, no sobbing on the ground) and get out...fast. Run!

2. Wake-Up Calls: It's not about you getting them up; it's about you knowing where they are in the morning. I know it alarms you to be so far away, but this is not how your child becomes a self-sufficient responsible adult. Besides, sleeping through a quiz is all part of learning.

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HOT TOPICS: Photos: Celebs in St. Paul Photos: Vikings training camp Bookstore for sale Blue moon

Home > Columnists > Story

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

By Harlan Cohen

POSTED: 07/27/2015 12:01:00 AM CDT | UPDATED: ABOUT 20 HOURS AGO

Dear Harlan: I recently graduated from college and am finding myself with a lot of uncertainty. The whole world is out there for me to take, but I am having trouble finding out where I should start.

I am a writer with the dream of reaching more people than Facebook, WordPress and Twitter now allow. But now that I've moved back in with my parents, I'm feeling overwhelmed by the real world.

I am hungry for all the "newness" that is to come my way. I am ready to take risks, to fail, to succeed and to possibly inspire people in my pursuit of my dream. I do not want to settle. I do not want to look back and find myself muttering the words "I wish," "If only" and "I regret."

I am young, so this is the time for me to start the next chapter of my life -- and the best is yet to come, right?

As a writer yourself, what is your advice for beginning the walking stage, which eventually will lead to running and ultimately, the chasing and then the catching of one's dreams and passions?

Someone once told me that the best way to eat an elephant is one chunk at a time, so I am ready to begin biting into that next chunk, but I'm unsure how to take that first bite.

-- Hungry

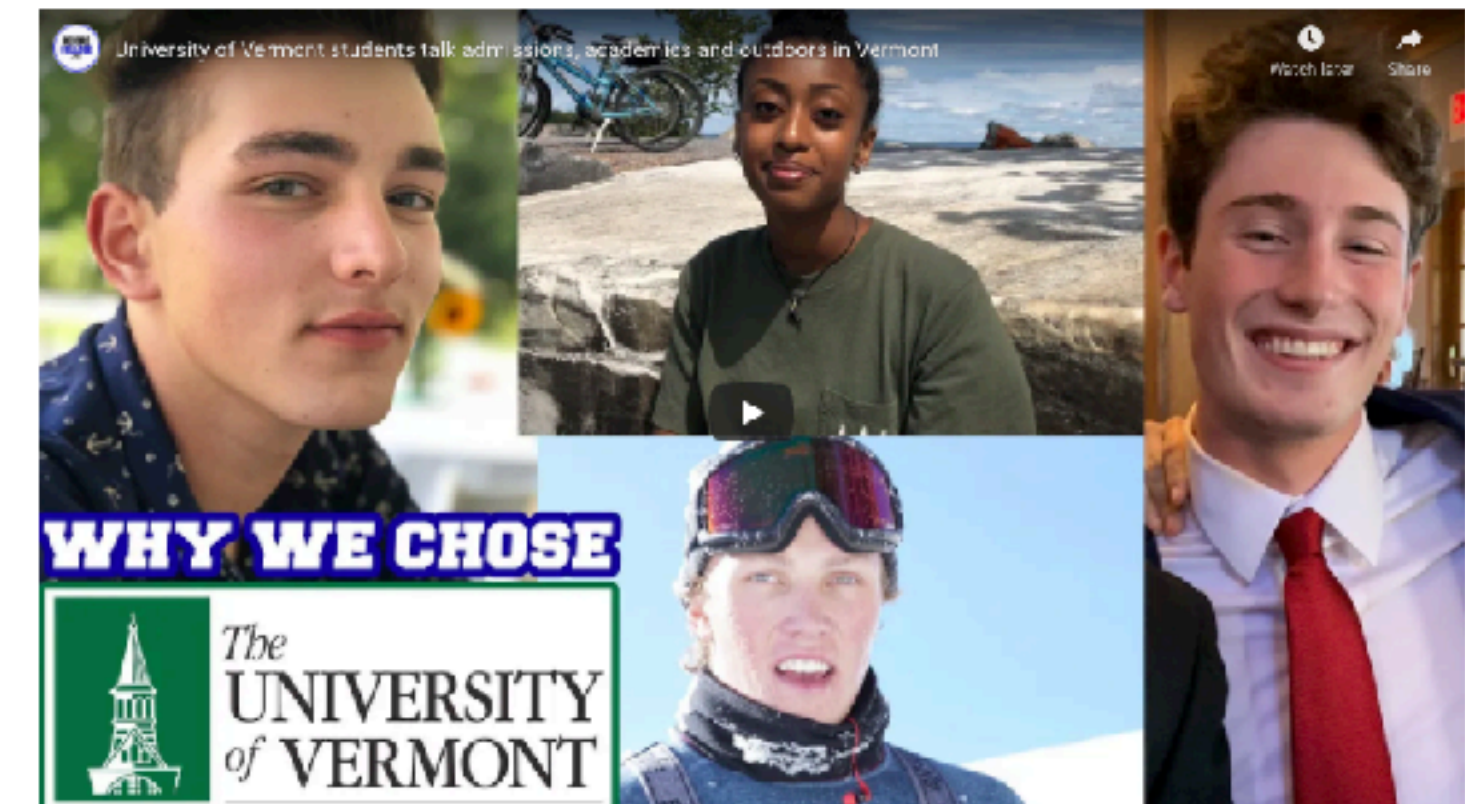


BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION

BEFORE COLLEGE TV: NEWS | EXPERT ADVICE | STUDENT INTERVIEWS

SUBSCRIBE TO BEFORE COLLEGE TV ON YOUTUBE FOR THE LATEST | [SUBSCRIBE HERE](#)

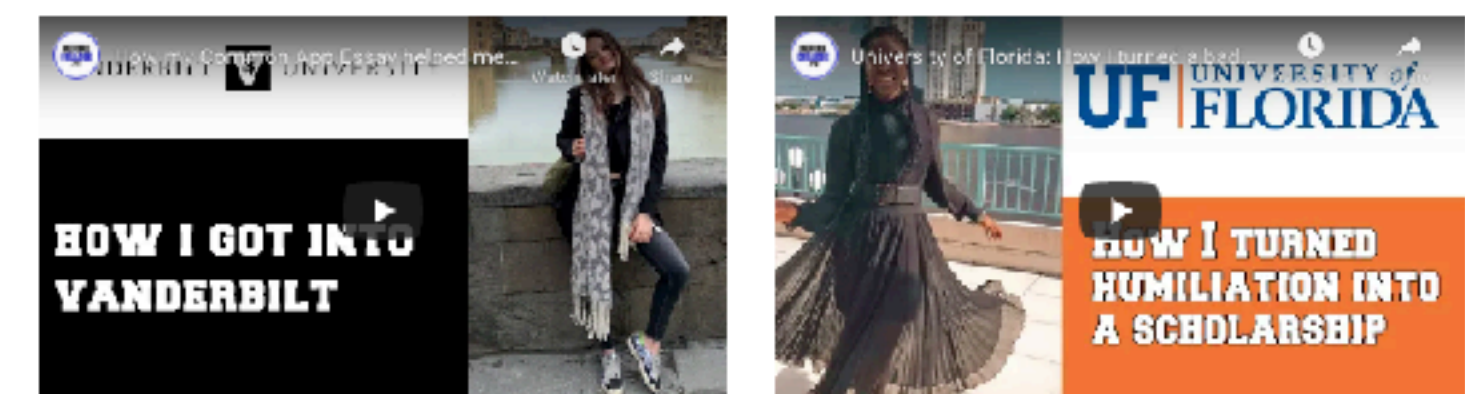


[> Click here for links to stories mentioned](#)

One of Your People Project

Real advice from real students and recent grads living your dream

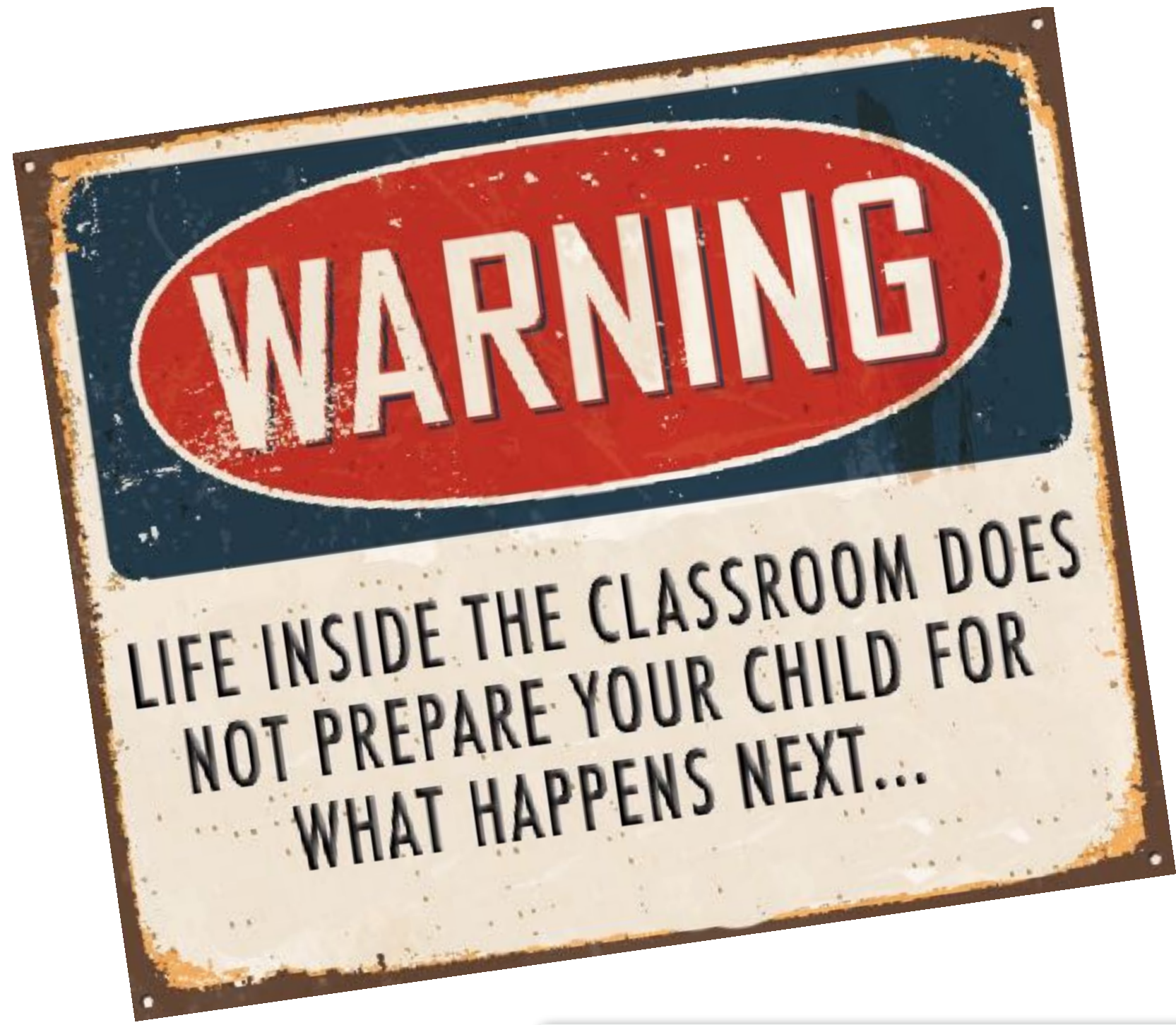
Watch LIVE Interviews on [Facebook](#). Subscribe to Before College TV on [YouTube](#).



WHAT DO I DO?

**Help People
Navigate Change**





They Call Parents Names...





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**



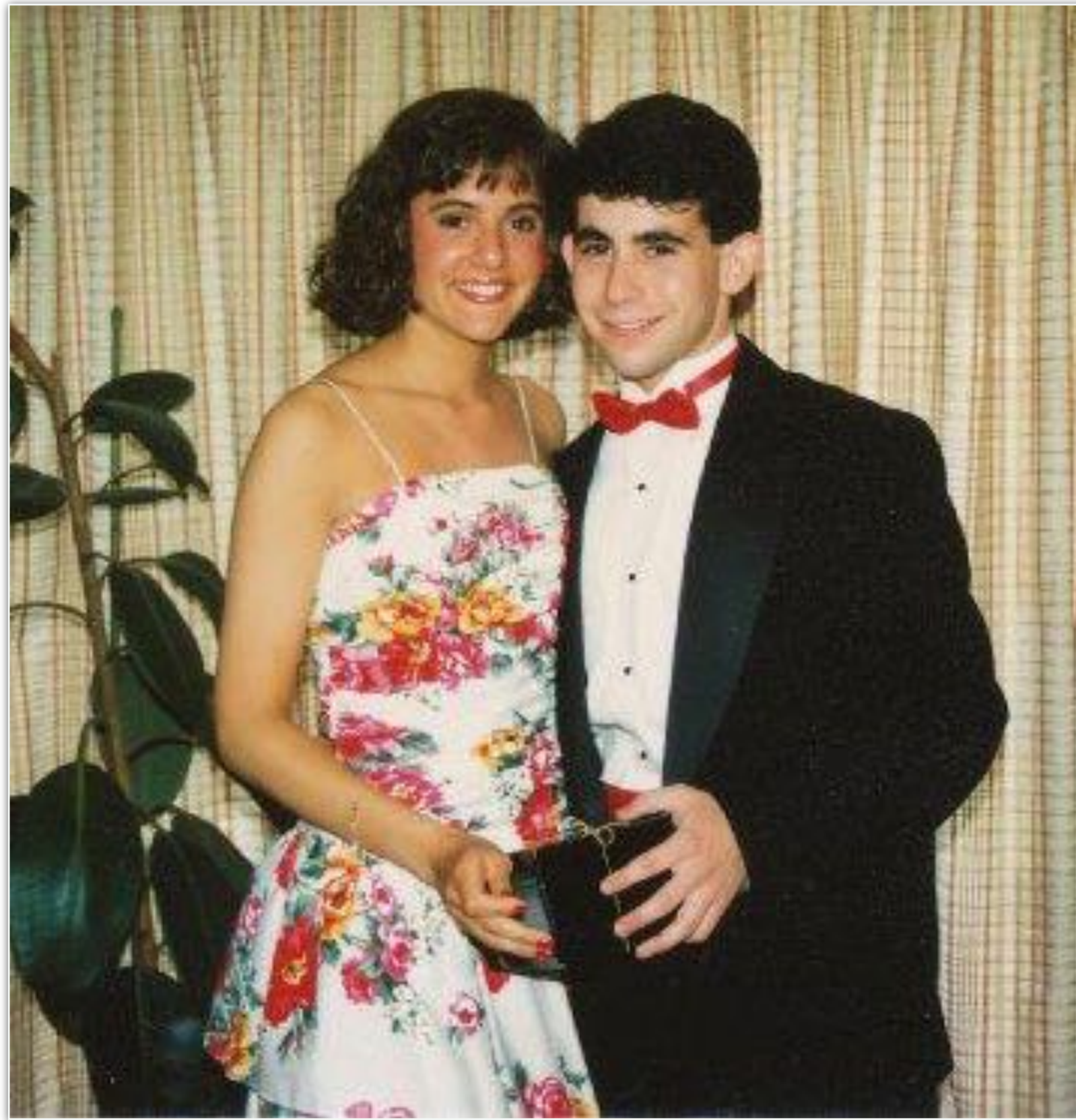
X Roommate was not my friend



X Didn't get into a fraternity



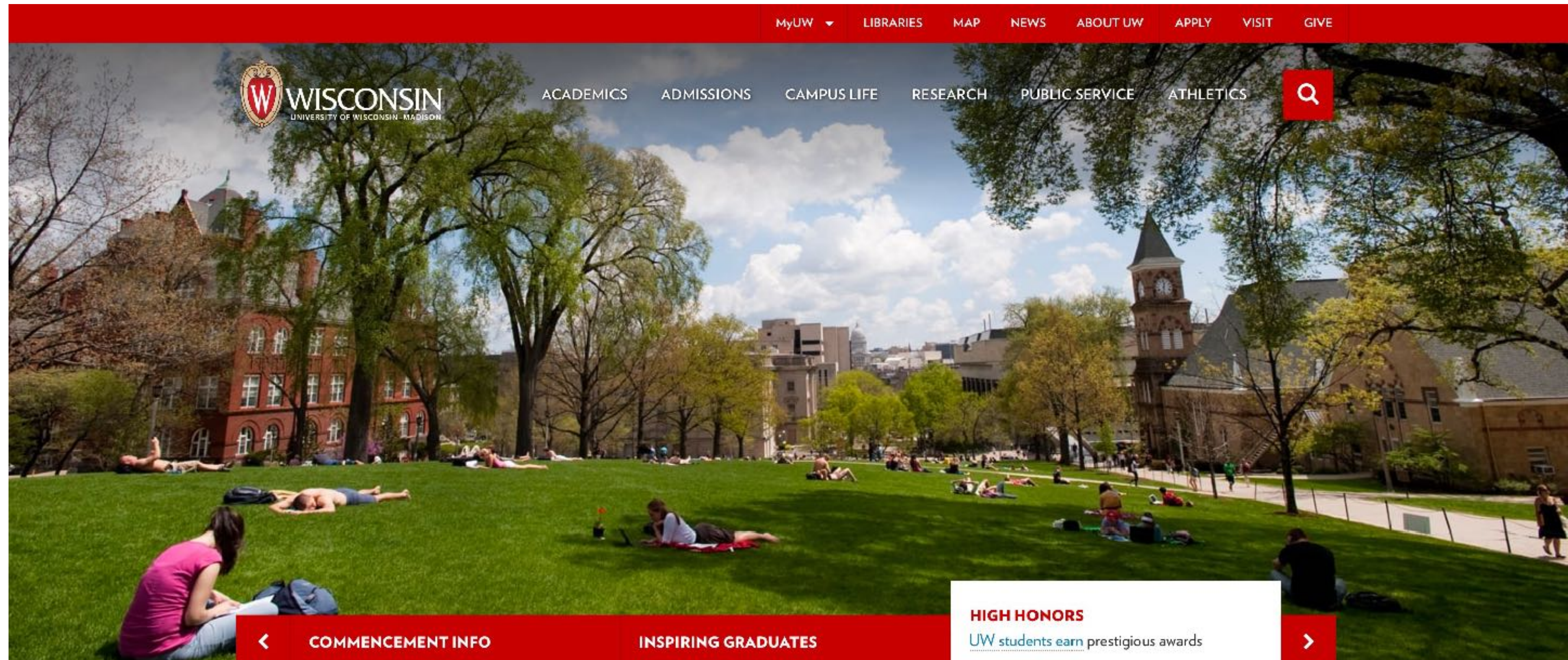
My girlfriend...



shot the LDR puppy



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





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](#)

[ALUMNI](#)

**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

SEPF A

**Social
Transition**

**Emotional
Transition**

**Physical
Transition**

**Financial
Transition**

**Academic
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

H. 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.

H. Mental Health

Students reported experiencing the following within the last 12 months:

2011

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.



Win or Learn

The Universal Rejection Truth

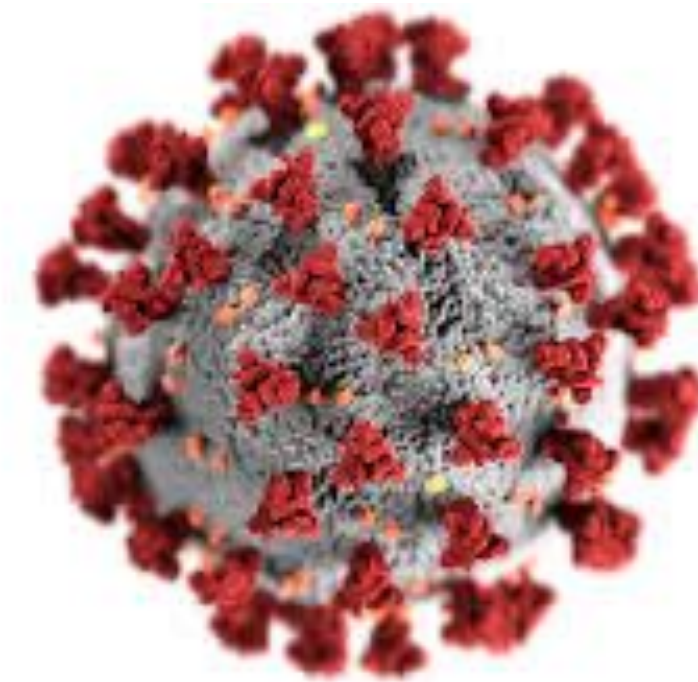
The Universal Rejection Truth says that not every-
one and everything will always respond to you the
way you want. Like gravity, there's no escaping this
irrefutable law of nature. Like the winter in Chicago
fighting it will leave you cold and miserable.

Accepting this truth
you free. Th

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 young women of African descent, smiling broadly and clapping their hands. They are positioned on the left and right sides of the frame, facing each other. The background is a plain, light color. The text is overlaid in the center of the image.

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



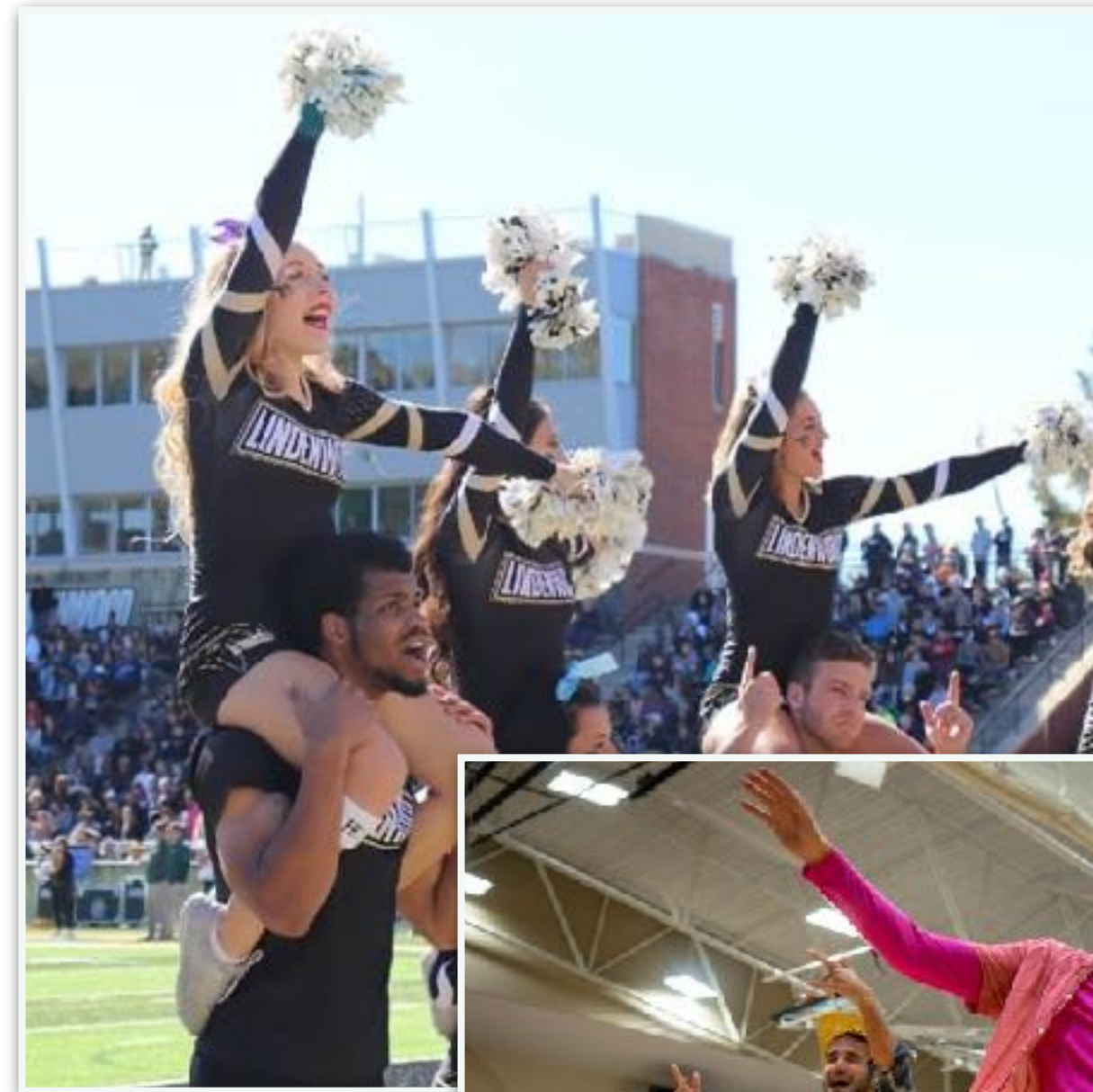
PATIENCE:

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](#)

CONTACT INFO

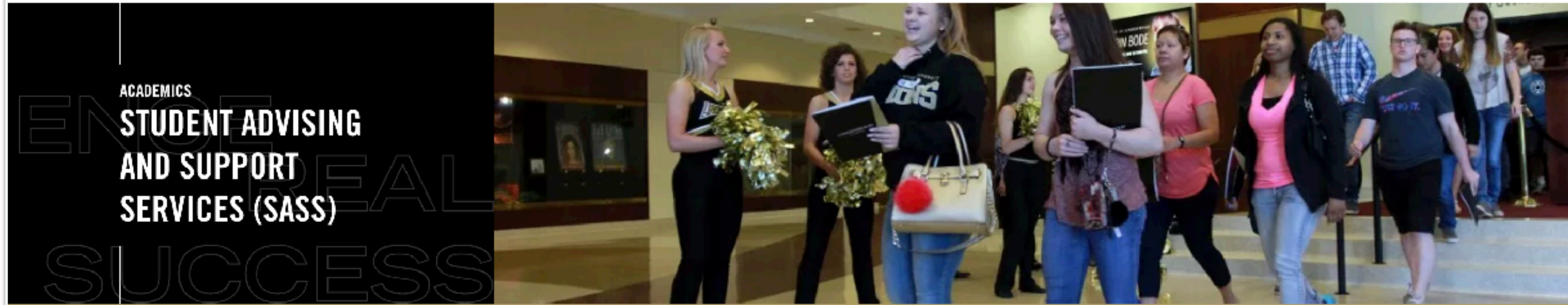
STUDENT COUNSELING AND RESOURCE CENTER

(636) 949-4522





PLACES



TUTOR SERVICES >

GPA CALCULATORS >

ACCESSIBILITY SERVICES >

Lindenwood University will be utilizing a hybrid format for the majority of classes during the upcoming fall term. SASS remains dedicated to supporting all students and will be available to meet virtually this semester. Please contact your Lion Life Coach (below) to schedule a virtual meeting.

Student Advising and 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.

SASS supports the mission statement of Lindenwood University by

- coordinating and communicating with all Lindenwood University campuses as a student liaison in support of student progression and problem solving;
- using established tools to identify and focus on learning styles, academic goals, and the talents of all students, including those at risk; and,
- treating all Lindenwood University students, faculty, and staff with professional respect in support of diversity, student success, and educational opportunity.

UNDERGRADUATE DEGREES ▾

EVENING & GRADUATE DEGREES

FLEXIBLE PROGRAMS FOR ADULTS

ONLINE PROGRAMS

MINORS AND CERTIFICATES

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ACADEMIC COLLEGES ▾

CENTERS & INSTITUTES ▾

ACADEMIC ENRICHMENT ▾

BEYOND THE CLASSROOM ▾

LIBRARY

SUPPORT & RESOURCES ▲

ACADEMIC SERVICES ▾

ACADEMIC FREEDOM

ACCESSIBILITY SERVICES ▾

CATALOGS & SCHEDULES



PLACES

Coming Up



NSO Bonfire

📅 08/19/2022 - 8:00 PM



Week of Welcome ...

📅 08/22/2022 - 11:00 AM



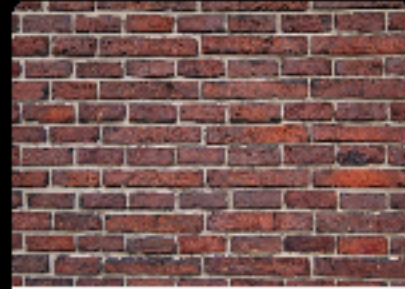
NSO Friday Night U...

📅 08/19/2022 - 7:00 PM



NSO Party at the Pr...

📅 08/20/2022 - 8:00 PM



LSG General Assem...

📅 08/29/2022 - 4:00 PM



Panhellenic Primar...

📅 08/31/2022 - 8:30 PM

Welcome to Involve U!

REQUIRED EVENT: Student Leadership Institute

Calling all student organizations, please save the date for the Student Leadership Institute, which will take place on August 27 from 8-5 p.m. Please note, all student organization Presidents and Treasurers are REQUIRED to attend in order to maintain an active status for the 2022-2023 school year. This includes Tiers 1-4. Student organization may send up to 1 additional person, but it is not required. Please **RSVP** no later than Friday, **August 5**.

Fraternity & Sorority Life Fall Recruitment

Fraternity & Sorority Life is a wonderful community where students can build relationships, develop personal and professional skills, and serve the broader community. Joining a fraternity or sorority is just one opportunity to get involved while on campus and meet other students. Students can join a fraternity or sorority by participating in recruitment. Recruitment is week long experience where students will learn more about the three IFC fraternities and three NPC sororities, meet active members of the organizations, and see if fraternity and sorority life is a good fit for you!

Sorority Recruitment will take place September 6-10. Interested in participating in Sorority Recruitment, register [here](#).

Fraternity Recruitment will take place September 13-17. Interested in participating in Fraternity Recruitment, register [here](#).

For more information about Fraternity & Sorority Life, email StudentInvolvement@lindenwood.edu

FALL 2022: Save the Date

We hope you all had a fantastic year, Lions! Please mark your calendars for some very special events when you return!

- August 18-20: [New Student Orientation](#)
- August 22-26: [Week of Welcome](#)
- August 22: [First Day of Classes](#)
- August 27: [Student Leadership Institute](#)
- September 6-10: [Sorority Recruitment](#)
- September 13-17: [Fraternity Recruitment](#)
- September 17: [Family Day](#)
- October 17-22: [Homecoming Week](#)
- October 29: [Dark Carnival](#)
- December 4: [Winterfest](#)

Featured Organizations

See More

[CREATE ORGANIZATION](#)

Get involved in student organizations on campus.



WHY THREE PLACES?

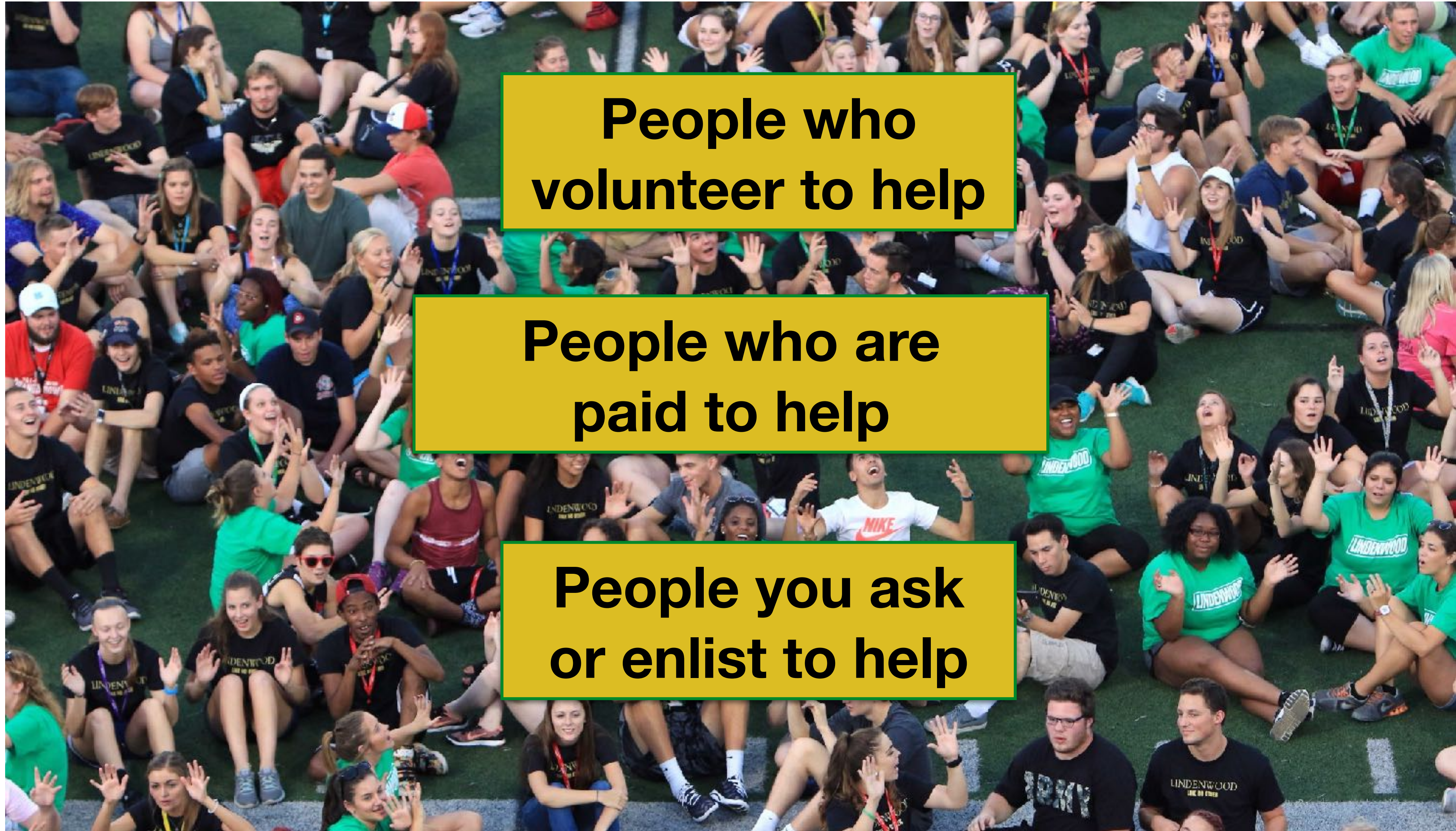


- * **ALWAYS**
somewhere to go
- * **ALWAYS**
something to do
- * **ALWAYS**
have options

SUGGESTIONS: Your child should identify his or her three places on campus.



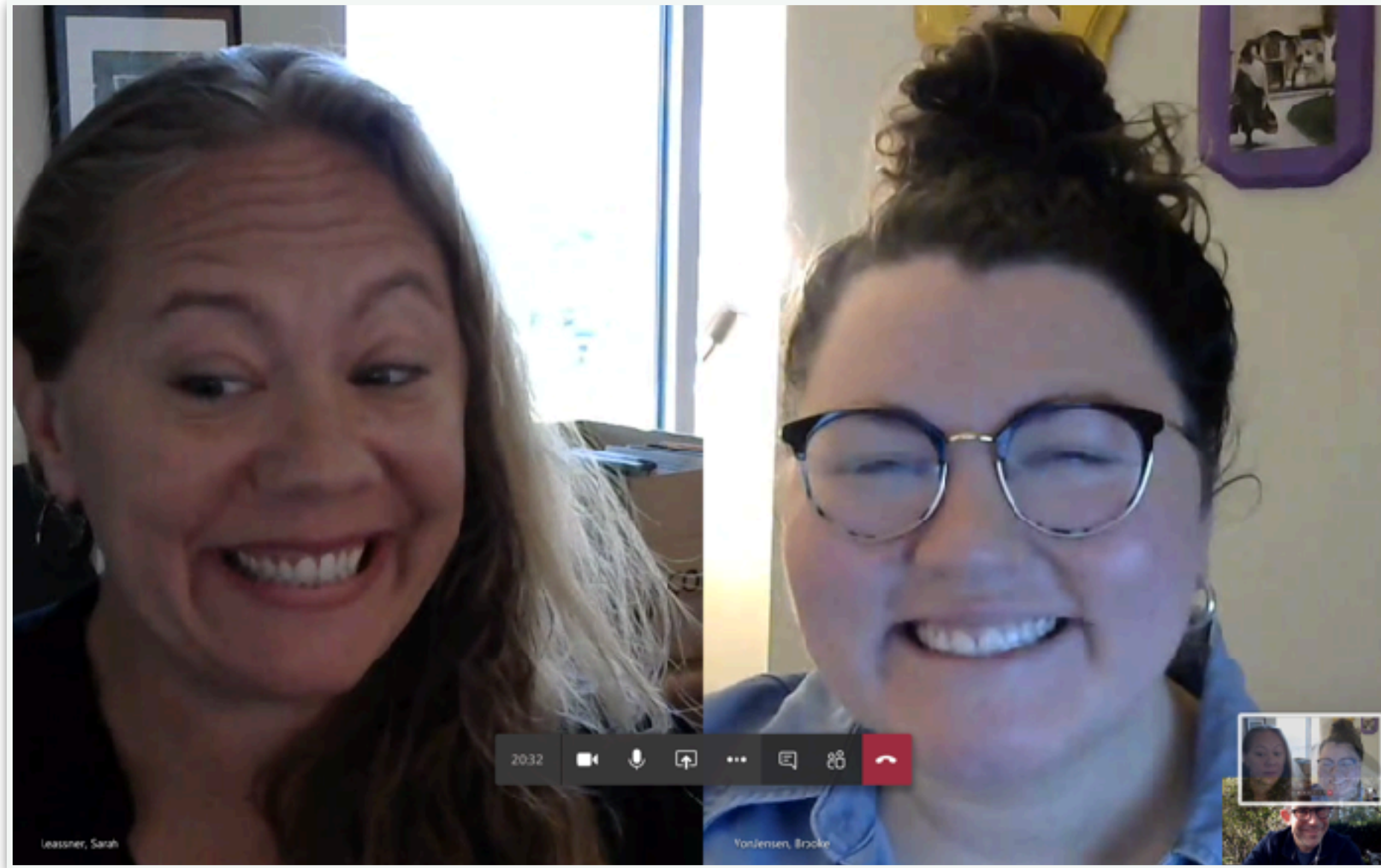
Three Types of People



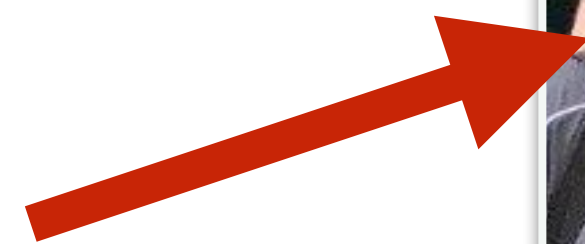
**People who
volunteer to help**

**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**





LINDENWOOD UNIVERSITY

**Lindenwood University Family & Supporters**
@LindenwoodUniversityFamilyandSupporters · Public & Government Service

[Send message](#)
Hi! Please let us know how we can help.

[Home](#) [About](#) [Photos](#) [Events](#) [More](#)

About [See all](#)

St. Charles, MO 63301

Lindenwood University's Family & Supporter page is where you can engage in your student's college experience and stay informed of events and activities of interest.

Lindenwood University's Parents page is where you can engage in your student's college experience and stay informed of events and activities of interest. [See more](#)

1,555 people like this

1,582 people follow this

1 person checked in here

<http://www.lindenwood.edu/>

(636) 627-4158

[Send message](#)

Price range - Not Applicable

Public & Government Service · College & university · School

Create post

Photo/video Check in Tag friends

Lindenwood University Family & Supporters
August 2 at 11:26 AM · [Public](#)

We are excited to announce the mobile app for Lindenwood University Orientation 2022 is now available! With this resource, you get access to the most up-to-date information as well as networking tools, notifications, and more. Get started at <https://guidebook.com/j.../lindenwoodnso20215x5vq.../>.

guidebook

1 Like Comment Share

Write a comment...

Lindenwood University Family & Supporters
July 27 at 2:06 PM · [Public](#)

CHECK OUT VOLUME II of the Residential Life Summer Newsletter. "Things to Complete"



CHECK OUT VOLUME II of the Residential Life Summer Newsletter. "Things to Complete"

Photos [See all](#)

Public & Government Service · College & university · School

Price range - Not Applicable

Send message





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

04/12/2016 10:55 pm ET

7.1k



Like 45K



Abilash Gopal, M.D.
Psychiatrist and Author



EMILIE DUCO-IESNE VIA GETTY IMAGES

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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The New York Times

EDUCATION | ESSAY

Today's Students May Be Emotionally Unprepared

By MARC BRACKETT JUNE 24, 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 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. 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, 2023 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...**



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

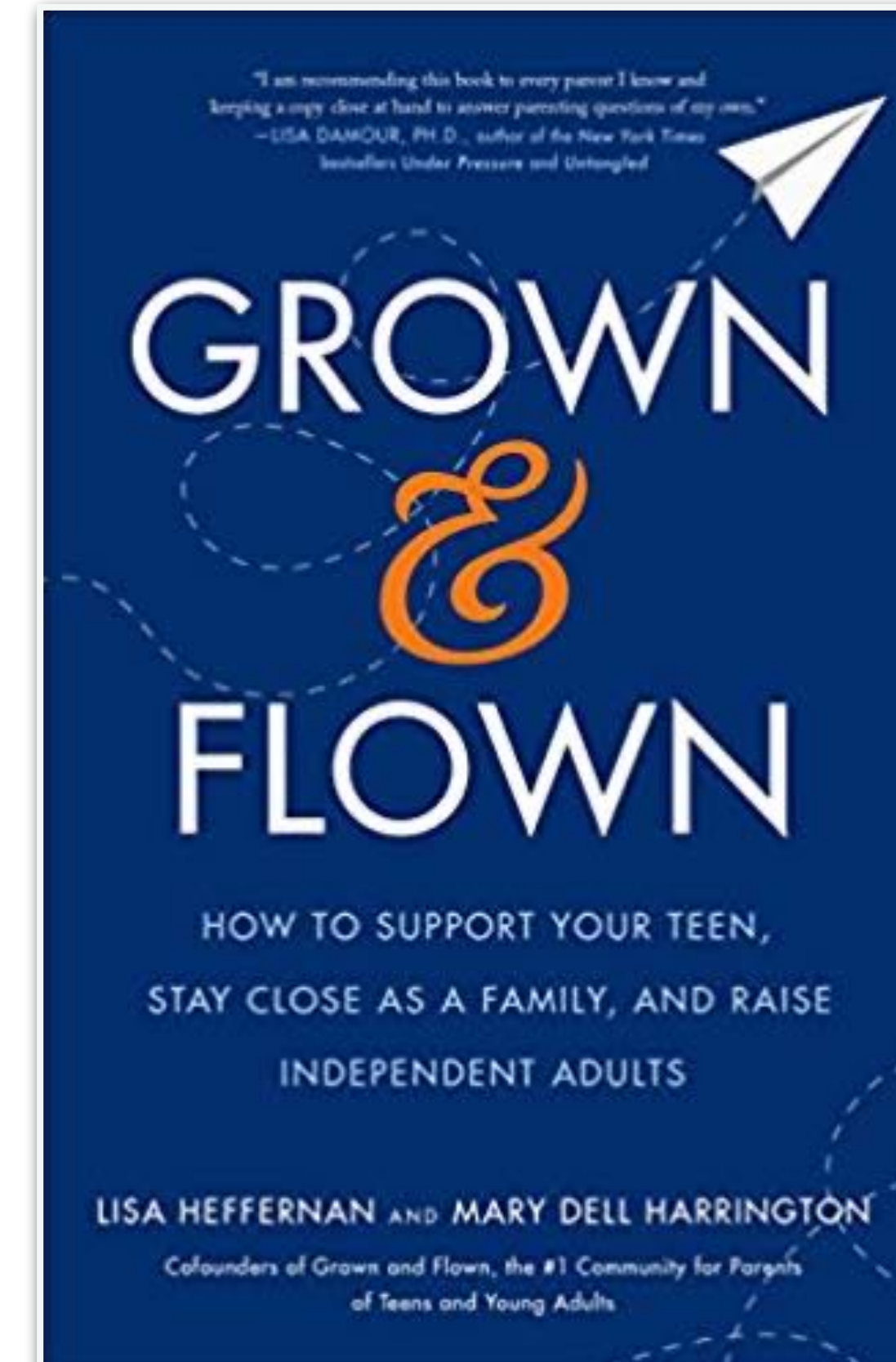
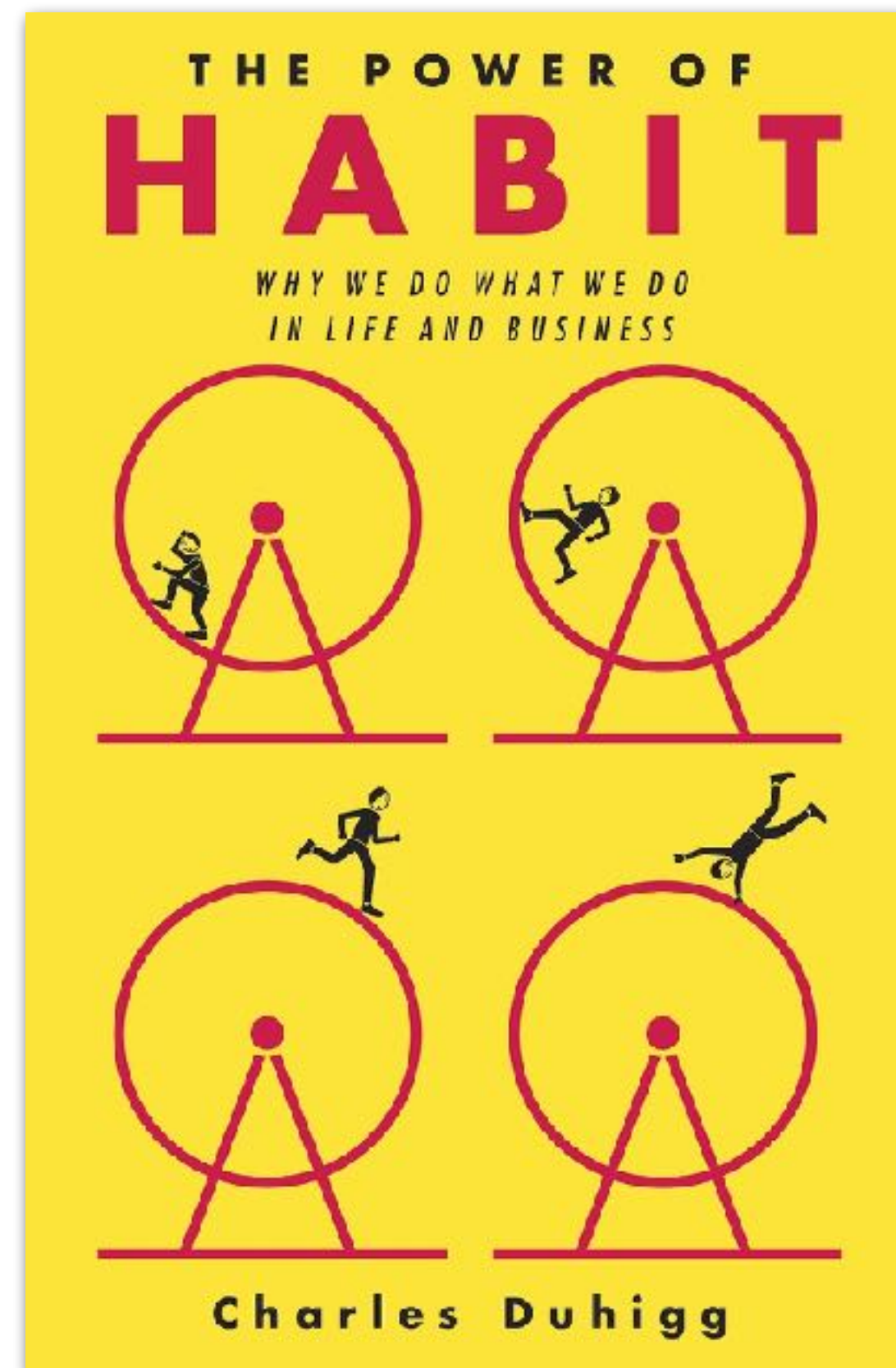
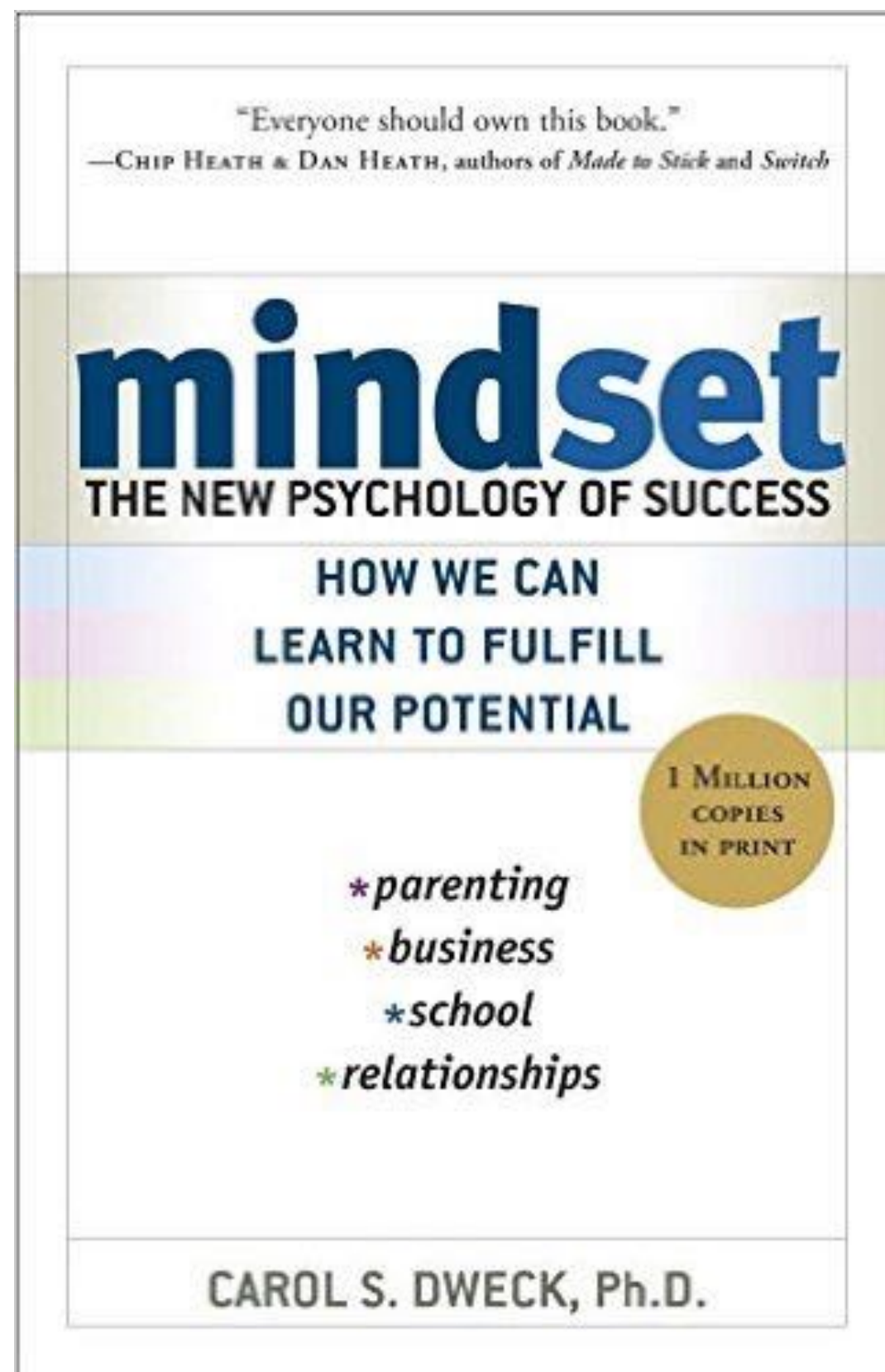
- 1. Get Comfortable with the Uncomfortable**
- 2. DON'T PANIC! People, Places, & Patience**
- 3. Struggles belong to them...
Their victories belong to you!**
- 4. Apply the 24-Hour Rule**
- 5. Practice asking:
What do you think you should do?**

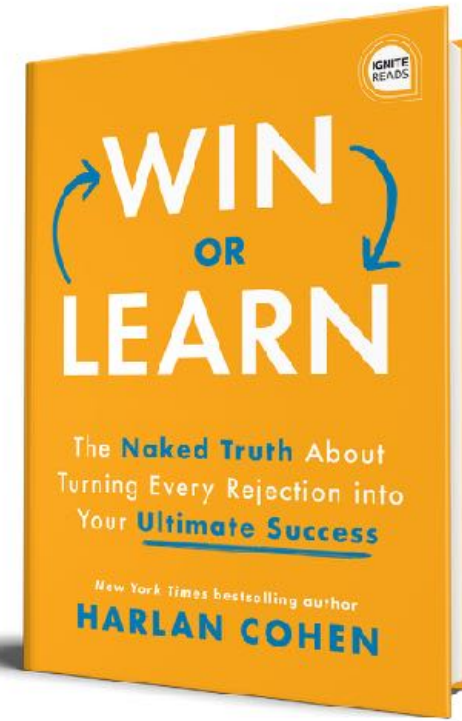
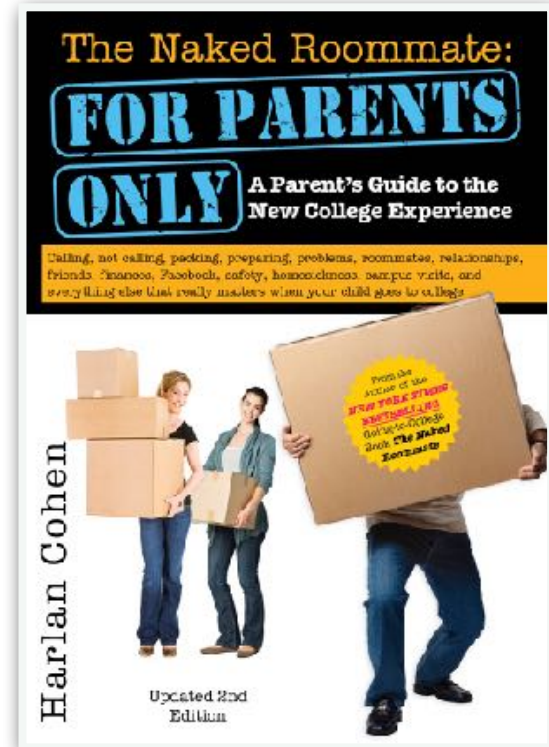
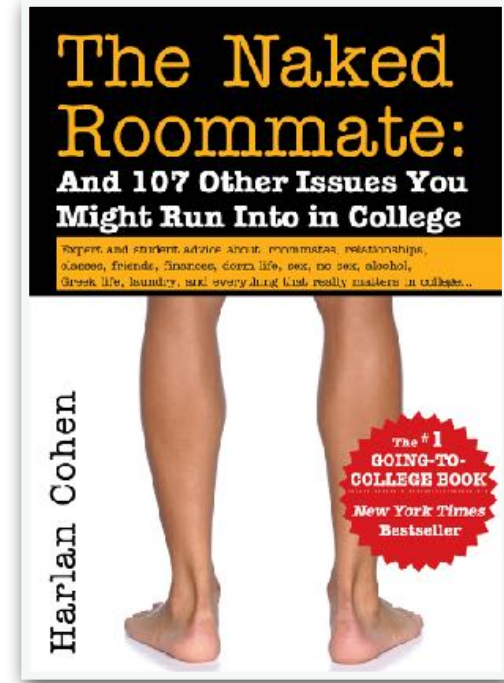


Additional Resources





5 Simple Rules for Parents





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Melanie Dios
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 Places: President of Latinx Prayer and Head Resident Assistant, Franklin Fellow Mentor, Member of African Drumming Ensemble, InterVarsity Christian Fellowship, Hardwood Scholar
Reach out to Melanie on Instagram and LinkedIn:
@life_with_dios | LinkedIn: <https://www.linkedin.com/in/melanie-dios-maldonado-72a6b319a/>



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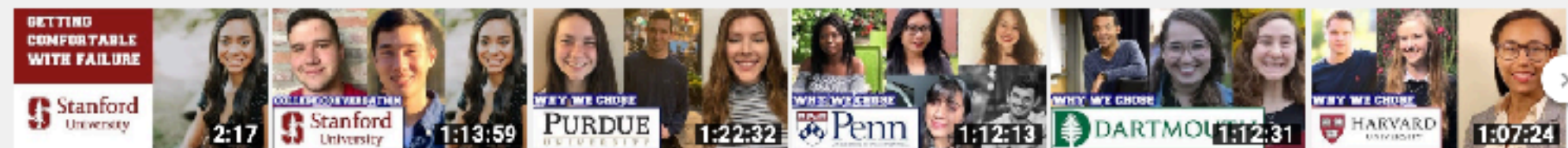
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SIMPLE RULE #4

Apply the 24-Hour Rule



What is the 24-hour rule?

Give
problems
24 hours
to settle
breathe...



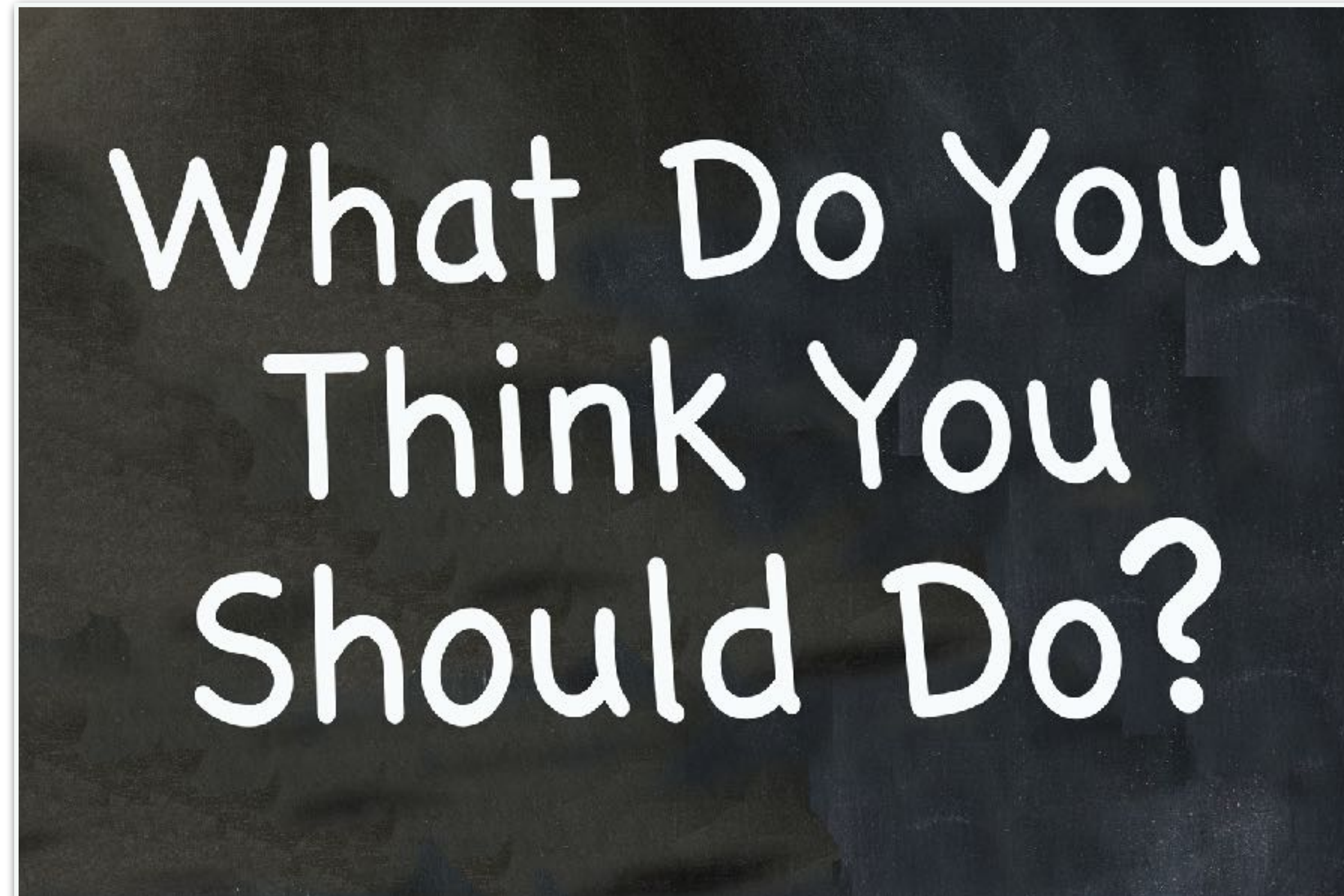
What's going to happen over the next 24 hours?



- ◆ **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.**



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