

# Five Simple Rules for Parents & Families

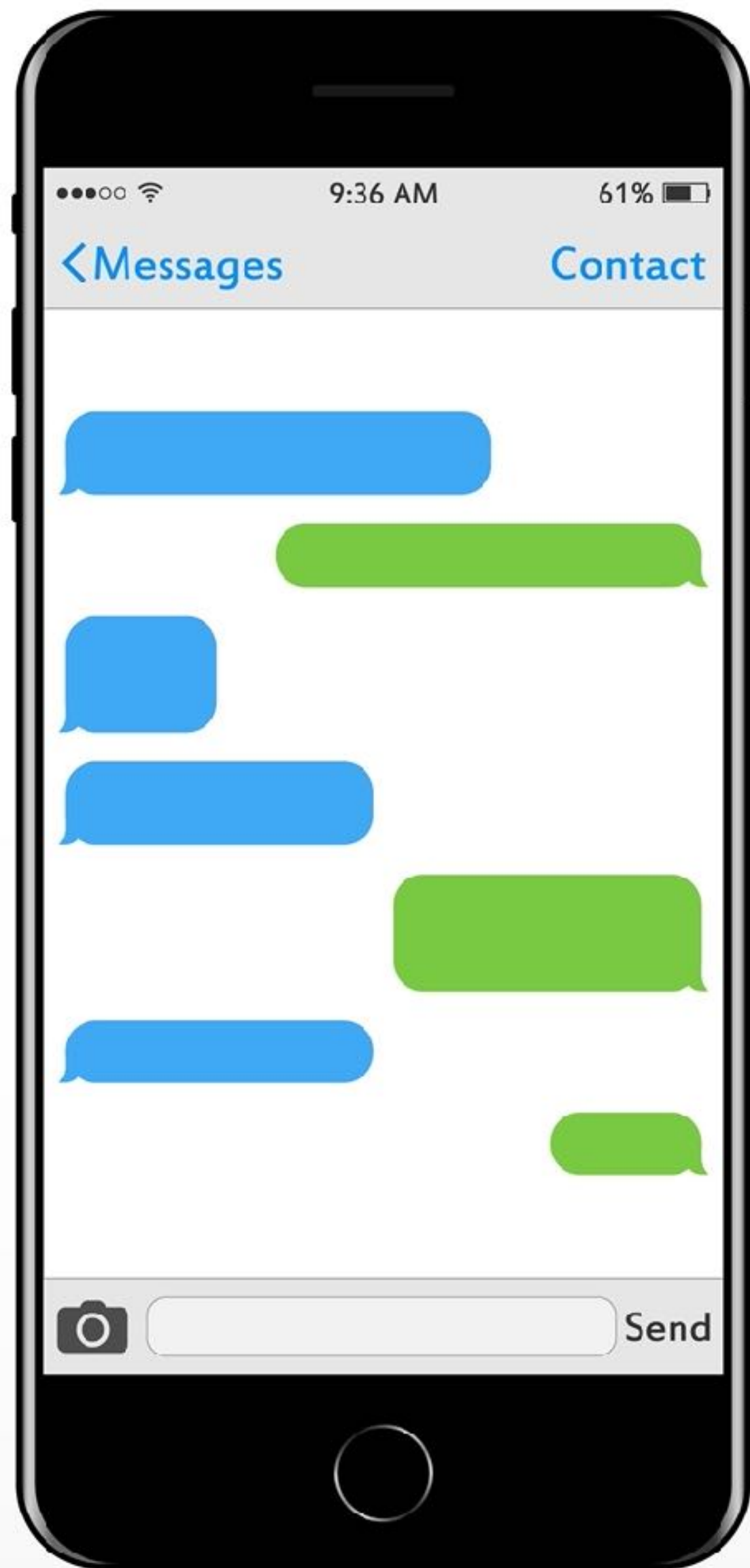


**HARLAN COHEN**  
Text: 321-345-9070  
[www.HarlanCohen.com](http://www.HarlanCohen.com)



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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**

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**1 WINNER  
WILL BE CHOSEN**

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Harlan is the New York Time Bestselling author of the #1 book on college life, *The Naked Roommate: And 107 Other Issues You Might Run Into in College*. He's also author of *The Naked Roommate for Parents Only* and *WIN or LEARN: How To Turn Every Rejection Into Your Ultimate Success*. Harlan has visited over 500 college and high school campuses and has 575K+ followers on TikTok and 210K+ followers on Instagram. Harlan will be personally hosting each week's Group Coaching Session and Q&A discussion. Harlan is in your corner!



<https://courses.bestfirstyear.com/courses/collegesuccess>

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**IT ALL STARTS BY DREAMING**

**BIG**



# The long tail of COVID and the impact we can see on campus...



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# THE LATEST...

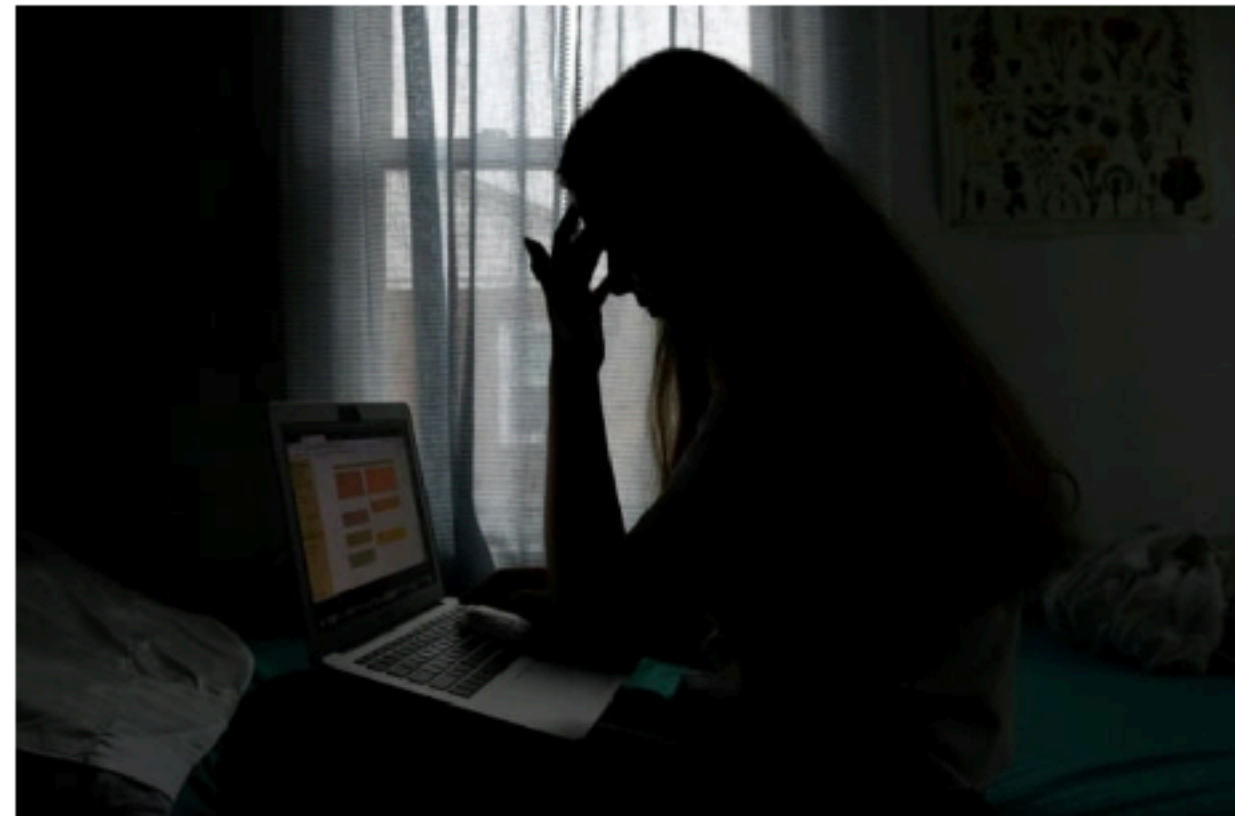
Part of the **Student Voice** Collection

● May 26, 2023

## Survey: Half of College Students With Mental Health Issues Haven't Accessed Care

Student Voice data reveal gaps in care and in knowledge of campus mental health resources. Students also see professors and advisers as responsible for helping struggling students, while experts recommend a culture of care.

By [Colleen Flaherty](#)



Half of students rate their mental health as excellent or good in the newest Student Voice survey, and half say it's fair or poor.

Olivier Douliery/AFP/Getty Images

**E**leanor Lott, a junior studying genetics at North Carolina State University, jumped at the chance to serve on the institution's mental health task force this past academic year when a friend asked her to participate. Lott was already involved in student government wellness initiatives and had one urgent goal for the task force: "Getting student suicide numbers down as fast as possible—just seeing if there were any go items that we could act on in that moment."

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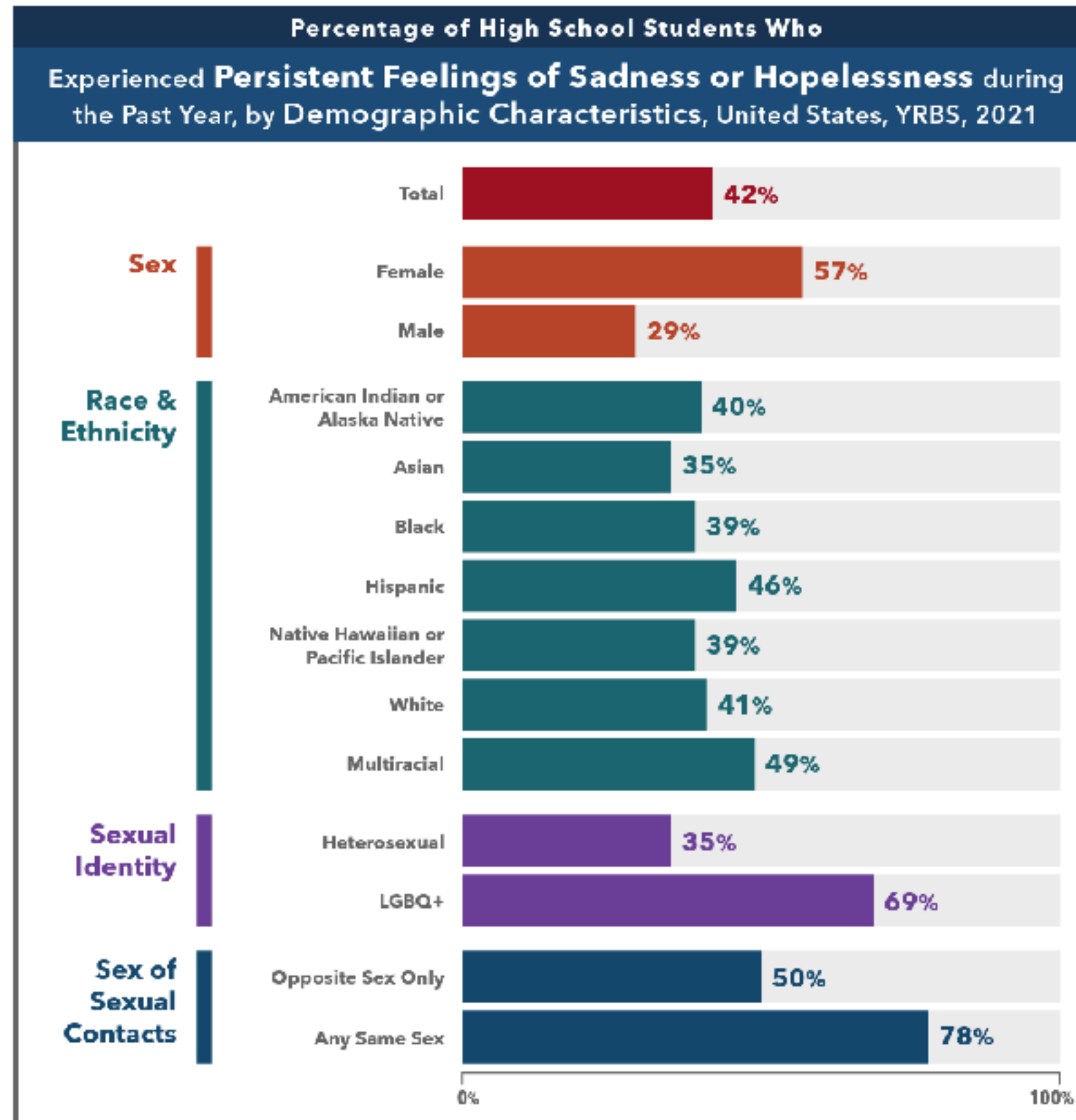
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# THE LATEST...

## PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

In 2021, 42% of high school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities. Female students were more likely than male students to experience persistent feelings of sadness or hopelessness. Hispanic and multiracial students were more likely than Asian, Black, and White students to experience persistent feelings of sadness or hopelessness. LGBTQ+ students and students who had any same-sex partners were more likely than their peers to experience persistent feelings of sadness or hopelessness.

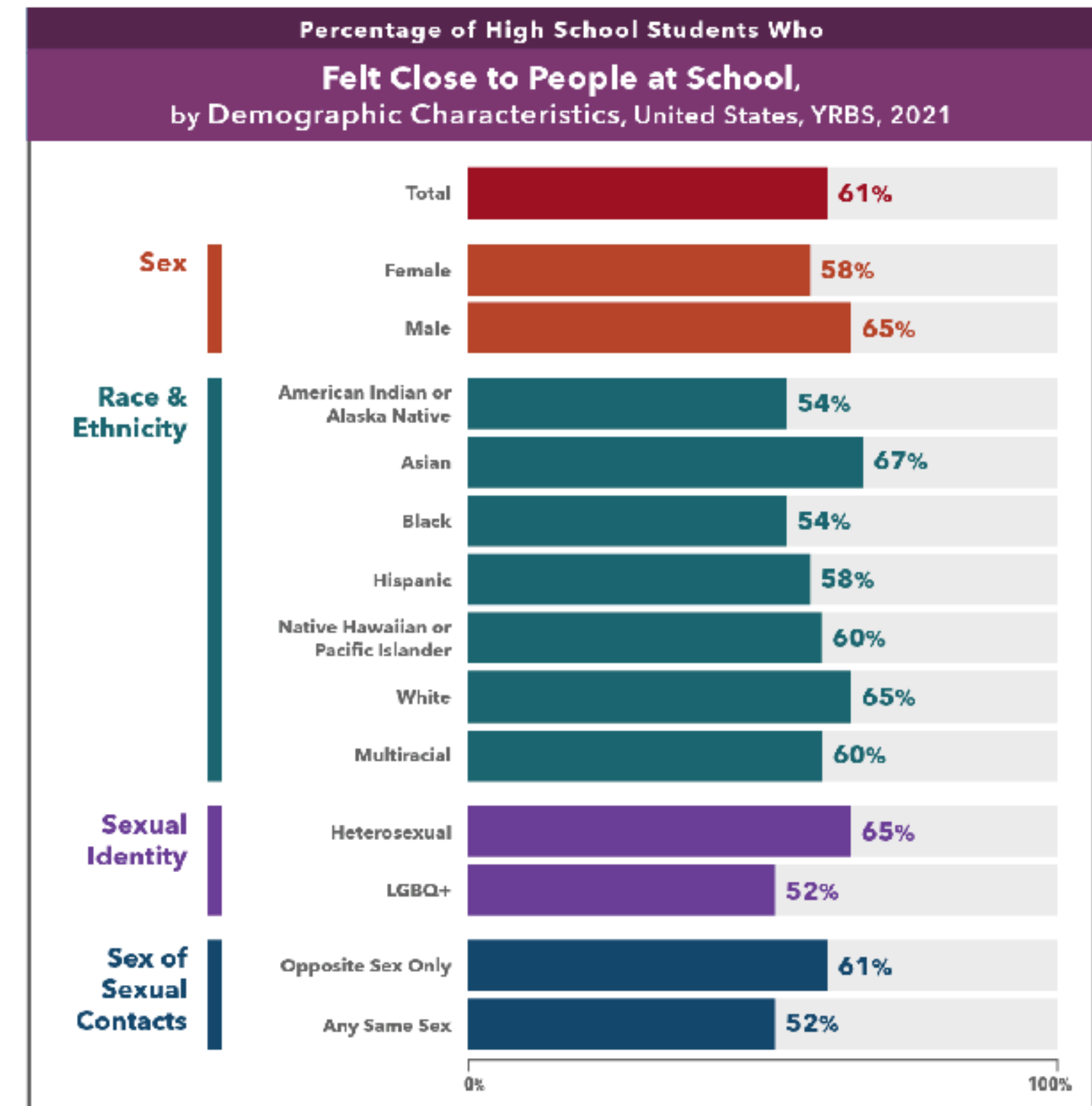


MENTAL HEALTH AND SUICIDALITY

60

## SCHOOL CONNECTEDNESS

In 2021, 61% of high school students felt a sense of school connectedness, measured by agreeing or strongly agreeing that they felt close to people at school. Male students were more likely than female students to feel close to people at school. White students were more likely than students from most other racial and ethnic groups to feel close to people at school. Heterosexual students and students who had only opposite-sex partners were more likely than their peers to feel close to people at school.



Note: The "school connectedness" variable was added to the national YRBS in 2021; therefore, trends are not available.

NEW AND EMERGING NATIONAL DATA

74



My account

Become a Member

Find A Job

● May 25, 2023

## Campus Engagement Tip: Boost Belonging With an Intervention

Researchers from Indiana University found a link between an intervention exercise about belonging prior to their first year on campus and student retention.

By [Ashley Mowreader](#)



An intervention exercise for incoming students can boost belonging, an Indiana University study found.

adamkoz/E+/Getty Images

**A** new report from Indiana University reveals that an intervention exercise for incoming students can promote feelings of belonging and retention during their time at the institution.

The three-step intervention, called Social Belonging for College Students, exposes students to the commonality of student anxieties around attending college and promotes reflection in identifying their own fears.

**A** new report from Indiana University reveals that an intervention exercise for incoming students can promote feelings of belonging and retention during their time at the institution.

The three-step intervention, called Social Belonging for College Students, exposes students to the commonality of student anxieties around attending college and promotes reflection in identifying their own fears.

Researchers found the exercise promoted student persistence, course taking and sense of belonging, as well as first-year completion.

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# Lisa Damour Talks College Tips



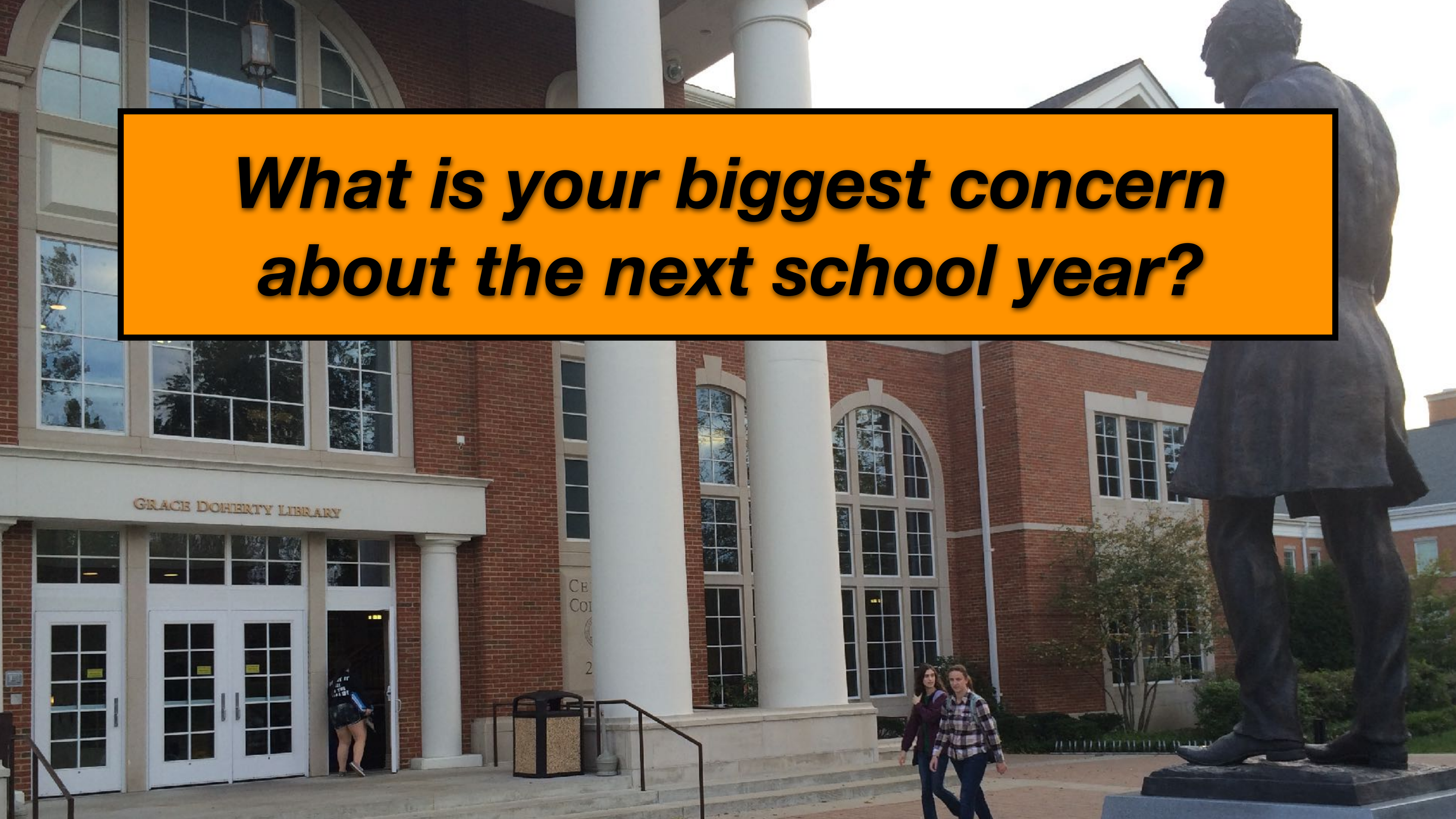
**The**  
**HARLAN COHEN**   
**Podcast**

**Lisa Damour, PhD**  
**TEENS, PHONES,**  
**COLLEGE, PARENTING,**  
**SLEEP, HOMESICKNESS,**  
**RAPID FIRE Q&A**

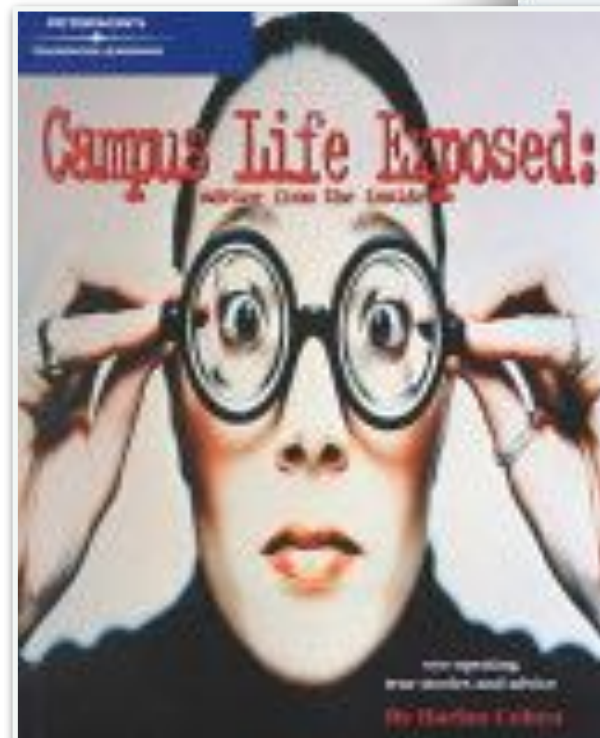
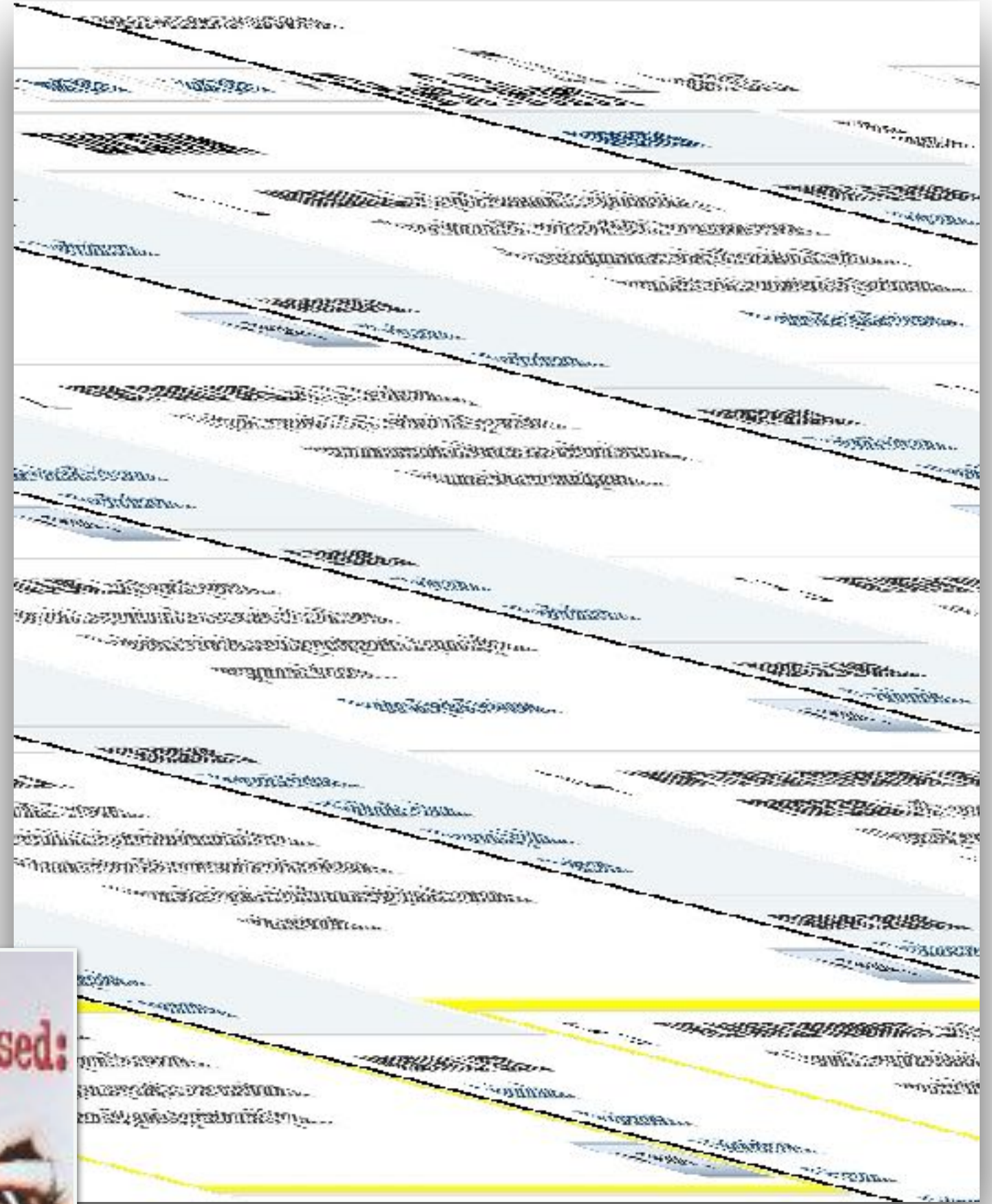
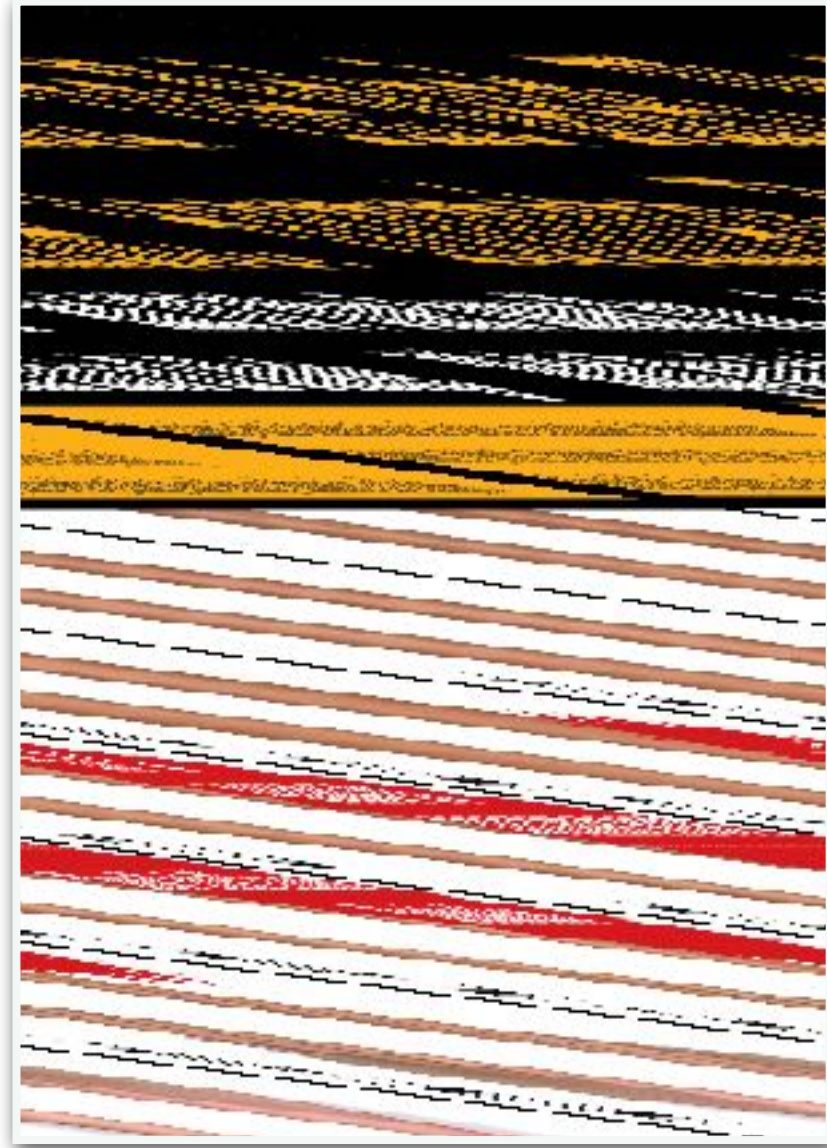
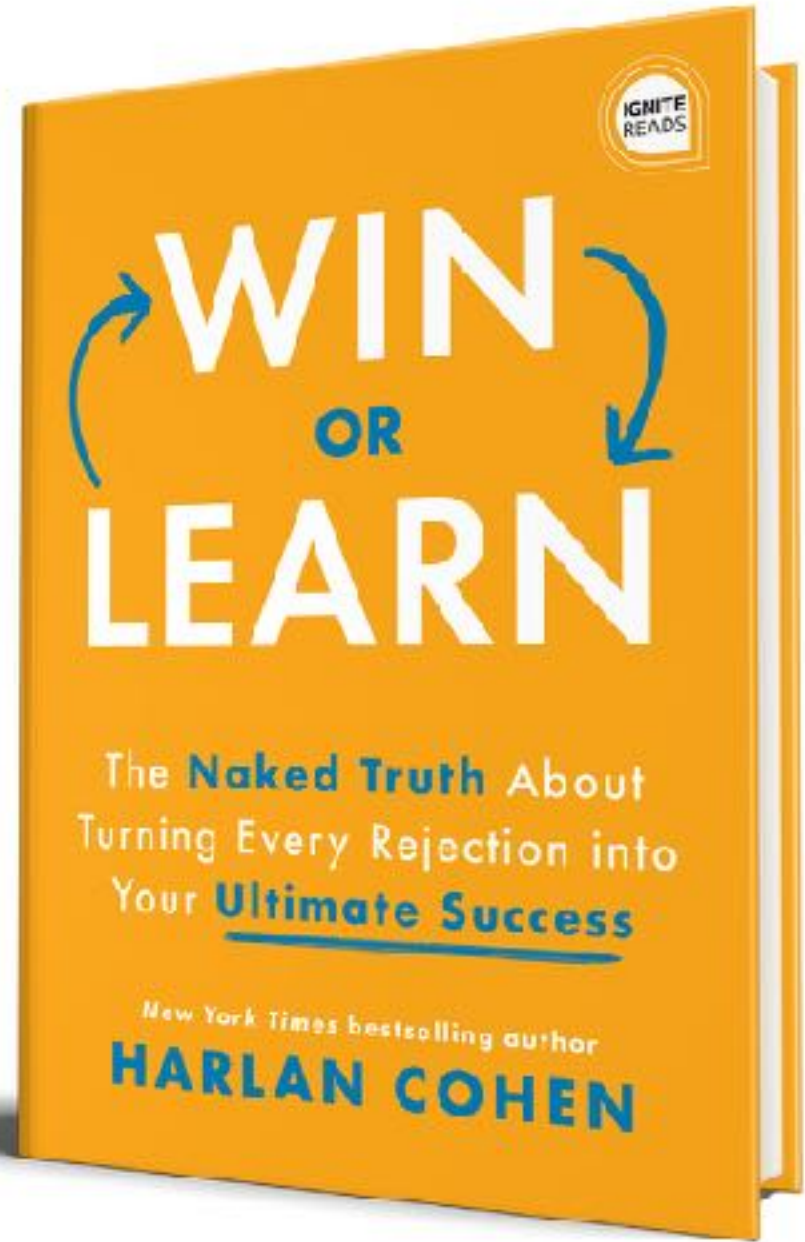


# **Lisa Damour Talks College Tips**

***What is your biggest concern about the next school year?***



# WHAT DO I DO? Research and Write Books



# WHAT DO I DO? Support College Students



**helpmeharlan**

Harlan Cohen

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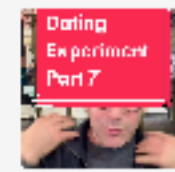
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Life Tips

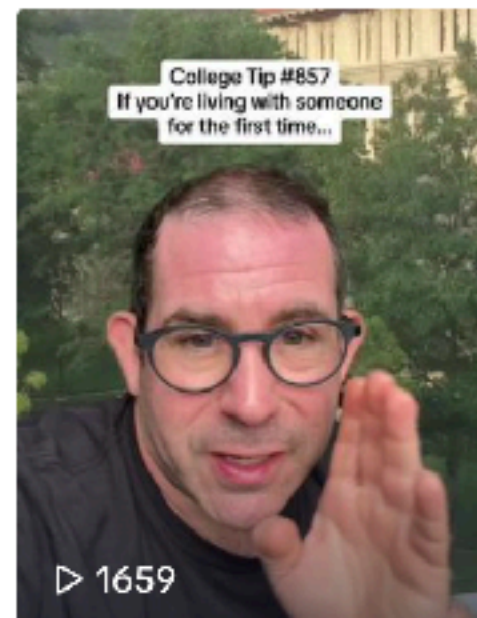
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College Tip 857: If you're...



Life Tip 447: If you have ...



Life Tip 446: If you just ...



College Tip 856: if you're...



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URSELF



PAY 4 COLL...



TODAY



BOOKS



COURSES



New

POSTS

REELS

SAVED

TAGGED



36.2K



47.7K



38.6K



657K

# WHAT DO I DO? Teach, Listen, Share



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# 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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### 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

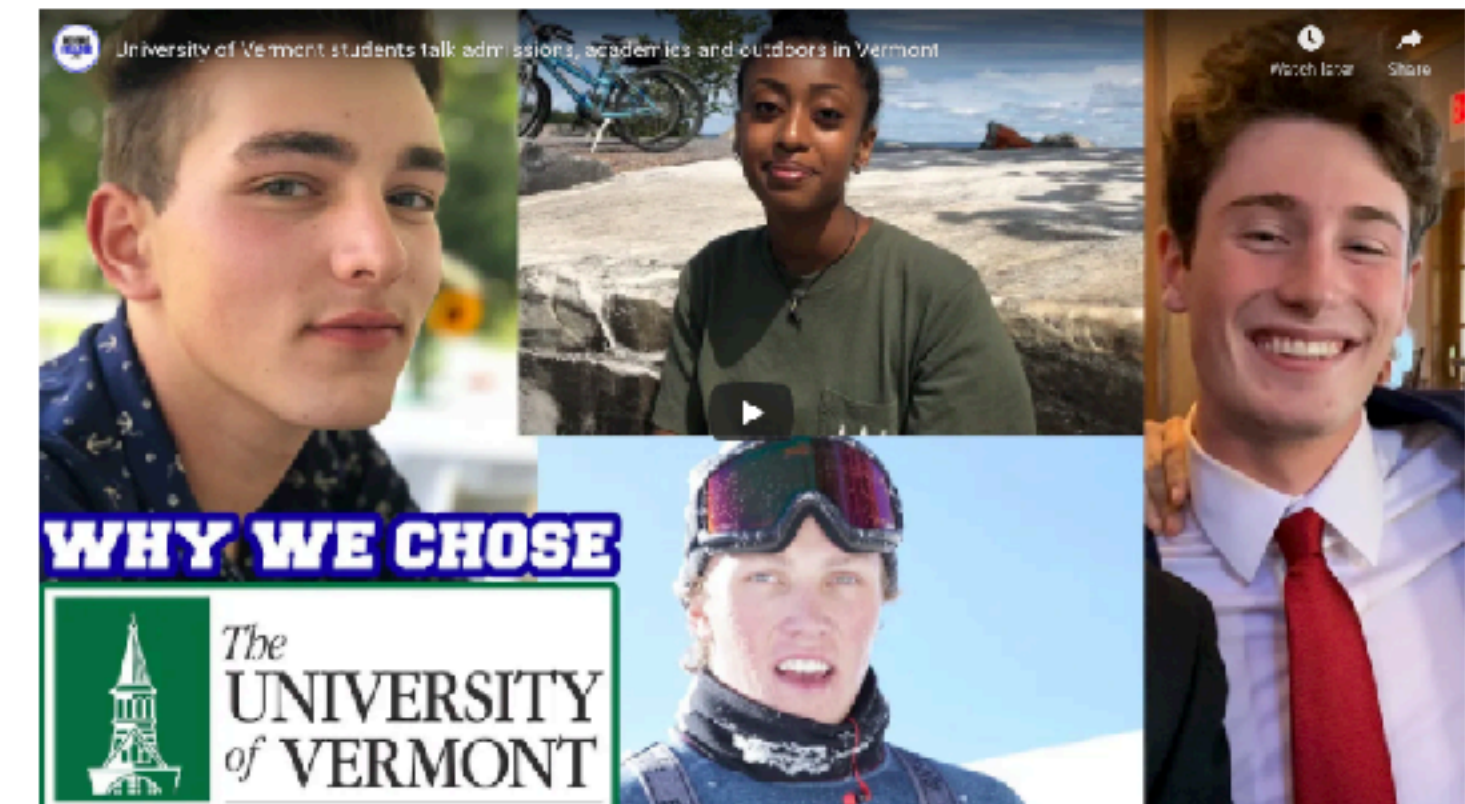


## BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION

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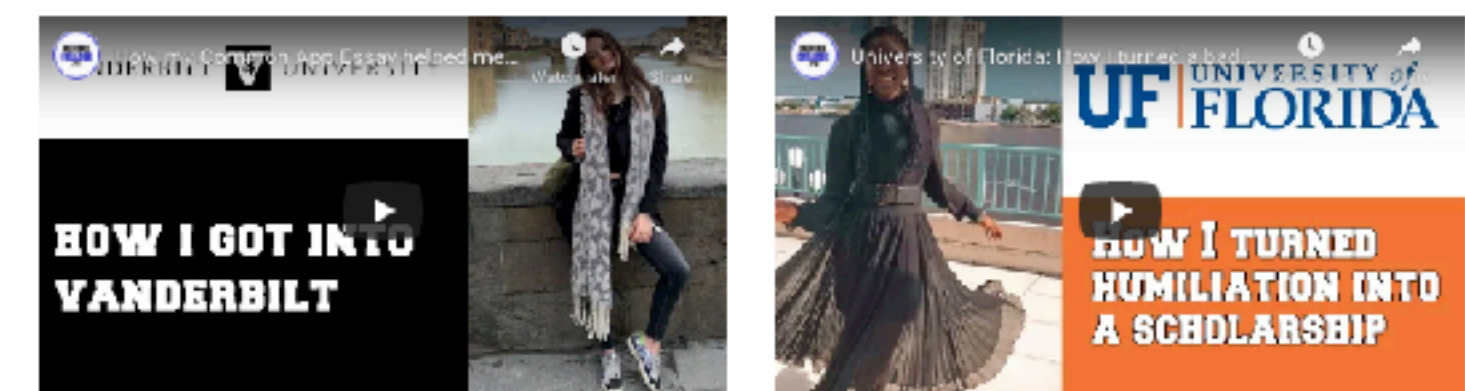


> [Click here for links to stories mentioned](#)

### 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](#).

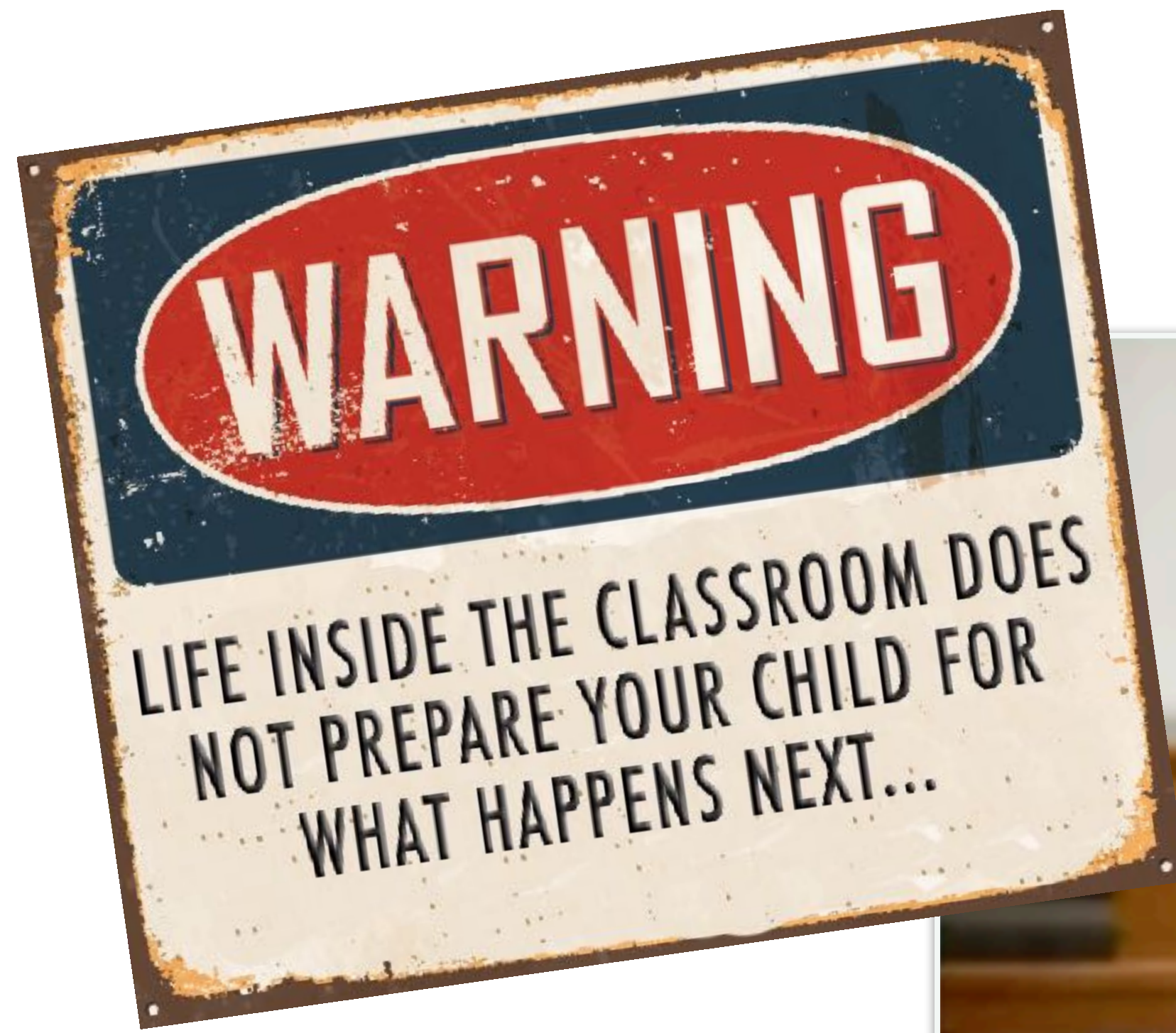


# WHAT DO I DO? I'm a dad



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# They Call Parents Names...



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



SIMPLE RULE #1

# Get Comfortable With The Uncomfortable



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- ▶ **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**



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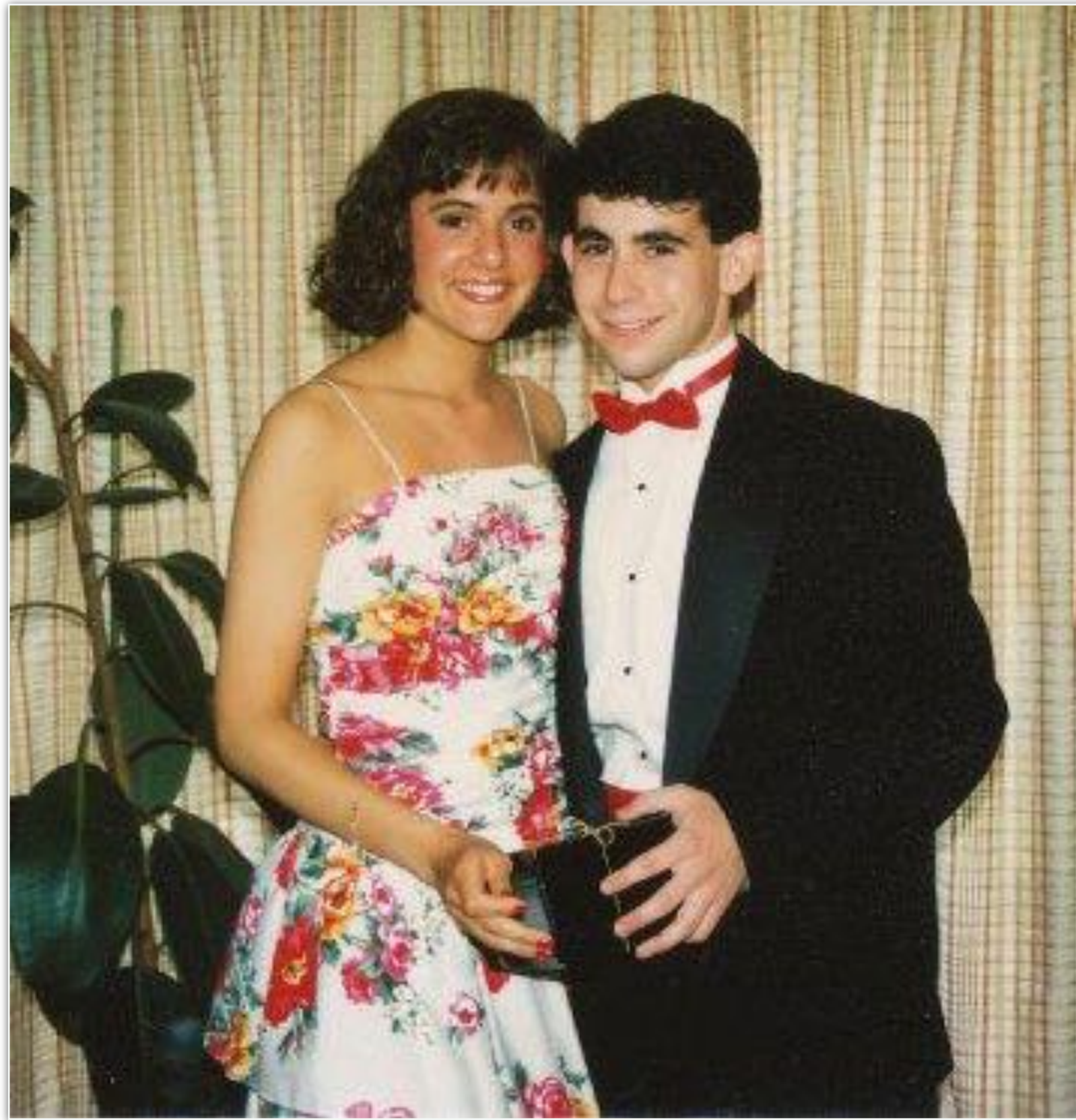
# X Didn't get into a fraternity



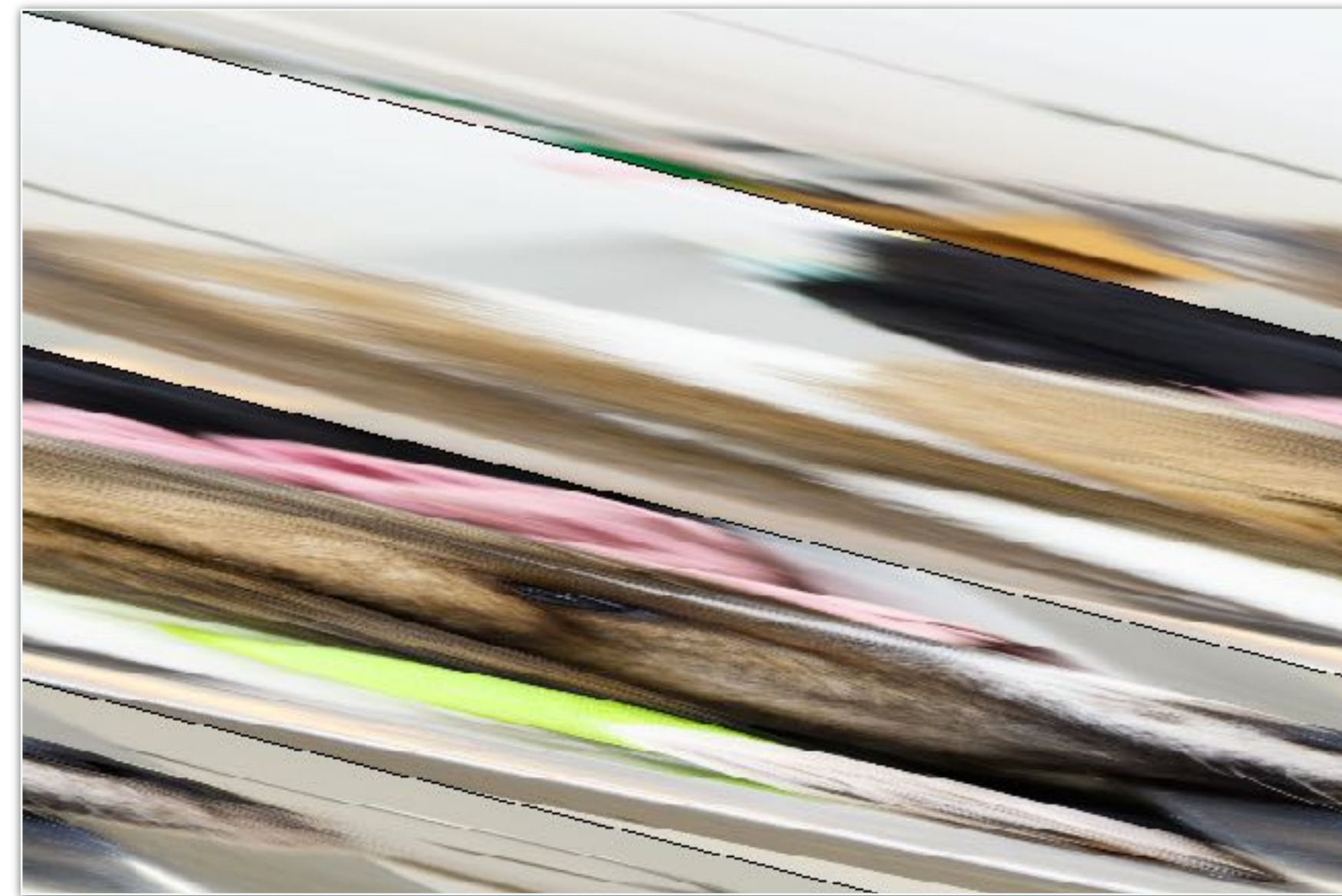
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**My girlfriend...**



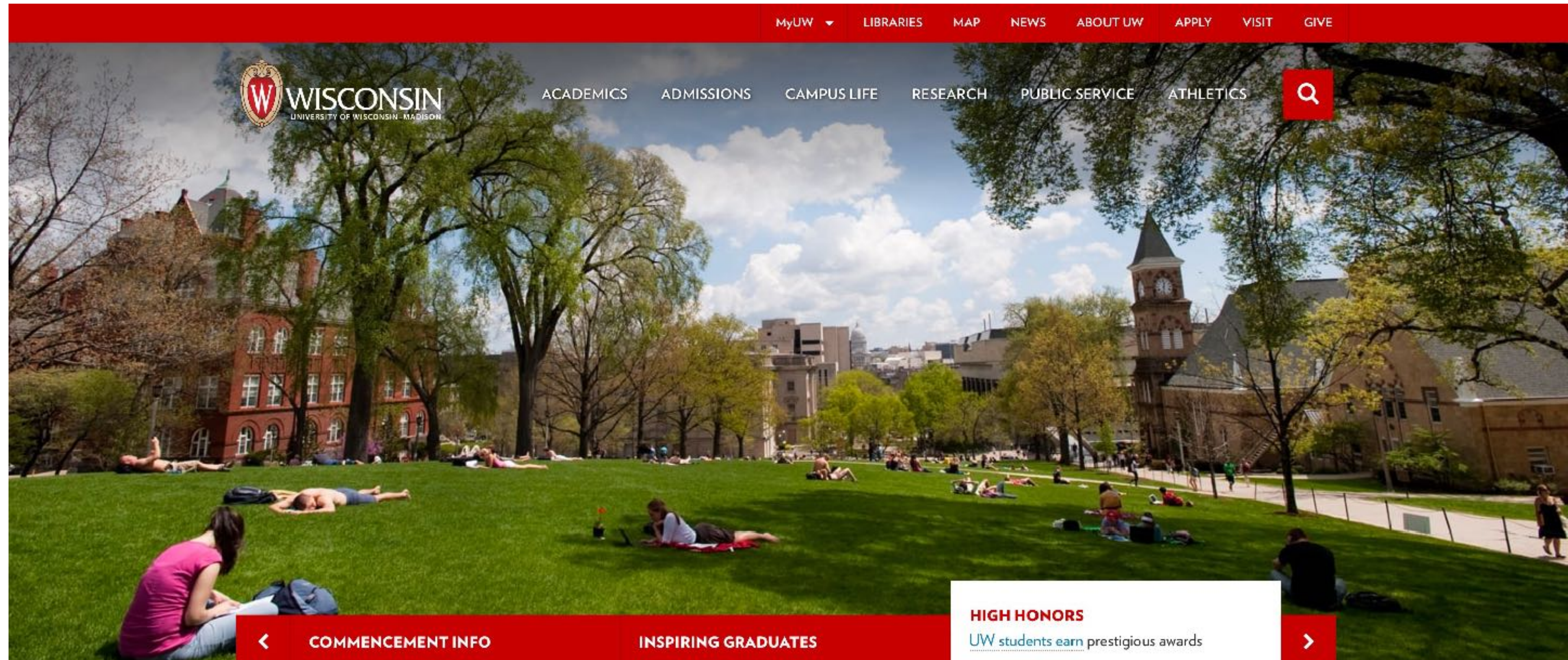
**shot the LDR puppy**



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



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A photograph of a snowy campus scene. In the foreground, a tree on the left has a red banner hanging from it. The banner features a white logo at the top and the text "EXPAND THE BOUNDARIES OF POSSIBLE" in white capital letters. Below the text is a small URL. In the background, a large brick building is visible through the snow. Three students are walking on a snow-covered path. One student is on the left, another in the center, and a third on the right. The sky is overcast and it appears to be snowing.

EXPAND THE  
BOUNDARIES  
OF POSSIBLE

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


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

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



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A man with short dark hair, wearing a grey t-shirt, is seen from behind, looking towards a large, light-colored classical building with many columns. In the foreground, there is a large, dark, abstract fountain. The scene is outdoors on a sunny day.

**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**



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# The Five BIG Transitions

**SEPPFA**

**Social  
Transition**

**Emotional  
Transition**

**Physical  
Transition**

**Financial  
Transition**

**Academic  
Transition**

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

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**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

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# 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.

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

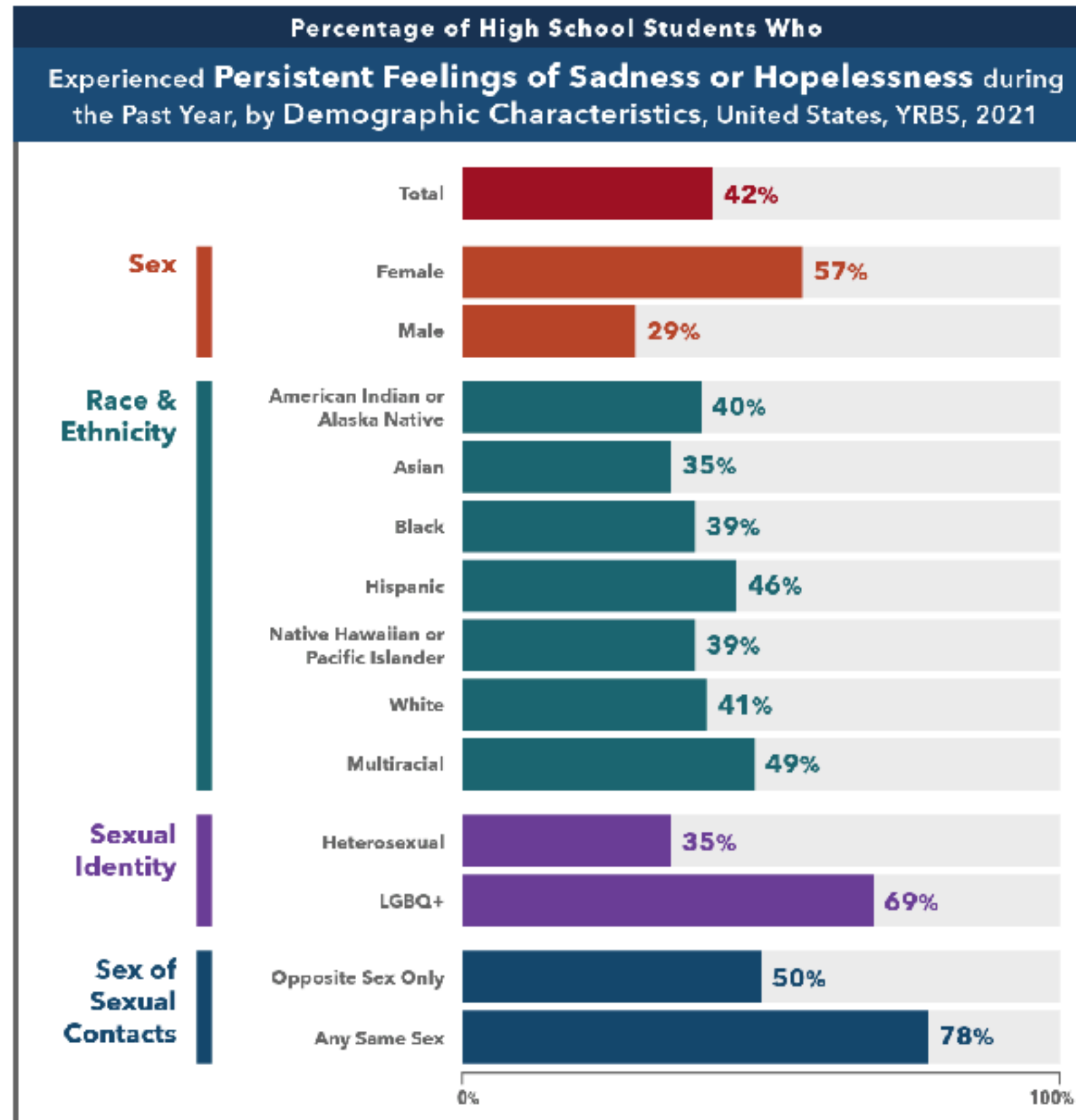
#### Felt very lonely

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

# THE LATEST...

## PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

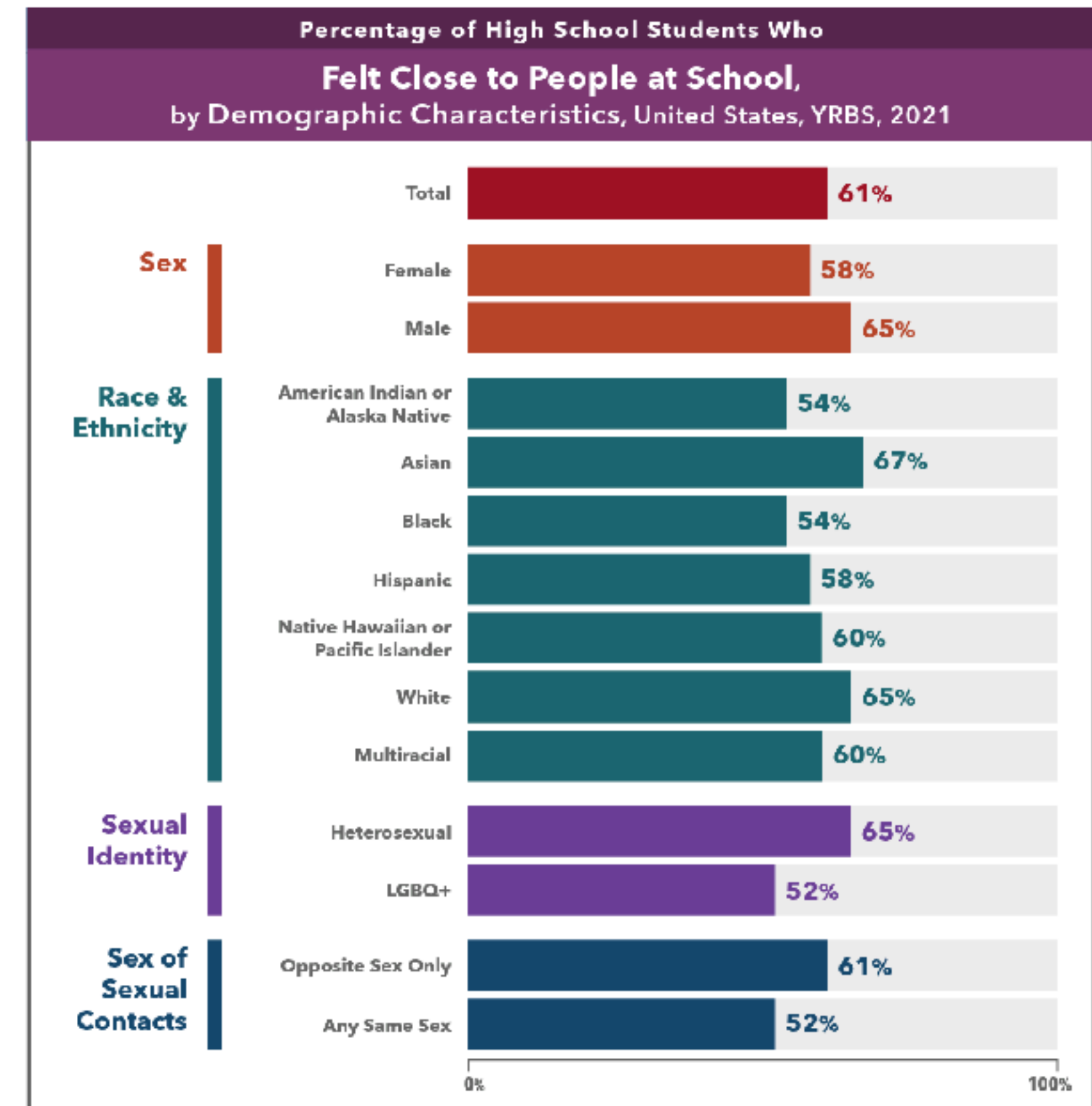
In 2021, 42% of high school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities. Female students were more likely than male students to experience persistent feelings of sadness or hopelessness. Hispanic and multiracial students were more likely than Asian, Black, and White students to experience persistent feelings of sadness or hopelessness. LGBTQ+ students and students who had any same-sex partners were more likely than their peers to experience persistent feelings of sadness or hopelessness.



MENTAL HEALTH AND SUICIDALITY

## SCHOOL CONNECTEDNESS

In 2021, 61% of high school students felt a sense of school connectedness, measured by agreeing or strongly agreeing that they felt close to people at school. Male students were more likely than female students to feel close to people at school. White students were more likely than students from most other racial and ethnic groups to feel close to people at school. Heterosexual students and students who had only opposite-sex partners were more likely than their peers to feel close to people at school.



Note: The "school connectedness" variable was added to the national YRBS in 2021; therefore, trends are not available.

NEW AND EMERGING NATIONAL DATA

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



Win or Learn

## The Universal Rejection Truth

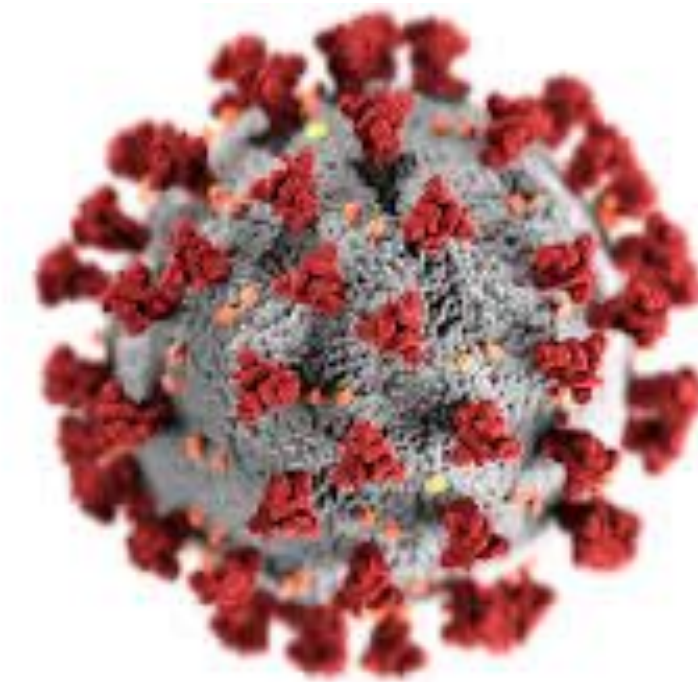
The Universal Rejection Truth says that not every-  
one and everything will always respond to you the  
way you want. Like gravity, there's no escaping this  
irrefutable law of nature. Like the winter in Chicago  
fighting it will leave you cold and miserable.

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.



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# Students who fight the truth

These students 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.

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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, with their hands meeting in the center. The background is plain white.

# Students who face the truth

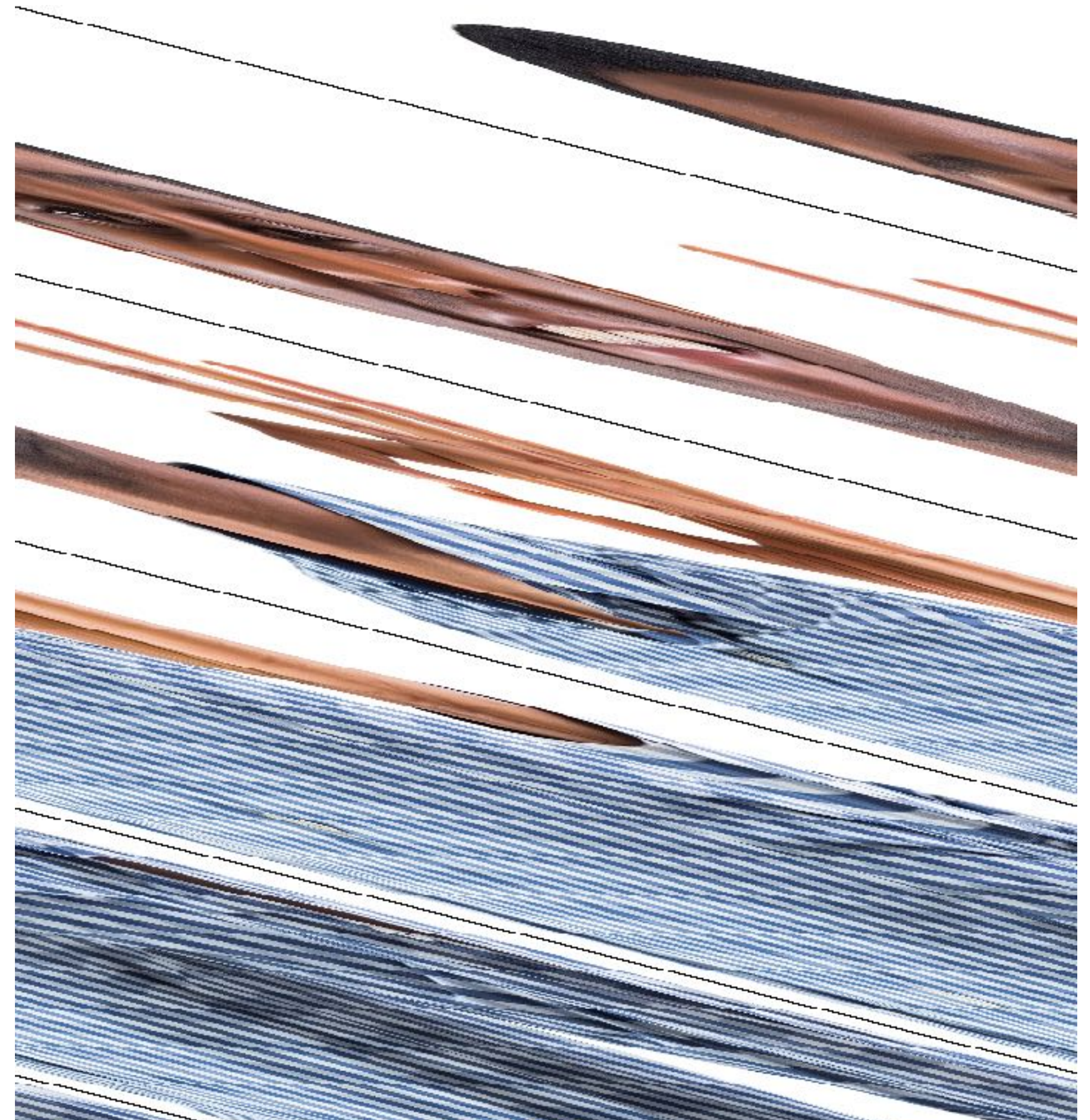
These people acknowledge the truth and seek to find answers. They are open to feedback, guidance, and support. These children are willing to look inward, look outward, and grow.

# Practice Uncomfortable

Uncomfortable is NOT an emergency



It's part of life.



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## SIMPLE RULE #2

# DON'T PANIC...

Think places, people, and  
patience



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## **PEOPLE:**

Find Your 5 people



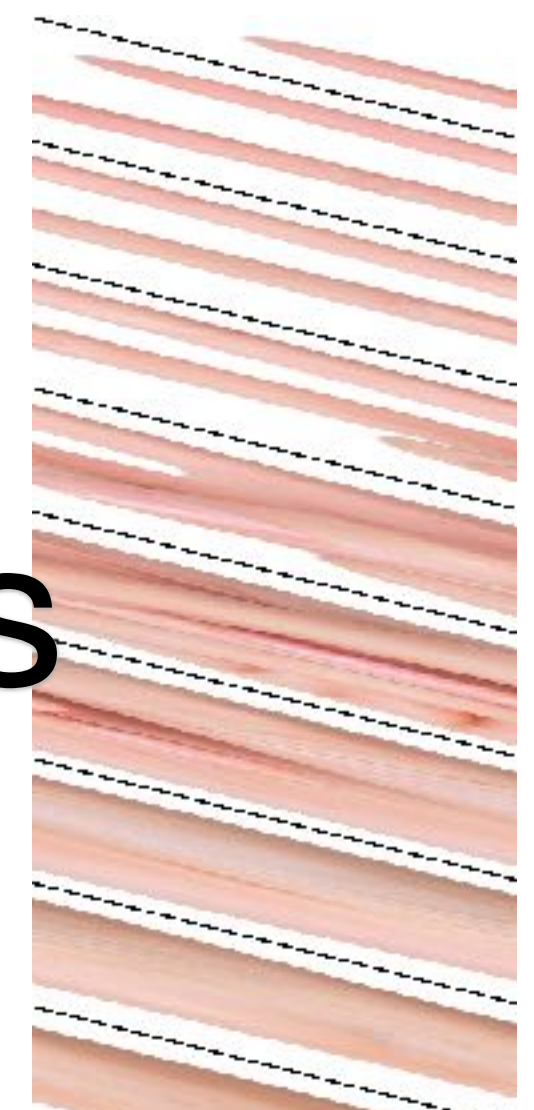
## **PLACES:**

Find Your 3 places



## **PATIENCE:**

Give it a  
couple  
semesters



# PLACES ARE WHERE YOU CAN...

Think clubs, activities, or organizations where you can...

✦ **SWEAT**

✦ **PLAY**

✦ **PRAY**

✦ **LIVE**

✦ **LEARN**

✦ **LEAD**

✦ **LOVE**

✦ **WORK**

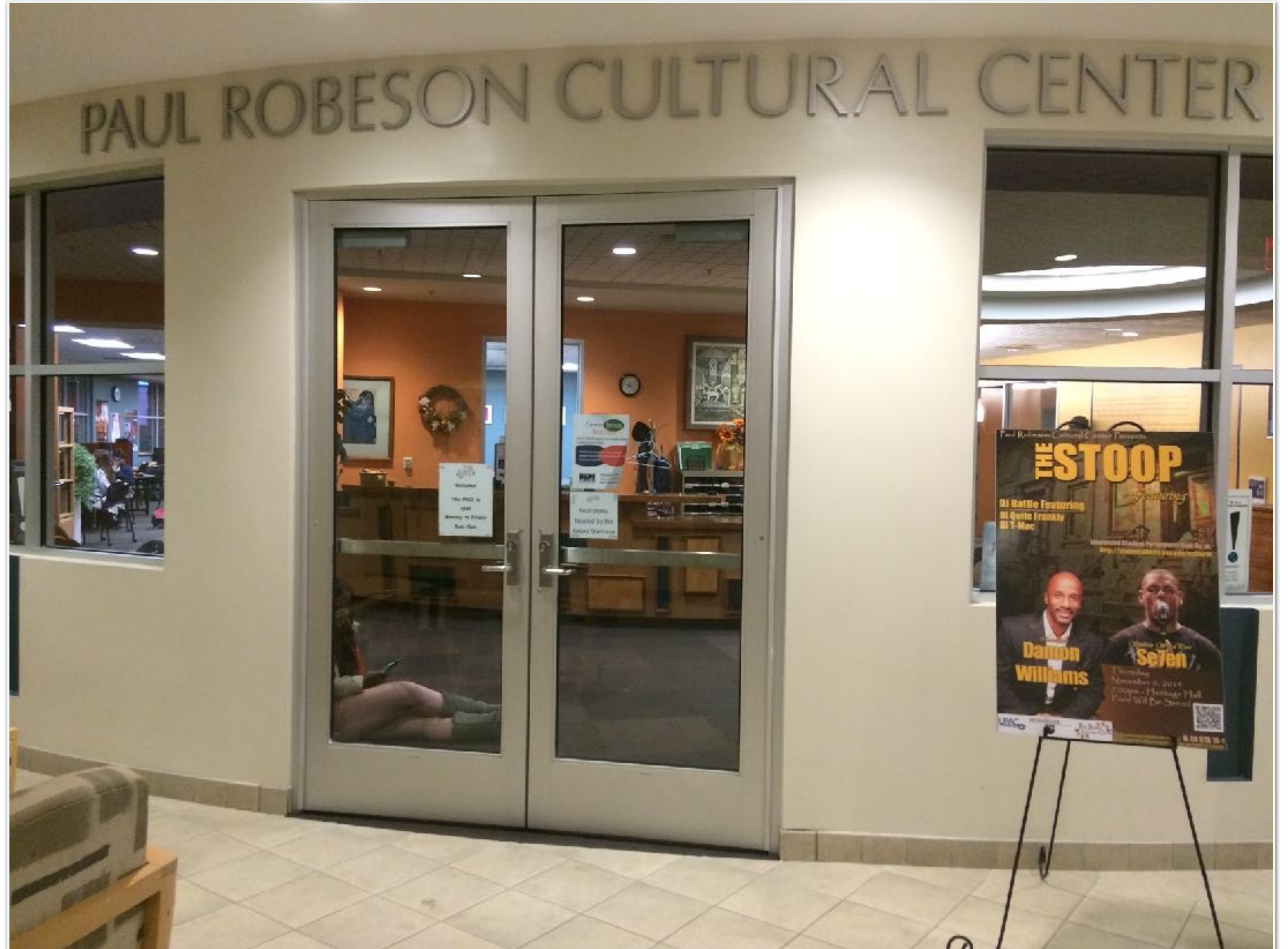


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# Places

- **Counseling Services**
- **Student Orgs**
- **Intramural / Club Sports**
- **Work Study Jobs**
- **Greek Life**
- **Performing Arts**
- **Campus Media**
- **Multicultural Center**





**People who  
volunteer to help**

**People you ask  
or enlist to help**

**People who are  
paid to help**

**Who are some of these people?**

- Orientation leaders - peer mentor - professors - spiritual leaders
- residence life staff - counselors - coaches - captains - advisors
- student ambassadors - leaders of orgs - therapists - specialists
- students - professional staff, tutors - teaching assistants - grads
- high school mentors - friends - siblings

**Source: U of Connecticut**

# Why three places?



✦ ALWAYS  
somewhere to go

✦ ALWAYS  
something to do

✦ ALWAYS  
have options


**SUGGESTIONS:** Identify your  
places before arriving on campus

Brought to you by:

# 5 PEOPLE... WHY?

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



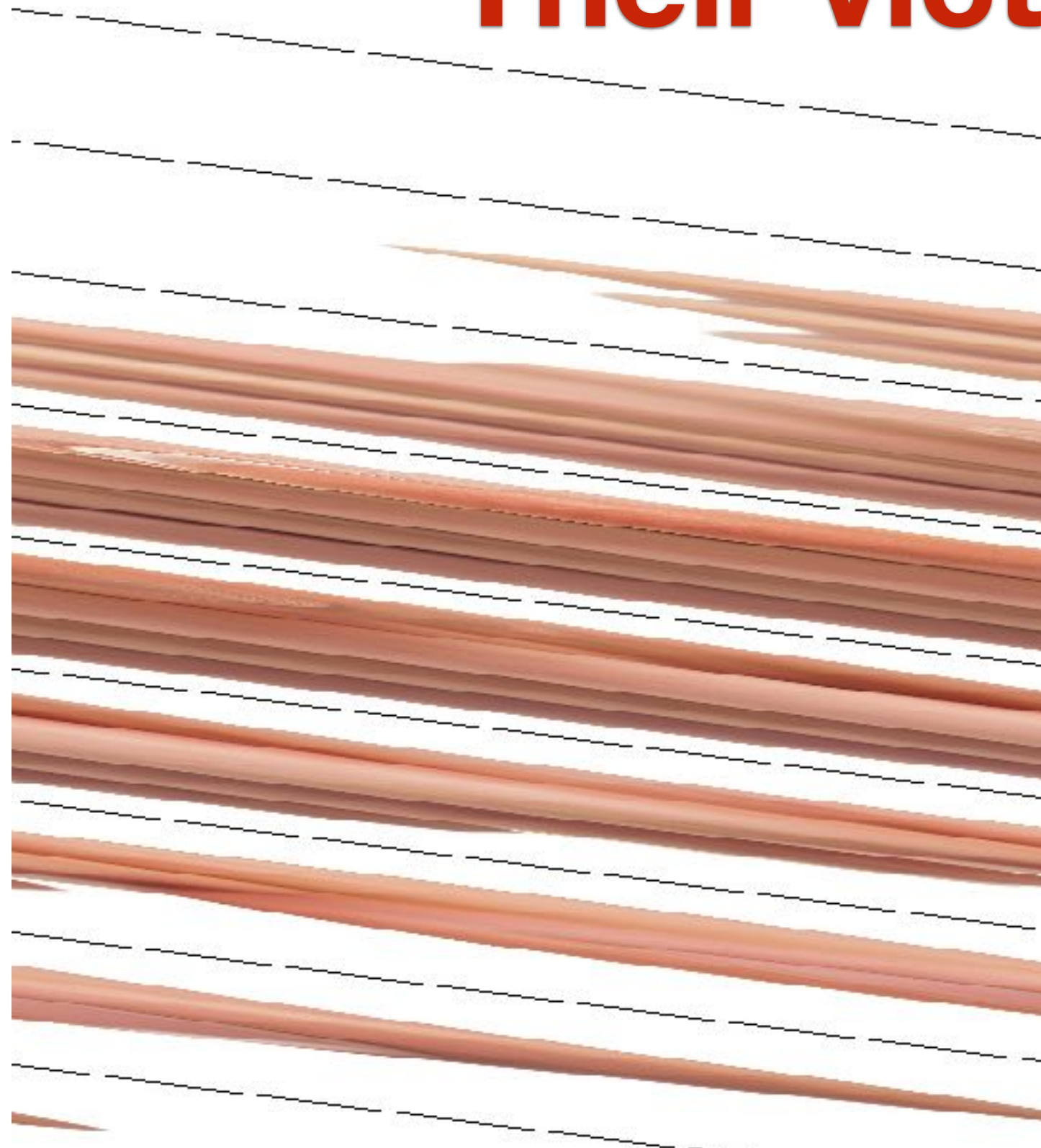


**How long will it  
REALLY take to get  
what you want?**

**Give it a couple of semesters,  
quarters, years...**

# SIMPLE RULE #3

**Their struggles belong to them...**  
**Their 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

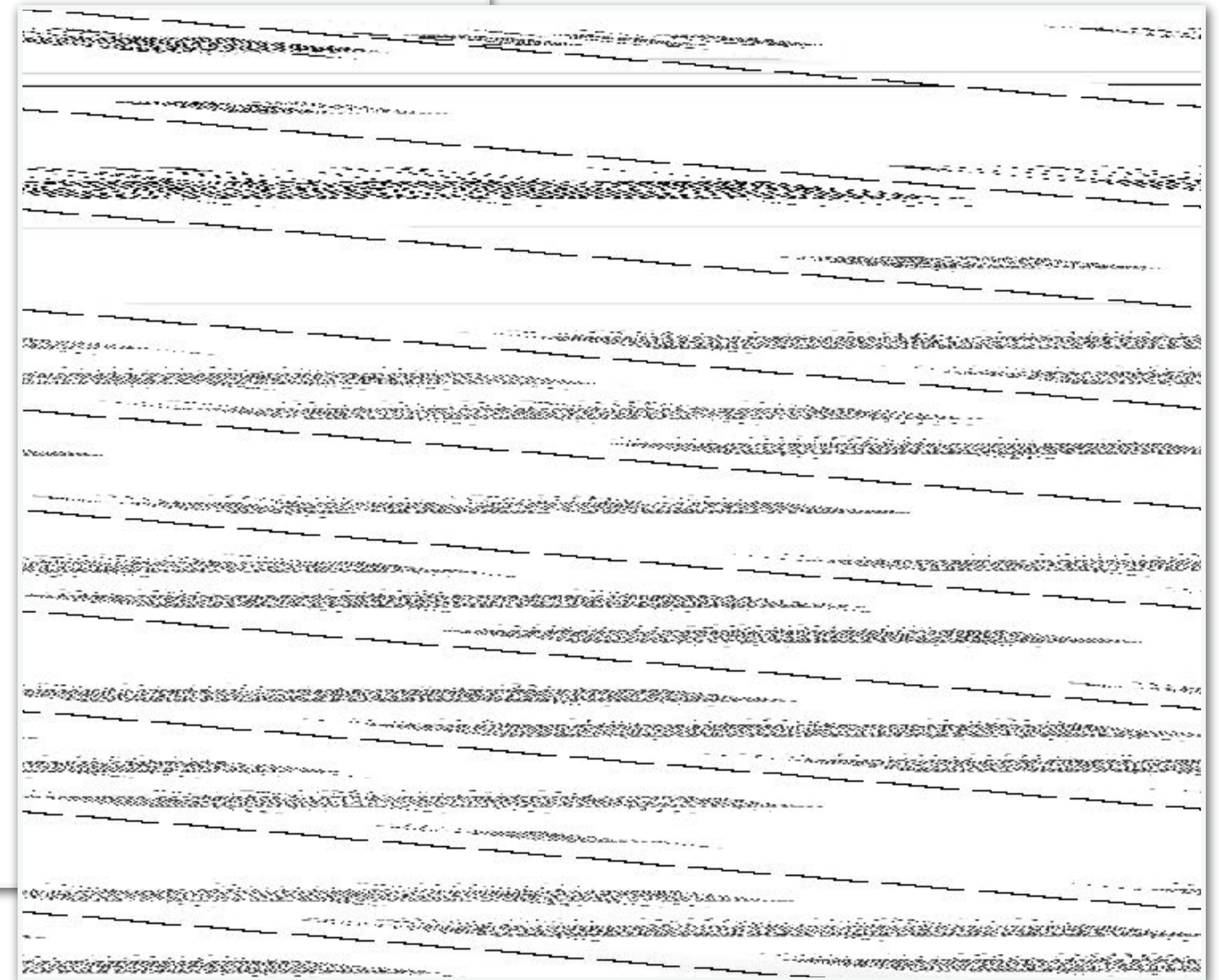


EMILIE DUCHESNE VIA GETTY IMAGES

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

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**It's May 2024,  
Here's what happened this year in college...**



# Tell Your Story As If...

It's May 1, 2024 and I had the most incredible year! 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.

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## SIMPLE RULE #4

# Apply the 24-Hour Rule



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# What is the 24-hour rule?

Give  
problems  
24 hours  
to settle  
breathe...



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



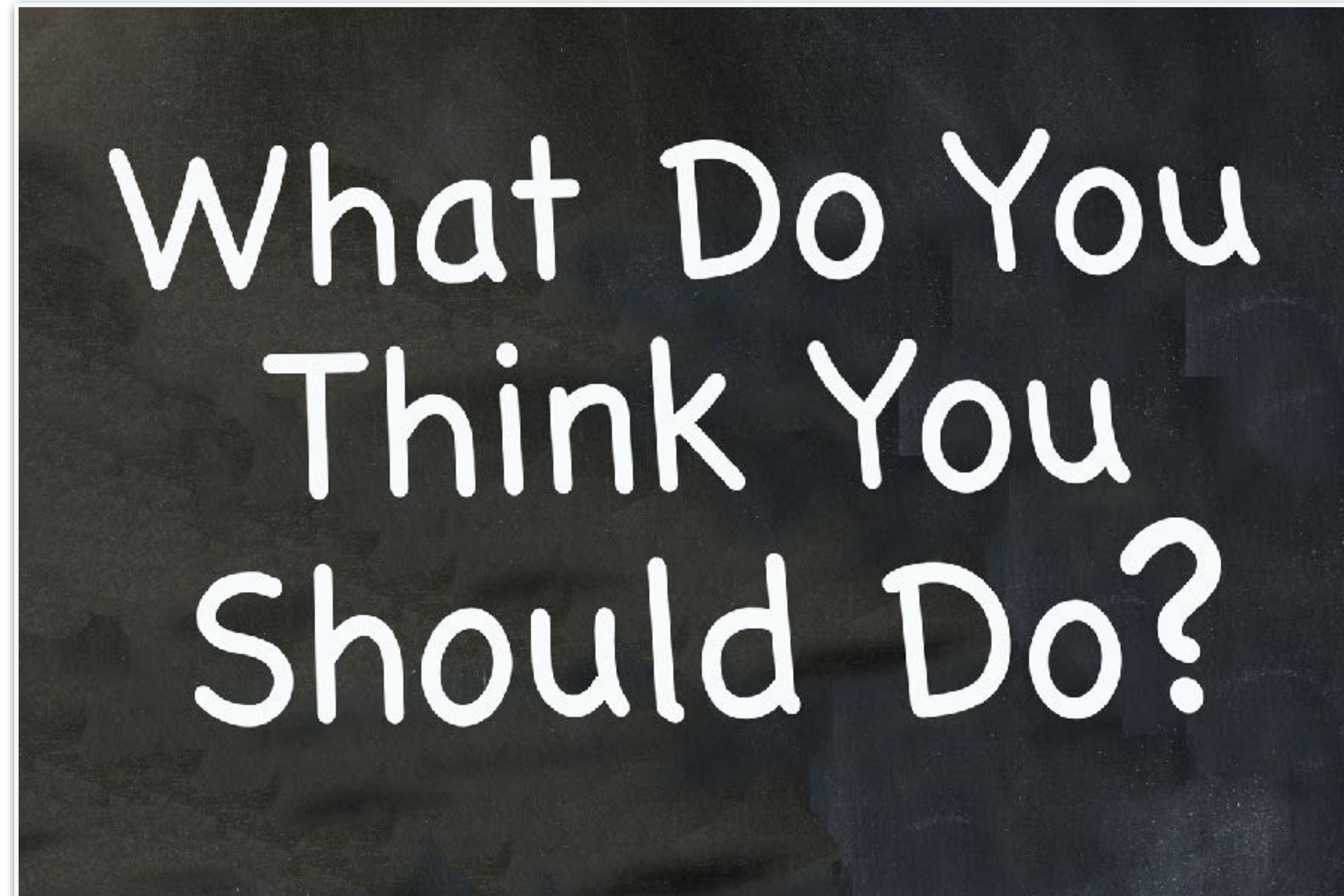
- ◆ **NOTHING** - The problem will still be there tomorrow.
- ◆ **SOLUTION** - Your child will solve the problem.
- ◆ **NEW PROBLEM(S)** - The old problem will no longer be a problem because new and exciting other problems will pop up.

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# SIMPLE RULE #5

**Practice asking the question:**



(AND actually give them time to answer...)

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# 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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**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

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Relax.

Have fun.

Enjoy every minute.

Your job is simple:

Be your personal best,

Meet lots of people,

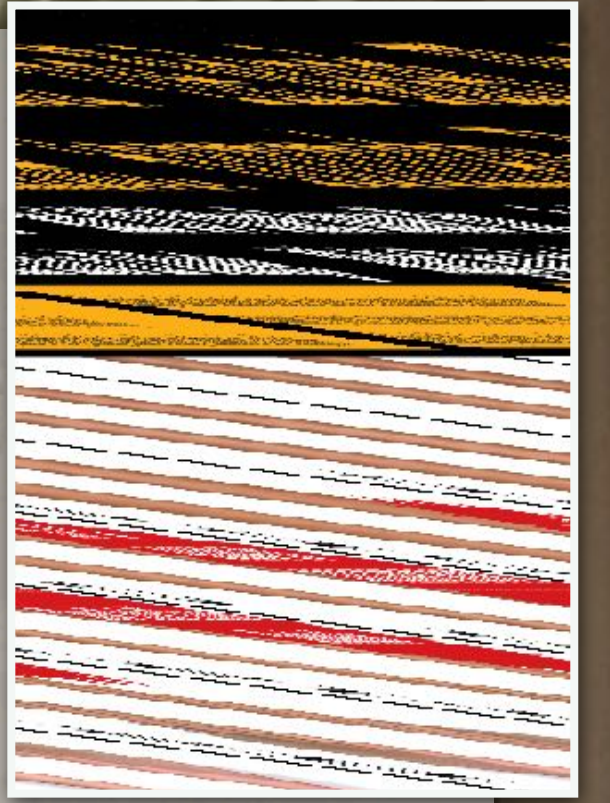
Make new friends,

Make smart decisions,

Possibly find a career,

Possibly find love,

And take risk after risk after risk so that you can figure out what you love and what you don't love. Expect that all the risks you take will not always go as planned. Many will, but not all. When a risk doesn't go as planned, don't go on the attack, don't give up and hide—look inward, look outward, and move forward. Find your people. Find your places. Be patient. Do this and you'll leave college with more than a degree. You'll leave knowing what it takes for you to be happy. And really, what more could you possibly want out of your life in college?



**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?**

New York Times bestselling author of *The Naked Roommate*

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## HARLAN COHEN'S 5 Simple Rules for Parents

### 1. GET COMFORTABLE WITH THE UNCOMFORTABLE

Both you and your child will get uncomfortable. Fighting it only creates more stress. Facing it allows you to guide, support and help your child (and yourself).

### 2. DON'T PANIC! THINK PEOPLE, PLACES AND PATIENCE

Who are your 5 people? Where are your 3 places? How long will it take for expectations to meet reality? You and your child need people, places, and patience.

### 3. THEIR STRUGGLES BELONG TO THEM, THEIR VICTORIES BELONG TO YOU.

Give your child space and time to struggle. Let them practice. Better to have them struggle down the hall than across the country. (Oh, and their victories belong to them too!)

### 4. APPLY THE 24 HOUR RULE.

When they text, call, or ask for help, give them 24 hours. Either the problem will still be there 24 hours later, or they will have solved the problem.

### 5. ASK: WHAT DO YOU THINK YOU SHOULD DO?

After you ask the question, give them 24 hours to answer it. Let them struggle. Direct them to people and places. Be patient. Allow them to get comfortable with the uncomfortable.

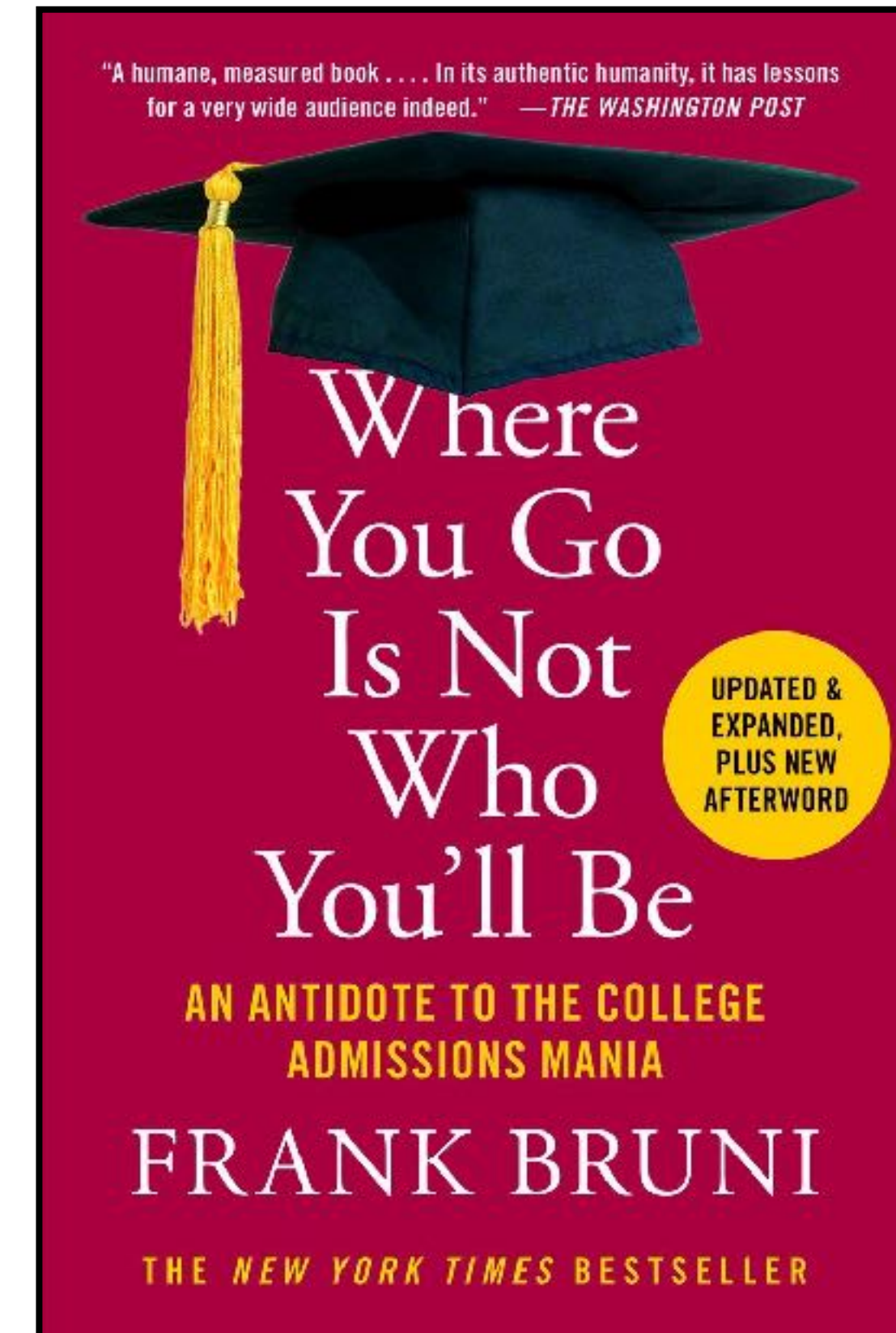
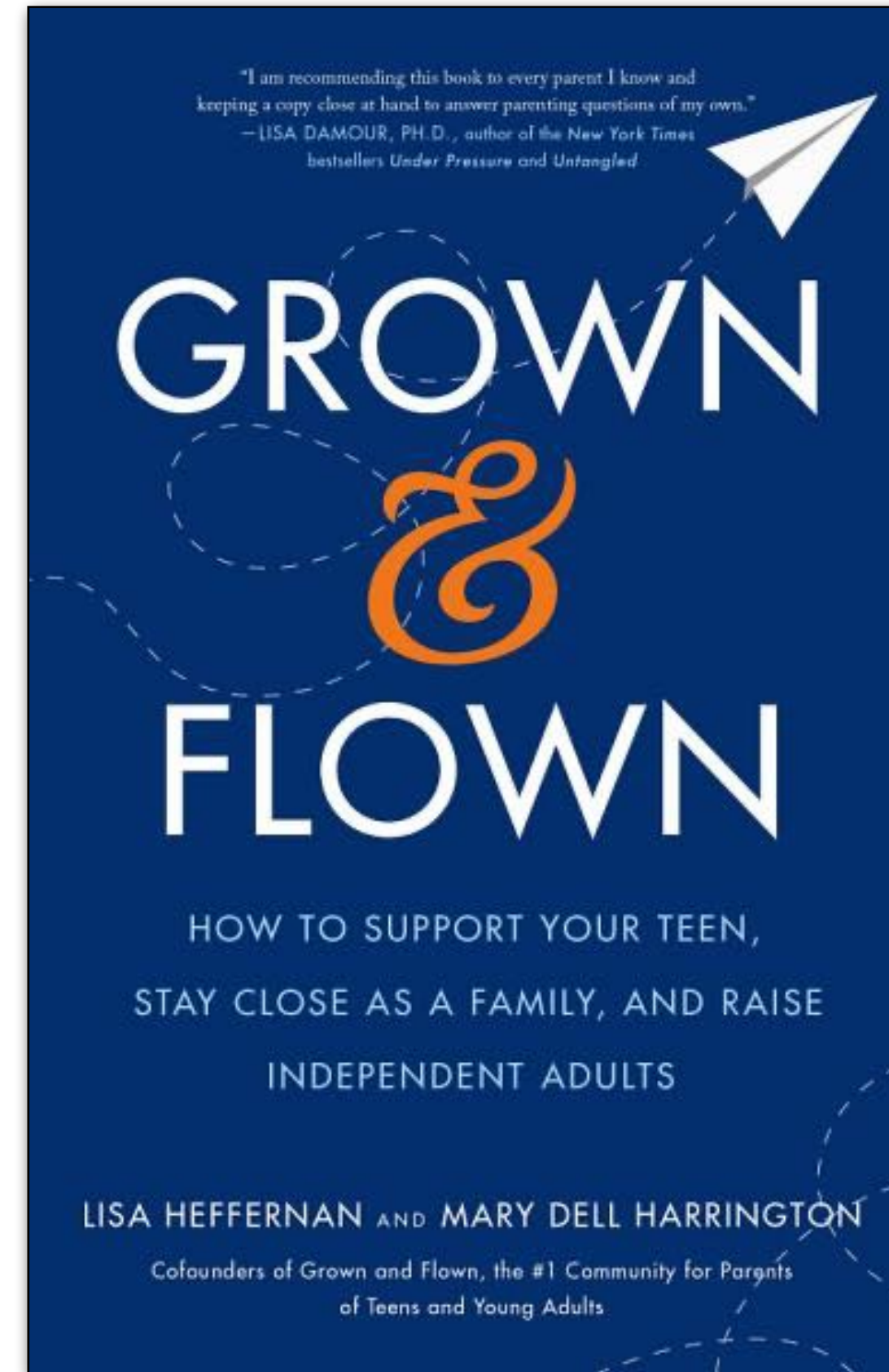
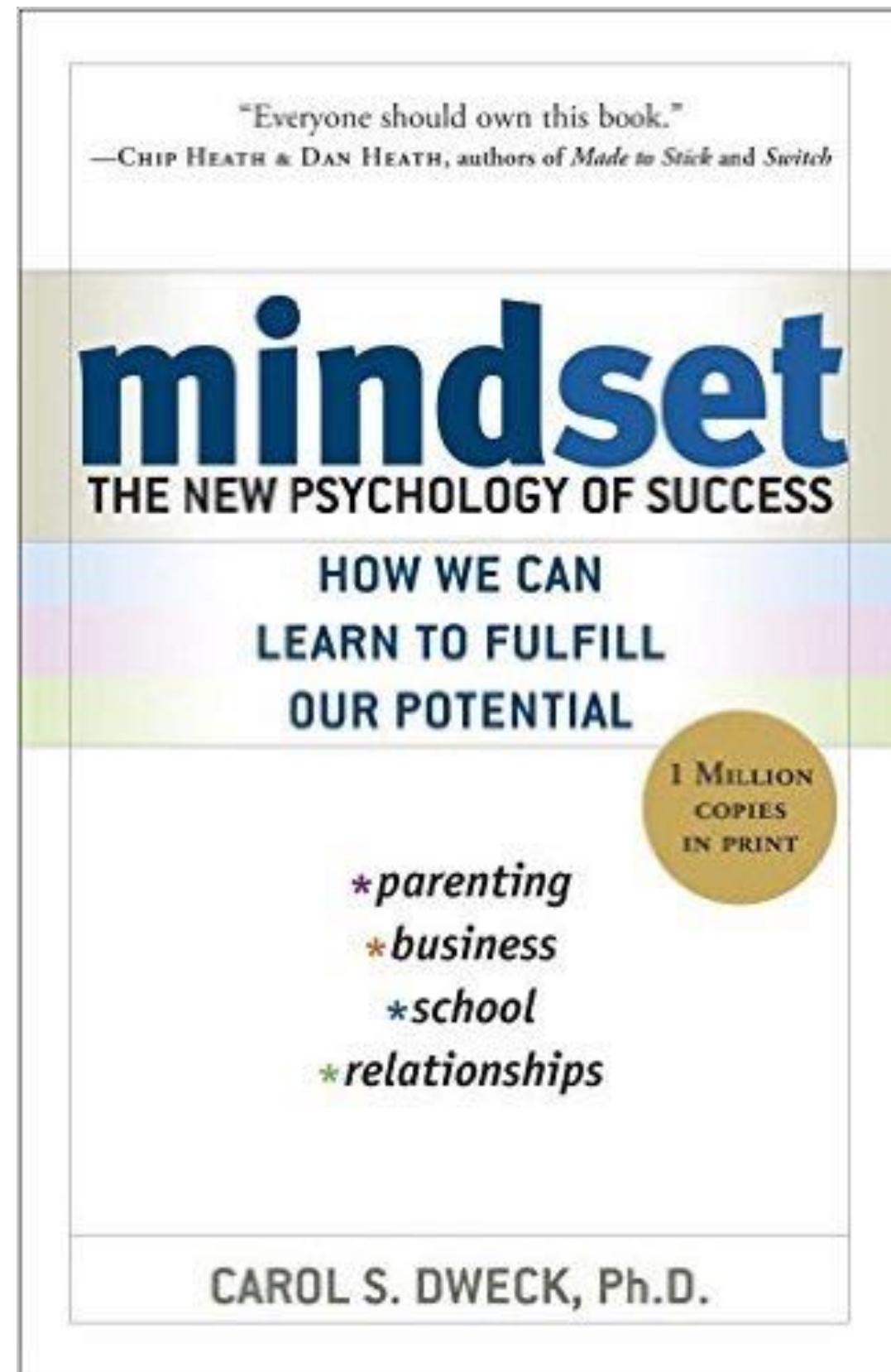


**HARLAN COHEN**

Harlan Cohen is a New York Times bestselling author and journalist who has visited over 500 high school and college campuses. He is the author of 7 books. His titles have over 1 million copies in print (titles include: *Win or Learn: The Naked Truth About Turning Every Rejection into Your Ultimate Success*, *The Naked Roommate: And 107 Other Issues You Might Run into In College*, *The Naked Roommate: For Parents Only*, and *Dad's Expecting Too!*). Harlan is a frequent guest on television and radio programs, hosts *The Harlan Cohen Podcast*, and has popular social media accounts. Follow him on Instagram @harlancohen and on TikTok @helpmeharlan. Harlan is based in Chicago, Illinois where he lives with his wife and three children. For more info visit [www.HarlanCohen.com](http://www.HarlanCohen.com).

For more tips and resources on how to plan and pay for college, visit [CollegeAve.com](http://CollegeAve.com)

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Harlan is the New York Time Bestselling author of the #1 book on college life, *The Naked Roommate: And 107 Other Issues You Might Run Into in College*. He's also author of *The Naked Roommate for Parents Only* and *WIN or LEARN: How To Turn Every Rejection Into Your Ultimate Success*. Harlan has visited over 500 college and high school campuses and has 575K+ followers on TikTok and 210K+ followers on Instagram. Harlan will be personally hosting each week's Group Coaching Session and Q&A discussion. Harlan is in your corner!

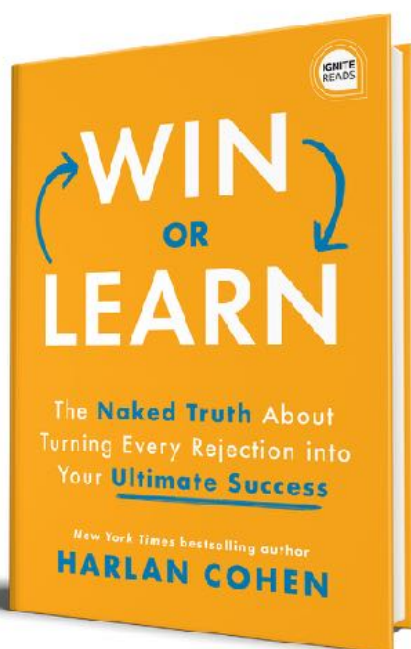
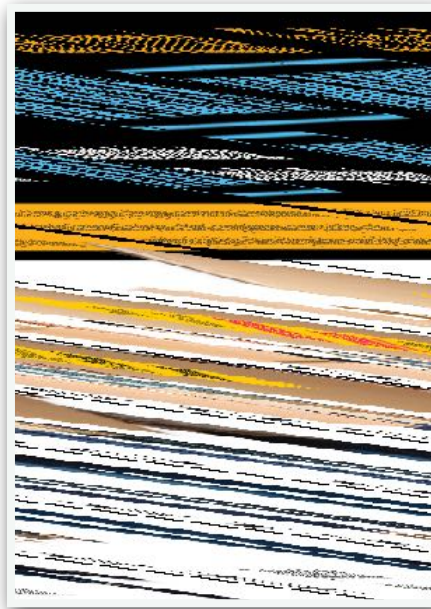
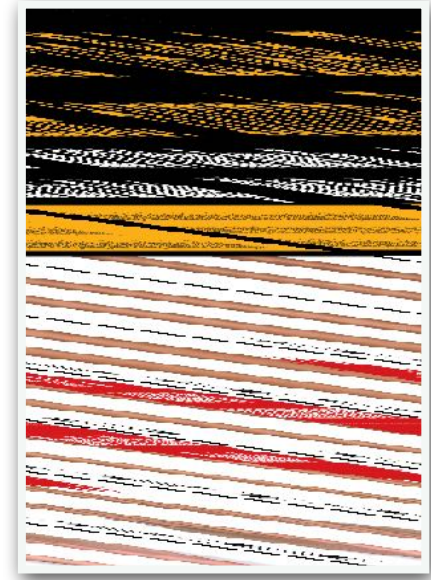


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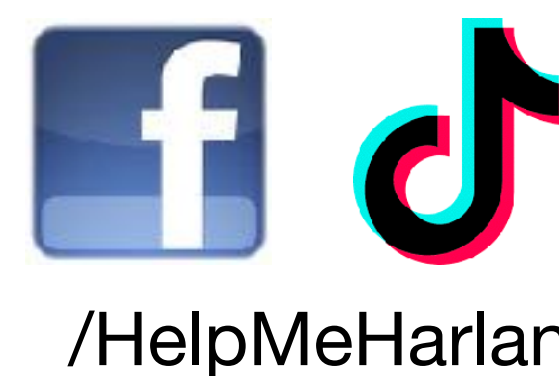


@HarlanCohen

# Five Simple Rules for Parents & Families



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