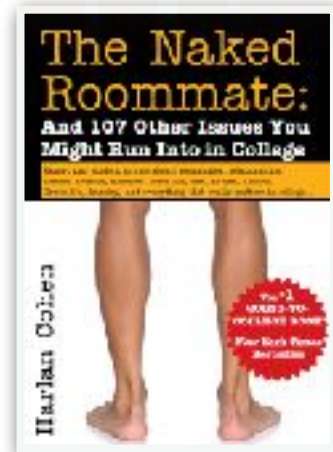
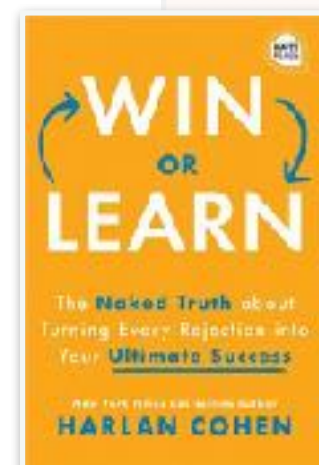


15 Things New College Parents Should NEVER DO



Featuring *New York Times* Bestselling
Author Harlan Cohen
JULY 11 at 7:30pm CST



HARLAN COHEN

www.HarlanCohen.com



/HelpMeHarlan



@HarlanCohen



15 THINGS NEW COLLEGE PARENTS SHOULD NEVER DO...

1. Get carried away in hysterics
2. Fight The Uncomfortable
3. Wake up calls
4. Be a Gotcha Parent
5. Call/Email Teacher
6. Fix, Fix, Fix
7. Text Abuse
8. Stop Looking for Money

9. Automatically Blame Roommate
10. Assume You Have Access
11. Surprise Them
12. Expect Perfection
13. Cure Homesickness at Home
14. Redecorate Their Room
15. Forget to take care of you!

WHAT ARE YOU MOST
EXCITED ABOUT?

**SHARE IN
CHAT**



WHAT ARE YOU MOST CONCERNED ABOUT?

**SHARE IN
CHAT**



Going-To-College Checklist

- ✓ Transcript / AP credits
- ✓ Housing Contract
- ✓ Health Insurance (Waiver)
- ✓ Financial Aid Check-in
- ✓ Look into accommodations (if needed)
- ✓ Student Legal Forms
- ✓ Payment Information
- ✓ Shipping Information
- ✓ Additional Insurance (renters/tuition)
- ✓ Transition Plans (social, emotional, physical, financial, academic)

**ASK THEM TO CHECK
THEIR CAMPUS EMAIL!**

WINNERS HAVE BEEN SELECTED...

BEST FIRST YEAR
 **in college**

**COLLEGE SUCCESS & COACHING
FOR STUDENTS AND PARENTS**

College Parents
OF AMERICA

SUPPORTING YOU, SUPPORTING THEM



COACHING PROGRAM FOR STUDENTS & PARENTS



Welcome to Best First Year!

A College Success Coaching Program Designed for Students and Parents.

COACHING SESSION
The Emotional Transition

2 FREE MEMBERSHIPS

- Access for 2 family members
- Weekly Coaching in the Fall
- Access to all recordings
- College Success Library

courses.bestfirstyear.com

STAY UNTIL THE END

The Social Transition

How do you find your people?

Don't stay in your room. Stay on campus. Don't go home.

2 FREE MEMBERSHIPS
Access for 2 family members
Weekly Coaching in the Fall
Access to all recordings
College Success Library

WEEKLY ACCESS



 BEST FIRST YEAR
in college

QUESTION ANSWER

With Harlan Cohen

The graphic features a large orange and red background. In the top left, there is a stylized orange stick figure next to the text 'BEST FIRST YEAR in college'. The main title 'QUESTION ANSWER' is written in large, bold, white letters with a slight shadow. Below the title, there are two purple speech bubbles containing white question marks. At the bottom right, the text 'With Harlan Cohen' is written in a smaller, white font.

\$50 off
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CollegeParents
OF AMERICA

Supporting You, Supporting Them



3 Free Memberships

<https://collegeparents.org/about>

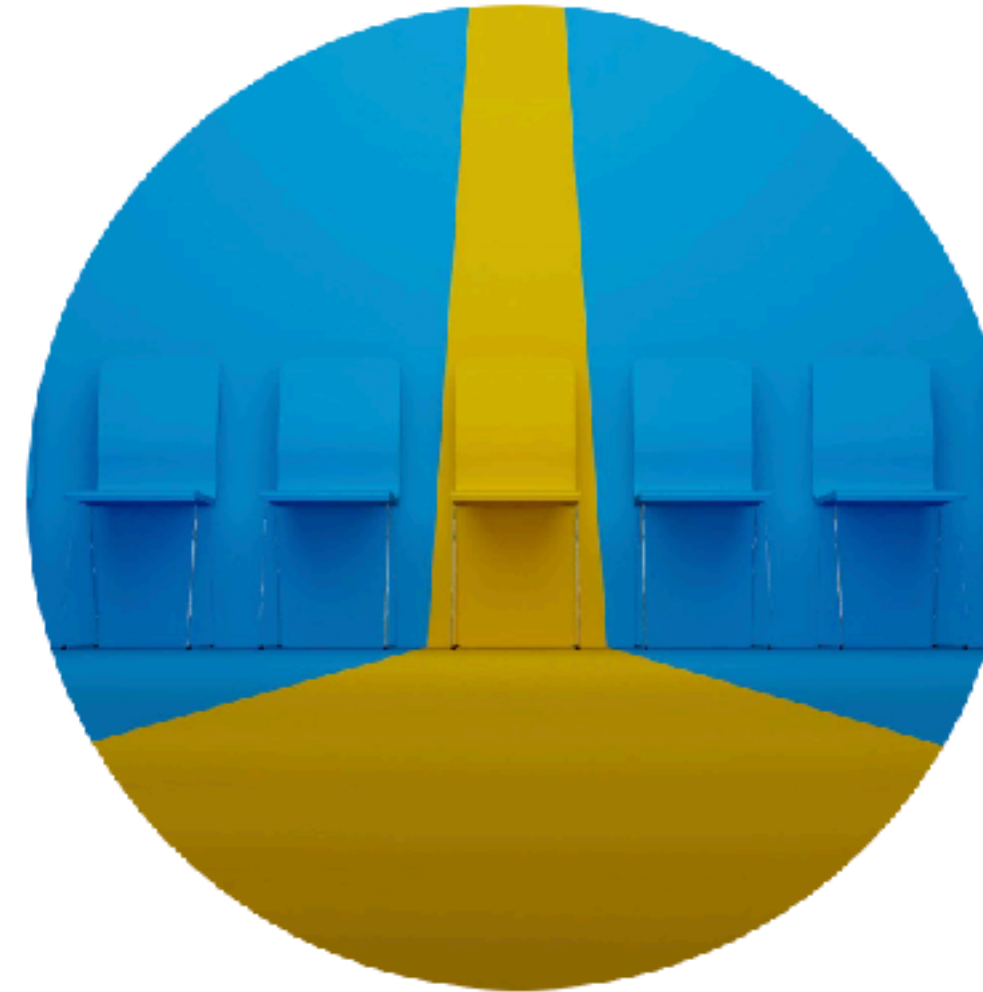
Your Member Benefits



Student Legal Docs

Safeguard your family's future and ensure you can assist your college-age student in emergencies with the essential legal documents every family needs. Our state-specific documents enable you to act quickly on your child's behalf.

[Check it Out](#)



Gallup StrengthsFinder

Every student possesses unique talents waiting to be discovered. Understanding your student's personal strengths empowers them to engage deeply with their studies, actively pursue their passions, and cultivate an excellent quality of life aligned with their abilities.

[Check it Out](#)



Coming Soon

Premium Content - A collection of invaluable tools and resources, including exclusive content from renowned *New York Times* bestselling author Harlan Cohen. Handbooks, videos, live events, podcasts, and more, all designed to equip you from start to finish.

College Journey Advocate - Relevant, trusted, and timely guidance when you're facing specific challenges in your student's college journey.

Discounts - Member-exclusive discounts on goods and services to help with the college experience.

Important Legal Forms For Your Student

Protect Your Student in an Emergency with the CollegeParents Emergency Student Documents Kit

Select the state for which you need documents.

You should create your documents first for the state in which your student spends the most time (such as where they are going to school).

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Illinois

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By securing these legal forms, you can ensure that you have the necessary authority to protect and support your college student in the event of an unexpected emergency, providing peace of mind for both you and your child.

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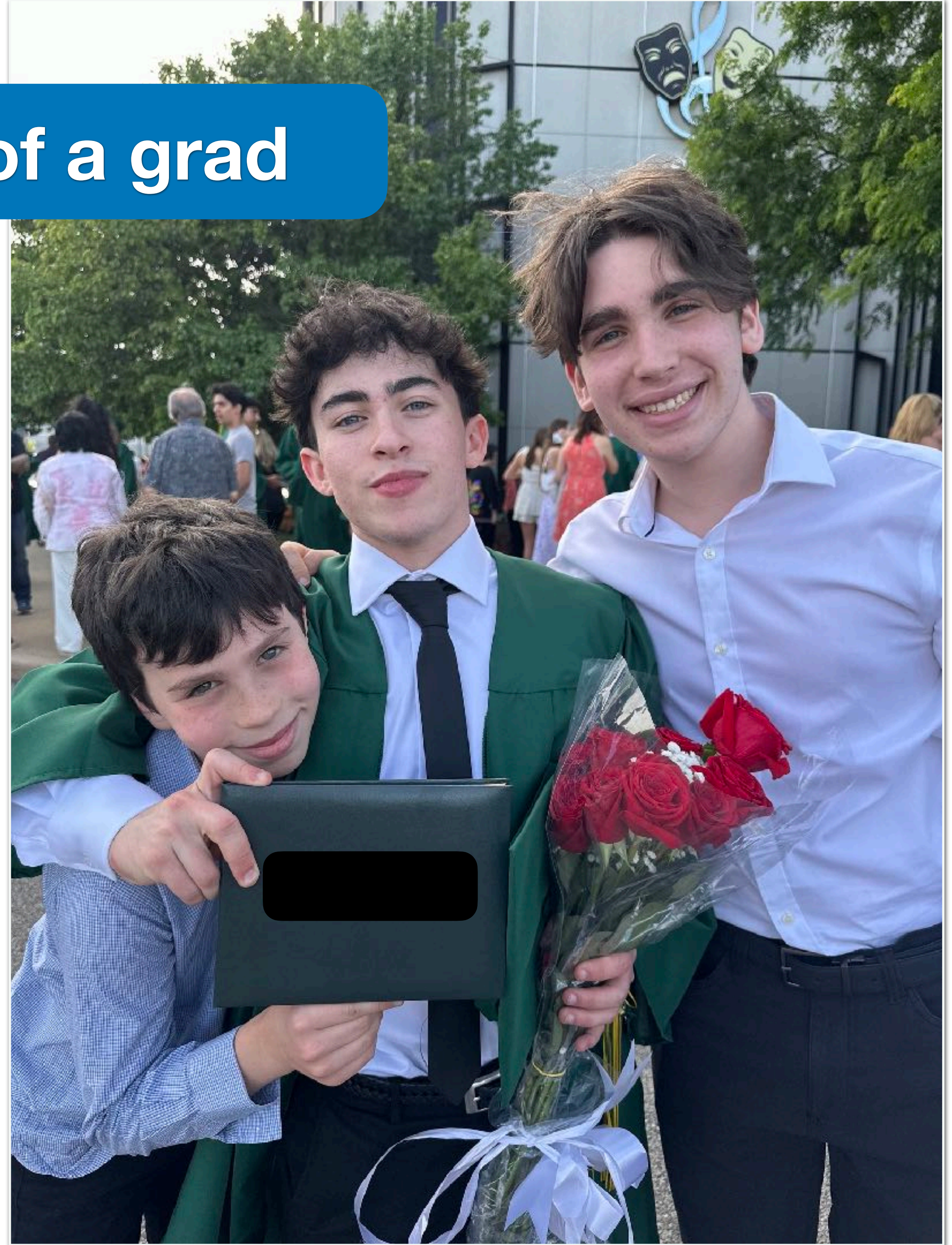
50% off
Friends & Family
Valid through 7/31

ENTER CODE HARLAN50
at Checkout

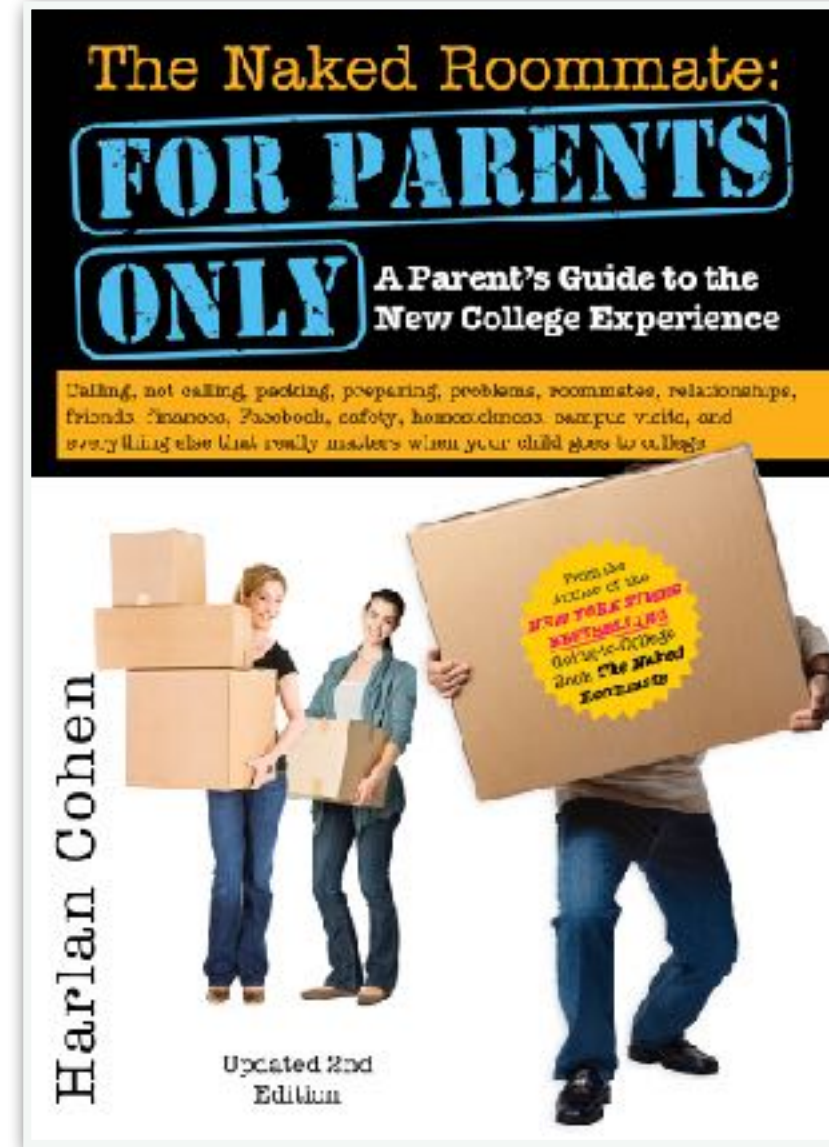
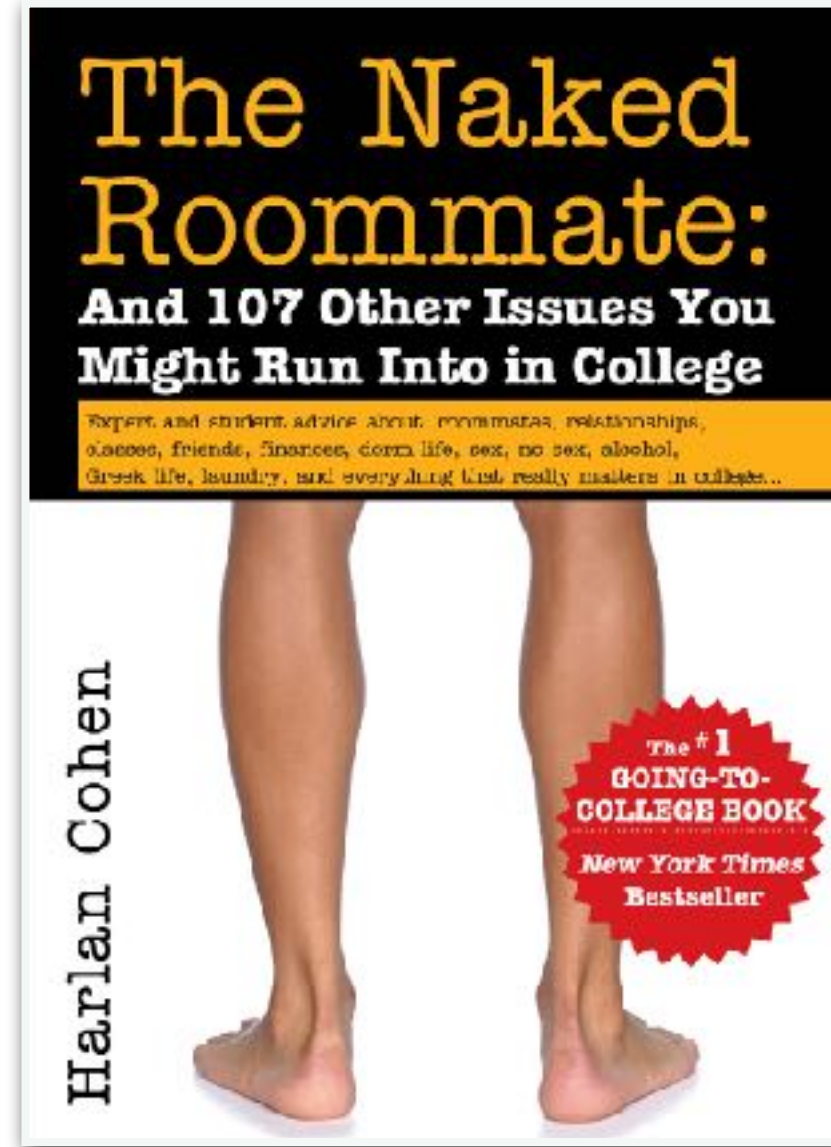
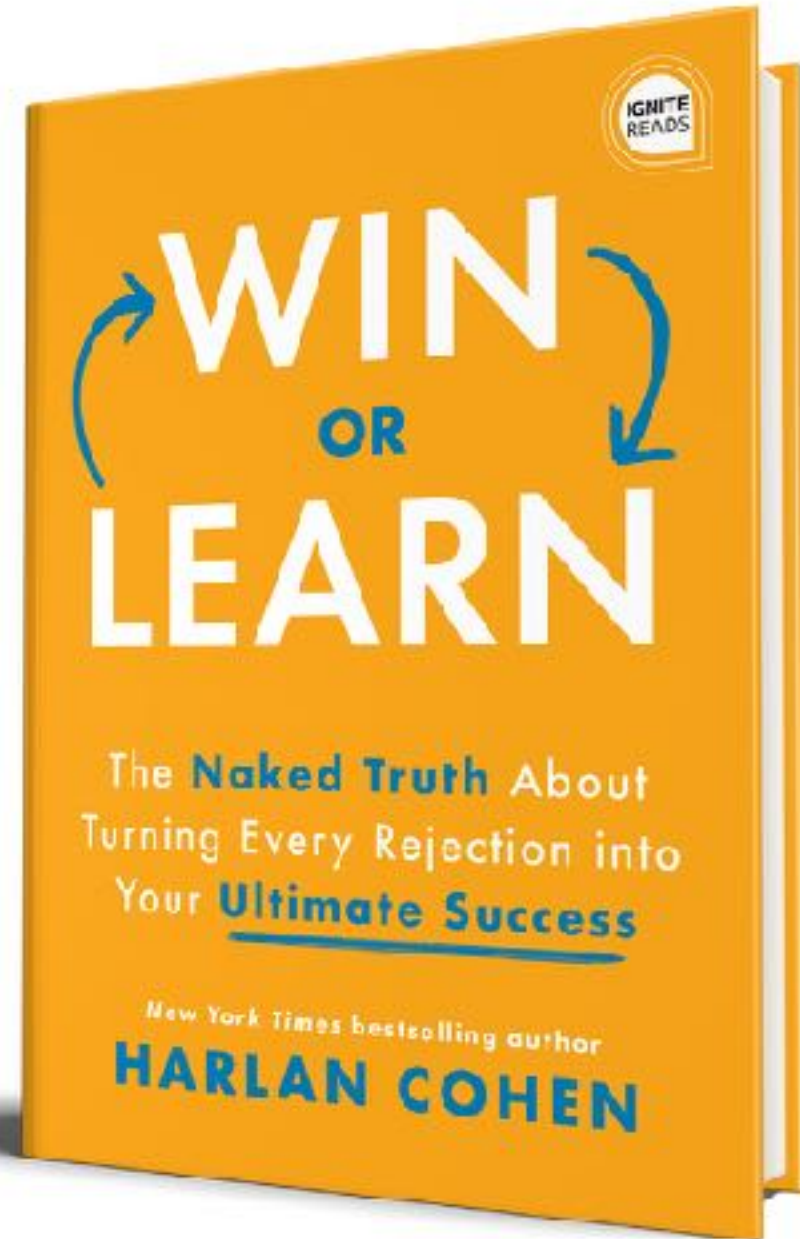


<https://collegeparents.org/about>

WHAT DO I DO? I'm a dad of a grad



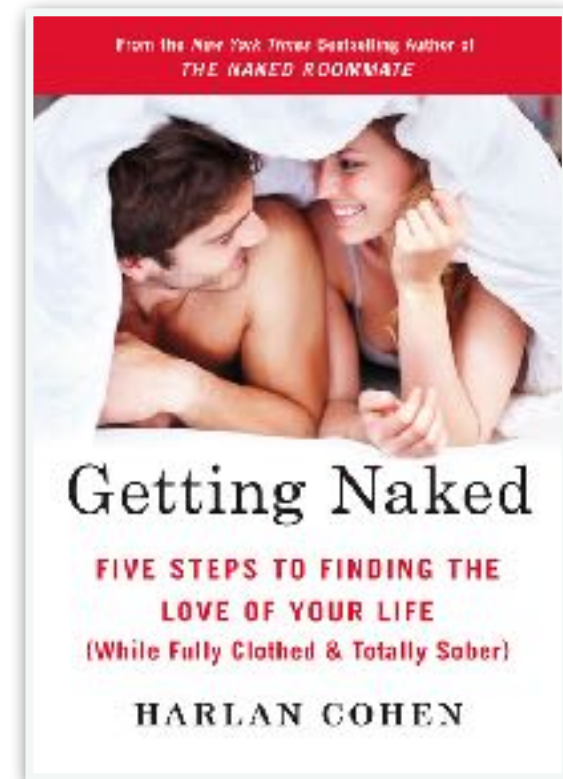
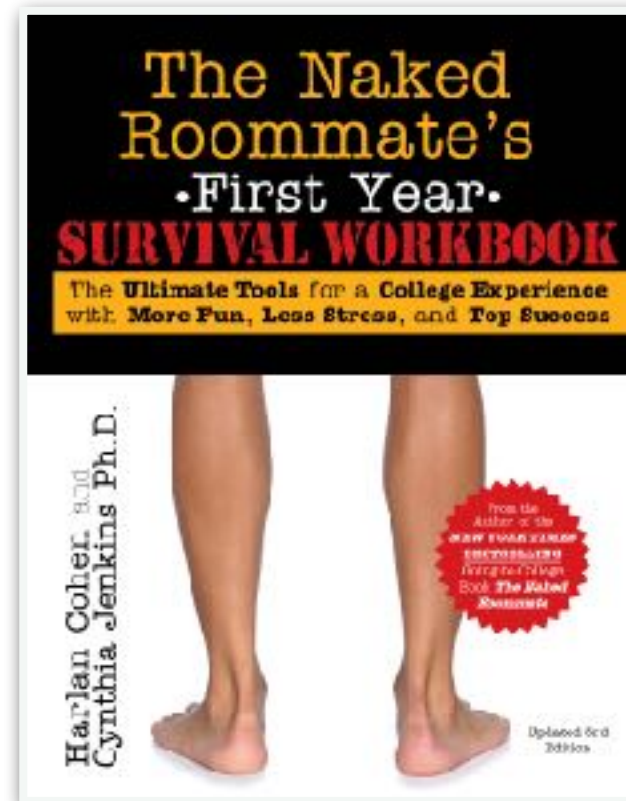
WHAT DO I DO? Research and Write Books




BEST SELLERS > EDUCATION

Best Sellers June 2015 < May 2015 July 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 Students & Parents


harlancohen 

2,648 posts 601K followers 1,955 following





Harlan Cohen he/him/his




 harlancohen

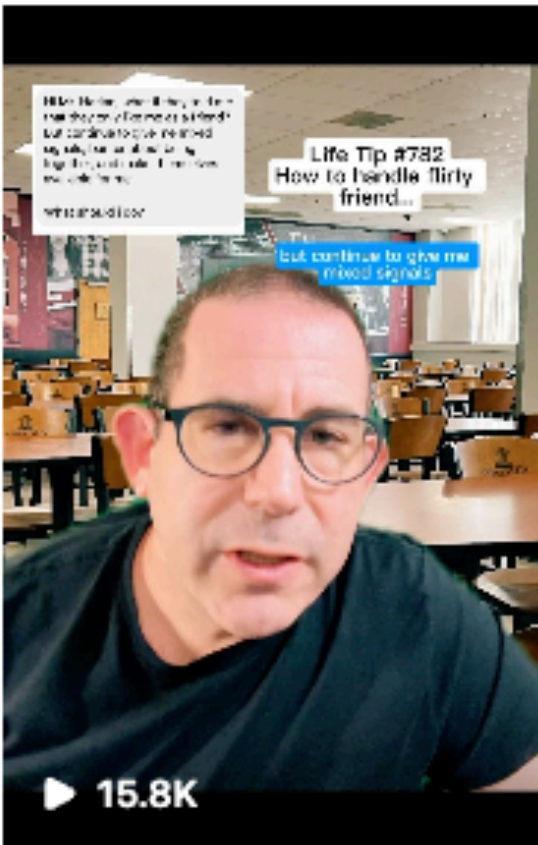



Author
TikTok 621K+ (helpmeharlan)
NY Times bestselling author & journalist
Mission: I ❤️ 2 help
www.HarlanCohen.com
Inquires: ... more
linktr.ee/harlancohen





4.6M accounts reached in the last 30 days. [View insights](#)


 SHOPPING
  BEST FIRST ...
  SPEAKING
  COACHING
  URSELF
  PAY 4 COLL...
  TODAY

 POSTS
  REELS
  SAVED
  TAGGED





 **helpmeharlan**
Harlan Cohen

 Edit profile





1076 Following 633.9K Followers 30.5M Likes

Author #1 College Book NAKED ROOMMATE, NY Times bestselling author, ❤️ 2help
linktr.ee/harlancohen

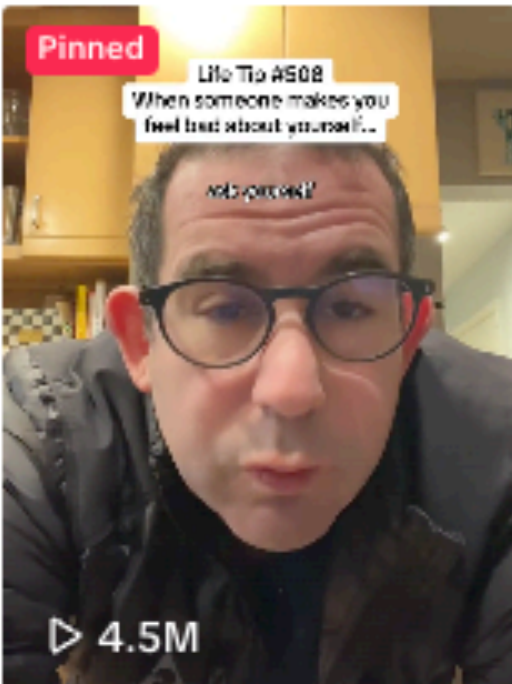
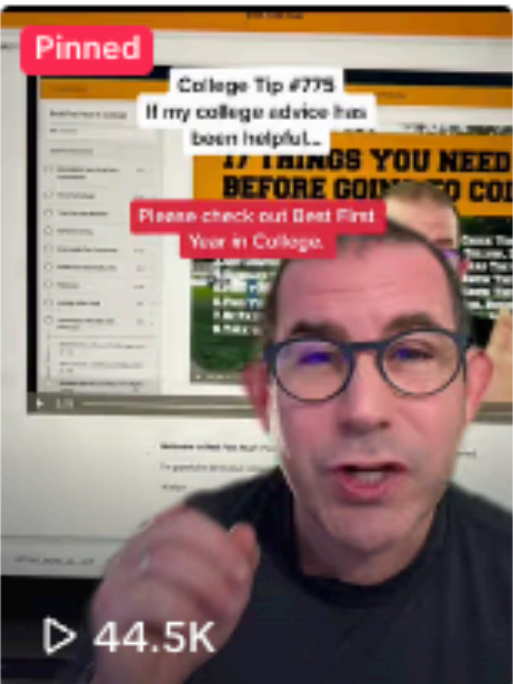

 Videos
  Reposts
  Favorites
  Liked

Playlists

 **Life Tips**
84 posts

 Dating Experiments Part 7

Videos

Life Tip 508: When
 College Tip 775: If my
 College Tip 336: Get

NOV 6 AT 9:50 AM

Your posts have literally made me cry lately. My son is struggling big time! He had a great group of friend in high school but can't seem to find his people at his college.

He does work out

He does do soccer intramurals

But his floor is quiet and just misses belonging to a group of friends.

NOV 4 AT 6:44 PM

Hi Harlem! I'm a freshman at Tufts University, and I'm struggling with getting a good grade in an Intro class with 250+ students. Our grade is solely based on our quiz grades and I suck at taking tests. I studied hard for my first one and didn't end up with the results I hoped for. Do you have any advice regarding taking tests in college?

NOV 4 AT 10:03 PM

Have you gone over the questions with your prof? Or a TA? That's a great way to review the material and get to know your teacher.

WHAT DO I DO? Teach, Listen, Share



WHAT DO I DO? Interview Experts

Apple Podcasts Preview



25 episodes

HARLAN COHEN POCAST

New York Times bestselling author Harlan Cohen has candid conversations with top experts, and leading influencers. Guests share their greatest [more](#)

The Harlan Cohen Podcast

Harlan Cohen

Education

★★★★★ 5.0 • 12 Ratings

[Listen on Apple Podcasts ↗](#)



MAR 21, 2024

Lisa Heffernan - Cofounder of Grown & Flown on community, parenting,... >

The Harlan Cohen Podcast is available on Spotify, Amazon, Apple Podcasts, Pandora, or wherever you listen to your podcasts. Sign up for the Harlan's Best First Year College Success and Coaching Program for Students, Parents, and Supporters: <https://courses.bestfirstyear.com> About Lisa: Lisa...

[▶ PLAY](#) 51 min

FEB 29, 2024

Leslie Josel: Talking about ADHD, Executive Function, and Time... >

The Harlan Cohen Podcast is available on Spotify, Amazon, Apple Podcasts, Pandora, or wherever you listen to your podcasts. Sign up for the Harlan's Best First Year College Success and Coaching Program for Students, Parents, and Supporters: <https://courses.bestfirstyear.com> About Leslie:Lesli...

[▶ PLAY](#) 56 min

FEB 1, 2024

Jeffrey Moss, CEO of Parker Dewey on Micro-Internships and Career... >

The Harlan Cohen Podcast is available on Spotify, Amazon, Apple Podcasts, Pandora, or wherever you listen to your podcasts. Sign up for the Harlan's Best First Year College Success and Coaching Program for Students, Parents, and Supporters: <https://courses.bestfirstyear.com> About...

[▶ PLAY](#) 47 min

WARNING

**HIGH SCHOOL DOESN'T
PREPARE YOU FOR WHAT
HAPPENS NEXT...**

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



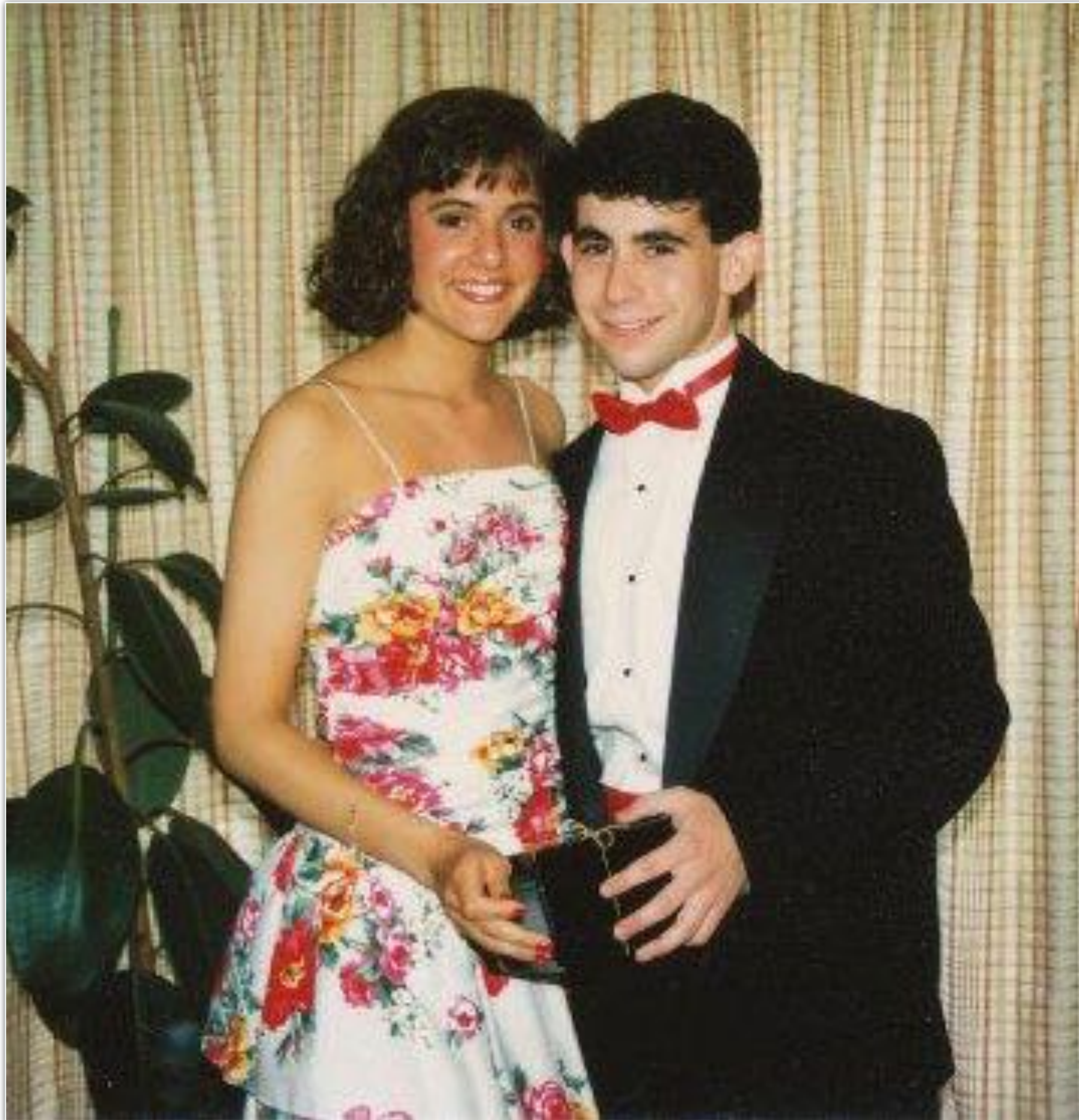
X Roommate was not my friend



X Didn't get into a fraternity



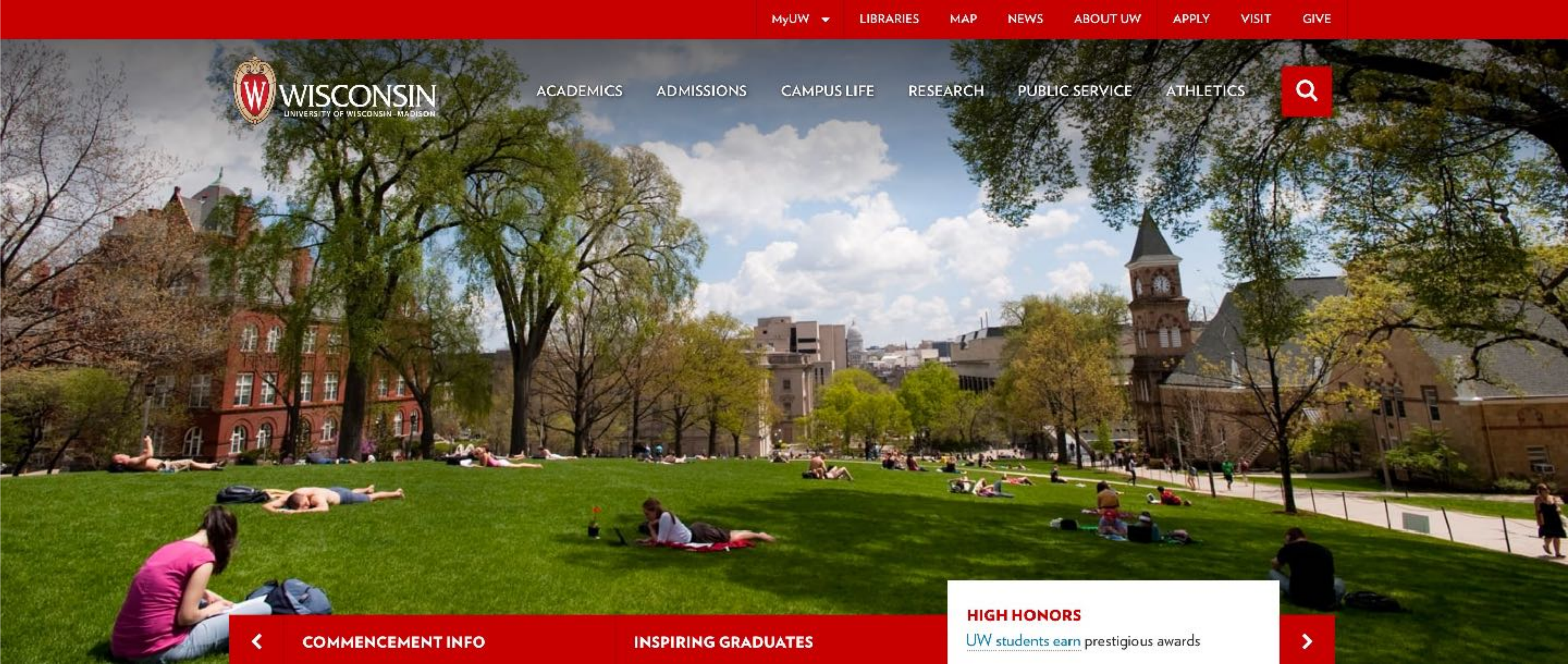
My girlfriend...



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.**

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





**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



SEARCH

SELECTION

TRANSITION

TRANSITION IS HIGH STAKES, EMOTIONAL, AND INTENSE



1. Get Carried Away in Hysterics

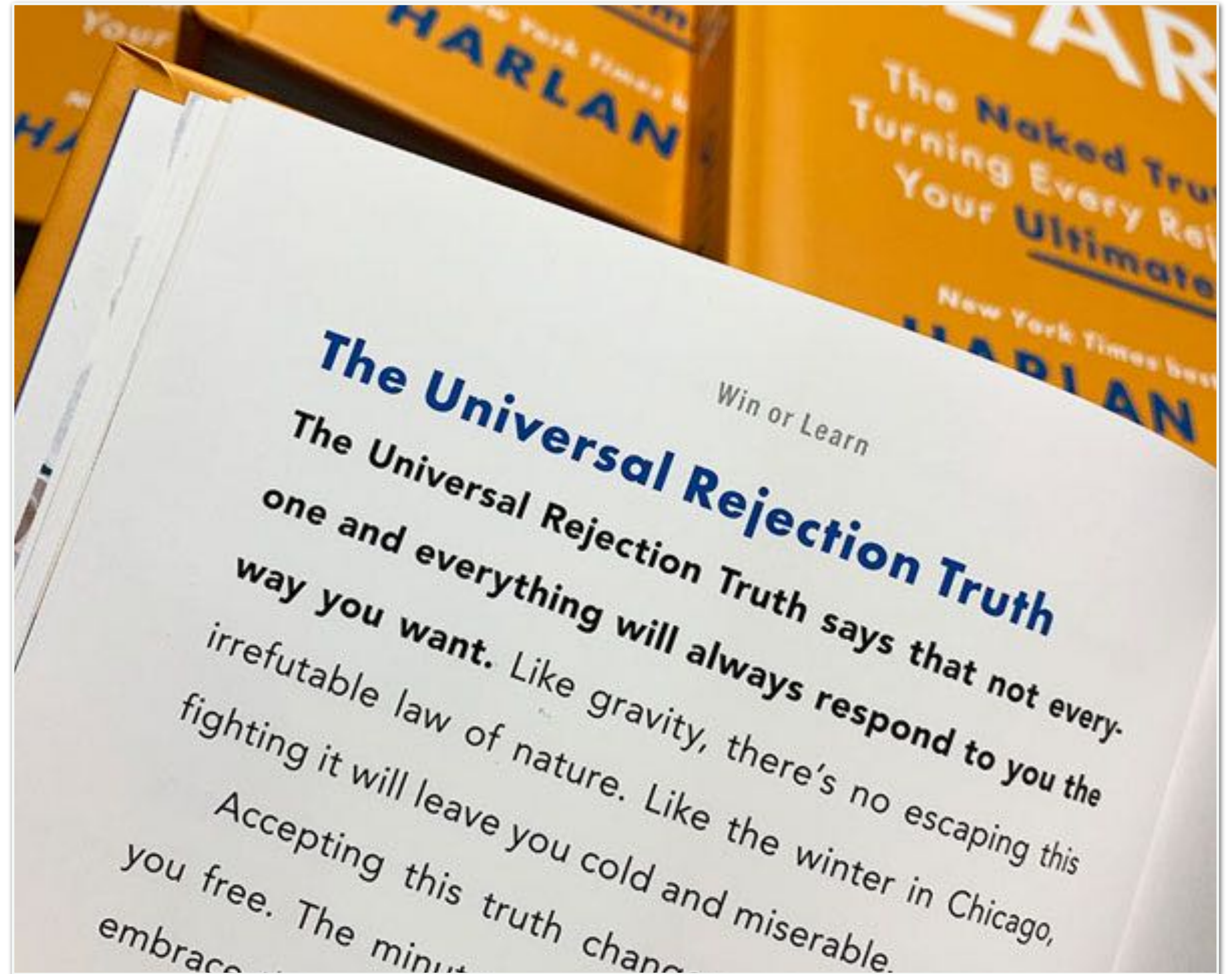
You can cry when you say good bye, but don't fall to the ground in hysterics and have to be taken away by ambulance....



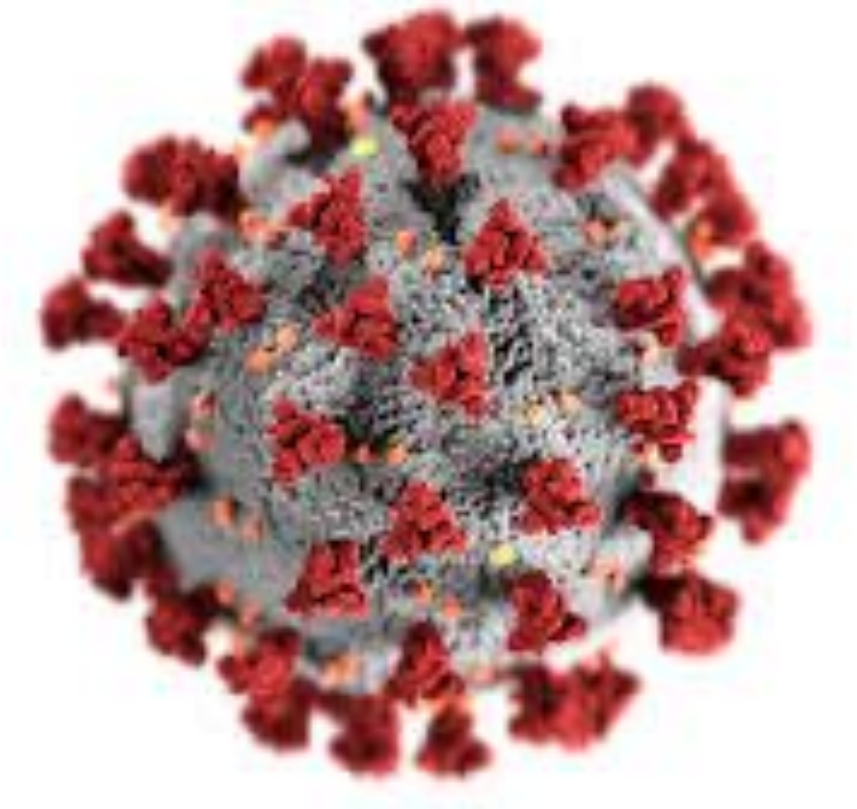
Leave after orientation is over...

2. Fight The Uncomfortable

Embrace the Universal rejection truth of being a parent of a first year students. It will get uncomfortable at times, even if everything goes right...



You can be the **MOST QUALIFIED**
You can be the **VERY BEST**
You can do **EVERYTHING RIGHT...**



**AND YOU WILL
STILL FACE
REJECTION**

I **never** lose.
I either **win** or **learn**.

- *Nelson Mandela*



**RENAME THIS
THE GETTING
COMFORTABLE YEAR**



3. No Wake Up Calls

WHO ARE WAKE UP CALLS REALLY FOR?

Give them room to oversleep


Give them space to mess up

Help them be accountable to

themselves



Roll over image to zoom in

 **Sonic Bomb Dual Extra Loud Alarm Clock with Bed Shaker, Black | Sonic Alert Vibrating, Heavy Sleepers, Battery Backup | Wake with a Shake**

[Visit the Sonic Alert Store](#)

4.5  35,235 ratings | [Search this page](#)

Amazon's Choice in Alarm Clocks by Sonic Alert

2K+ bought in past month

\$41.99

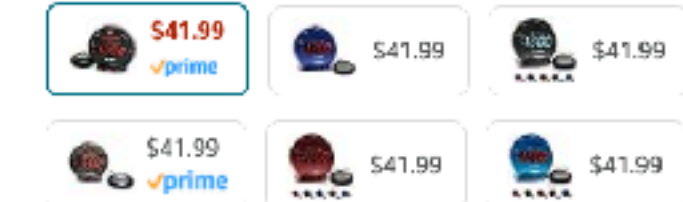
 One-Day

FREE Returns 

With **Amazon Business**, you would have saved **\$204.80** in the last year. [Create a free account and save up to 2% today.](#)

Pay ~~\$41.99~~ **\$0.00**; **get a \$200 Amazon Gift Card** upon approval for the Amazon Business Prime Card. [Terms apply. Learn more](#)

Color: **Black & Red**



Bundles with this item



Travel Alarm Clock & Sonic Bomb

-9% \$64.99

Was: \$71.48

Travel Alarm Clock & Sonic Bomb

-9% \$64.99

Was: \$71.48

Travel Alarm Clock & Sonic Bomb

-6% \$64.99

Was: \$69.86

[See all bundles](#)

Crowdsourced Amazon College Shopping List



<https://linktr.ee/harlancohen>

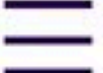
A screenshot of a social media profile for Harlan Cohen. At the top is a large photo of him with arms raised, and a circular profile picture below it. The name "Harlan Cohen" is displayed, followed by a bio: "Harlan Cohen is a New York Times bestselling author of seven books and America's #1 College Life Expert. He has over 1 Million followers across social media (Instagram @harlancohen / TikTok... See more". Below the bio are social media icons for Facebook, YouTube, Instagram, and TikTok. The main content area is titled "Curations" and includes a "Get started" button. Underneath is a "Posts" section with a search bar and tabs for "All", "Idea Lists", "Photos", and "Videos". The posts are displayed as a grid of "Pinned" items, each with a representative image and a title: "31 ITEMS ORGANIZER / STORAGE: Crowdsourced COLLEGE...", "60 ITEMS ELECTRONICS & TOOLS: Crowdsourced COLLEGE...", "54 ITEMS BEDROOM ESSENTIALS: Crowdsourced College Shoppl...", "33 ITEMS PERSONAL/SAFETY/MEDICINE: Crowdsourced College Shopping", "34 ITEMS BATHROOM & LAUNDRY: Crowdsourced COLLEGE...", "18 ITEMS SCHOOL SUPPLIES / DESK ESSENTIALS: Crowdsourced...", "6 ITEMS MOVING IN/OUT ESSENTIALS: Crowdsourced Shopping List", "24 ITEMS KITCHEN/CLEANING ESSENTIALS: Crowdsourced...", "29 ITEMS HARLAN'S BOOK RECOMMENDATIONS", and "109 ITEMS Harlan's Going to College Shopping List". A partial post for "29 ITEMS College Essentials" is visible at the bottom left.

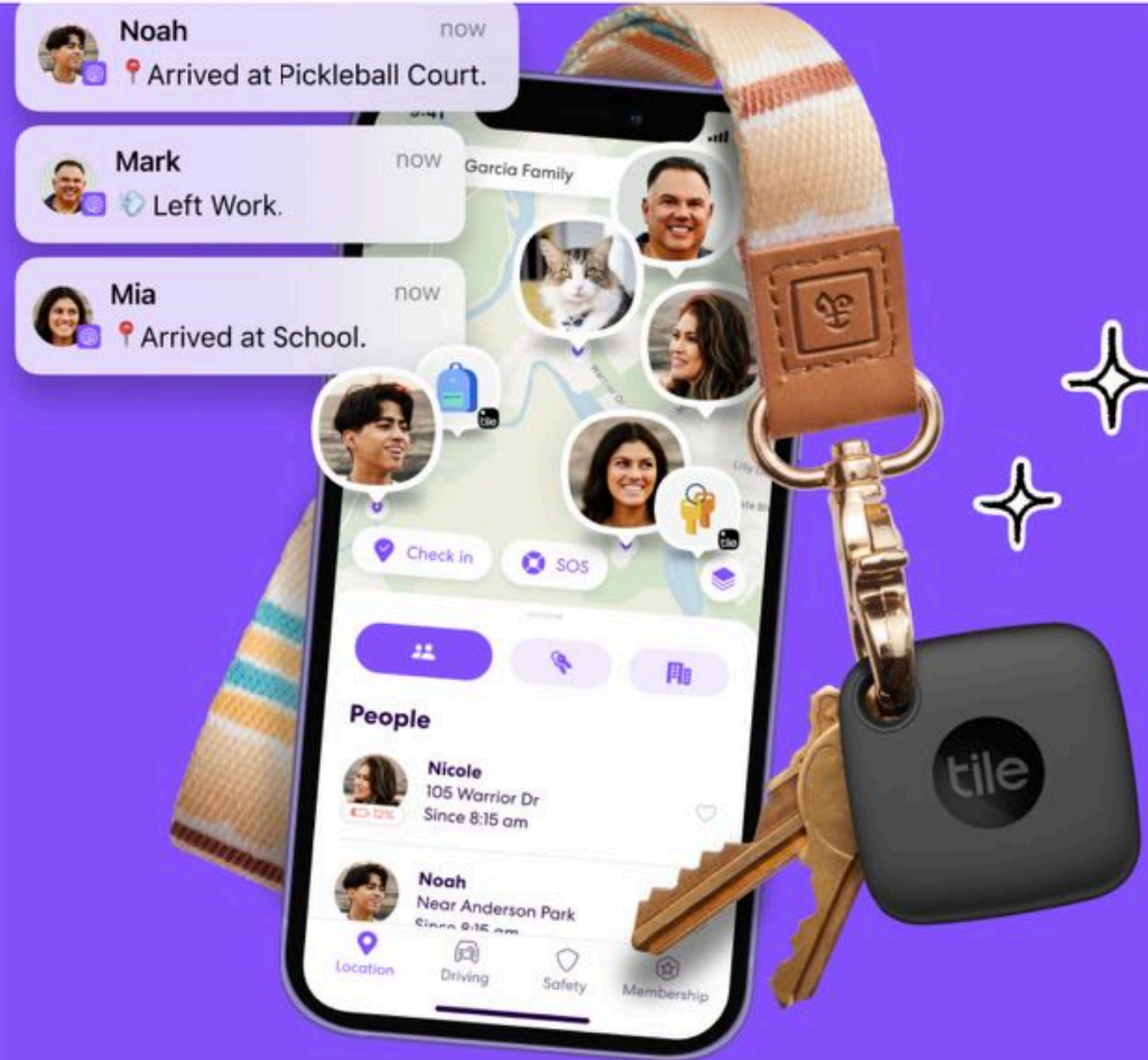
4. Be a Gotcha Parent

Are you a gotcha parent or a gotcha back parent?

- Track for safety
- Don't ask questions
- Keep it closed
- They will find work arounds
- Let them track you

 Life360

Sign in 



Life360: Leading family locator app & safety membership.

Protect and connect your loved ones, pets, & important stuff with Life360's advanced [driving](#), [location](#), & [digital safety](#) features. Plus, link your

5. Call/Email a Professor

Professors don't want to hear from parents. If there is an issue, have your student advocate for themselves. Make sure they keep a record. Encourage them to reach out to go to office hours and build a connection.

* They are unable to communicate

6. Fix Fix Fix



Give them room to fix the mess. Give it 24 hours. Then guide them by encouraging them to advocate for themselves and thinking people, places, and patience.

1. Unloading is real


2. Follow the 24-Hour Rule



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.

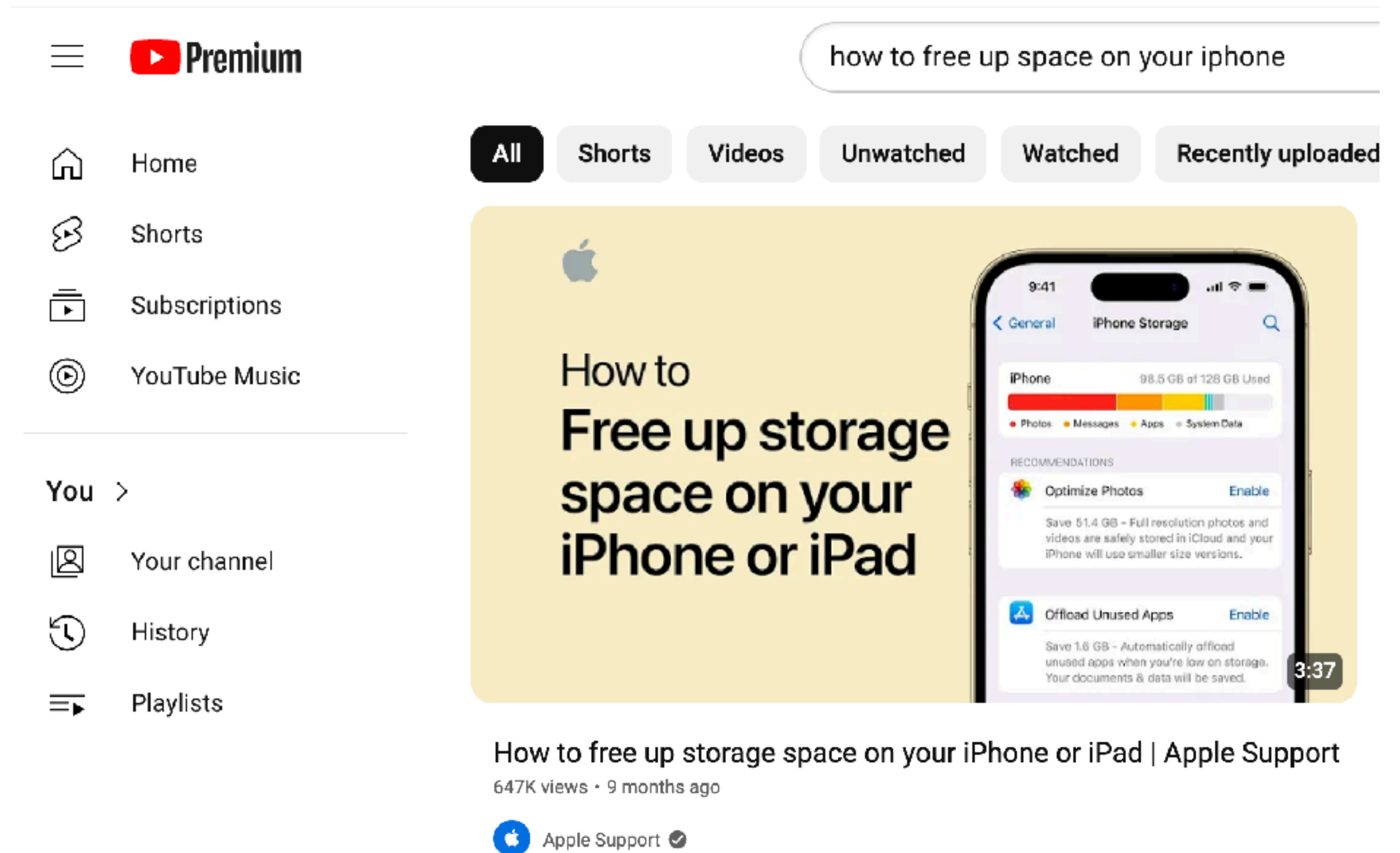


**Are you looking
to vent or do you
want advice?**

7. Text Abuse (Beware of the 5th wall)

If you need tech support, contact customer service or find it on YouTube. Be careful not to abuse how accessible they can be. Be careful of the 5th wall of technology. Talk about expectations before they start school.

HACK: Ask about the best way to communicate



The image shows a YouTube interface. At the top, there's a search bar with the text "how to free up space on your iphone". Below the search bar, there are tabs for "All", "Shorts", "Videos", "Unwatched", "Watched", and "Recently uploaded". The main content area displays a video thumbnail with the title "How to Free up storage space on your iPhone or iPad" and a duration of 3:37. The video is from the channel "Apple Support". Below the thumbnail, the video title is repeated: "How to free up storage space on your iPhone or iPad | Apple Support", along with "647K views · 9 months ago". The left sidebar shows the YouTube Premium logo and navigation options: Home, Shorts, Subscriptions, YouTube Music, and a "You" section with "Your channel", "History", and "Playlists".

8. Stop Looking For More Money

1. Merit Aid
2. Departmental Scholarships
3. Need-Based Aid
4. Emergency Funds
5. Travel for School-Related Events

We also filed a **merit** aid appeal to my son's top choice and the school awarded him more money!!! It brought the tuition a little closer to his 2nd choice school. We took this advice from one of your posts! Thank you

That's fantastic! What did he include in the appeal?

Offers from his 2nd and 3rd choice schools, his hs transcript again and information on all the dual enrollment courses he's taken. He really talked about how what a privilege it would be to attend this school and that he intends to work hard and take advantage of all they have to offer.



9. Automatically Blame Roommate

Could your kid be the roommate form hell?



RULE #1: Roommates who want to get along will find a way to get along.

RULE #2: Roommates aren't required to be friends (friendship is a bonus).

Rule #3: Follow the uncomfortable rule. The uncomfortable rule means you and your roommate agree to share what makes you uncomfortable within 24/48 hours of the problem. You do it face-to-face; not a text, not on Instagram, not on Snapchat.

- Avoiding living with a close friend your first year
- Look into Living and Learning Communities (LLC)

10. Assume You Have Access...

If your student is 18 years old, you may no longer have access to their medical information, financial information, and academic information.



U.S. Department of Education

Student Loans

Grants

Laws

Family Educational Rights and Privacy Act (FERPA)

Get the Latest on FERPA at <https://studentprivacy.ed.gov/>

- [Frequently Asked Questions](#)
- [FERPA for parents and students, K12 school officials and Postsecondary school officials](#)
- [Protection of Pupil Rights Amendment \(PPRA\)](#)
- [Guidance and Notices](#)
- [Filing a complaint under FERPA or PPRA](#)

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students."

10. Assume You Have Access...

THE WALL STREET JOURNAL.

Latest World Business U.S. Politics Economy Tech **Markets & Finance** Opinion Arts Lifestyle

PERSONAL FINANCE

Before Your Child Goes to College, Complete These 6 Important Documents

Parents need to make sure they have access to their kids' financial and medical records

By Cheryl Winokur Munk
Aug. 14, 2023 10:00 am ET

Share Resize 52

Listen (2 min)



Emergencies happen, so access to records ahead of time is important. ILLUSTRATION: ROB DOBI

Students heading off to college soon should leave a few important things behind for their parents.

Important Legal Forms For Your Student

Protect Your Student in an Emergency with the CollegeParents Emergency Student Documents Kit

Select the state for which you need documents.

You should create your documents first for the state in which your student spends the most time (such as where they are going to school).

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Illinois



Submit

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By securing these legal forms, you can ensure that you have the necessary authority to protect and support your college student in the event of an unexpected emergency, providing peace of mind for both you and your child.

If you have any questions, see our FAQ below.

11. Surprise Them...

1. Talk about when you will visit.
2. Have date on the calendar.
3. Should they come home if they are out of town?
4. A lunch can be a nice check-in
5. He missed being hugged

AUG 31 AT 9:24 PM

I just found out that my freshman daughter's boyfriend has been going to her college several times a week to spend the night in her dorm with her. I am beyond mad! We paid an extra \$2000 for her to have a single room, not so she can play house with her boyfriend. Advice, please.

12. Expect Perfection...

1. The first semester is a mess.
2. Some schools throw out grades.
3. Call it one big experiment.
4. Get help...

The image shows a screenshot of an NPR website article. At the top, there are logos for NPR and WBEZ CHICAGO. Navigation links include NEWS, CULTURE, MUSIC, PODCASTS & SHOWS, and SEARCH. Utility links for NEWSLETTERS, SIGN IN, NPR SHOP, and DONATE are also present. The article is categorized under EDUCATION and has the title "To help new students adapt, some colleges are eliminating grades". It is dated MARCH 26, 2023 - 6:10 AM ET and is from the HECHINGER REPORT, written by Jon Marcus. The main image is an illustration of large, 3D letters spelling "ABCDEF" on a grassy hill. Several people are interacting with the letters: one is climbing the 'C', another is sitting on the 'D', and others are standing nearby. The background shows a cityscape under a cloudy sky.

EDUCATION

To help new students adapt, some colleges are eliminating grades

MARCH 26, 2023 - 6:10 AM ET

FROM HECHINGER REPORT

By Jon Marcus

LA Johnson/NPR

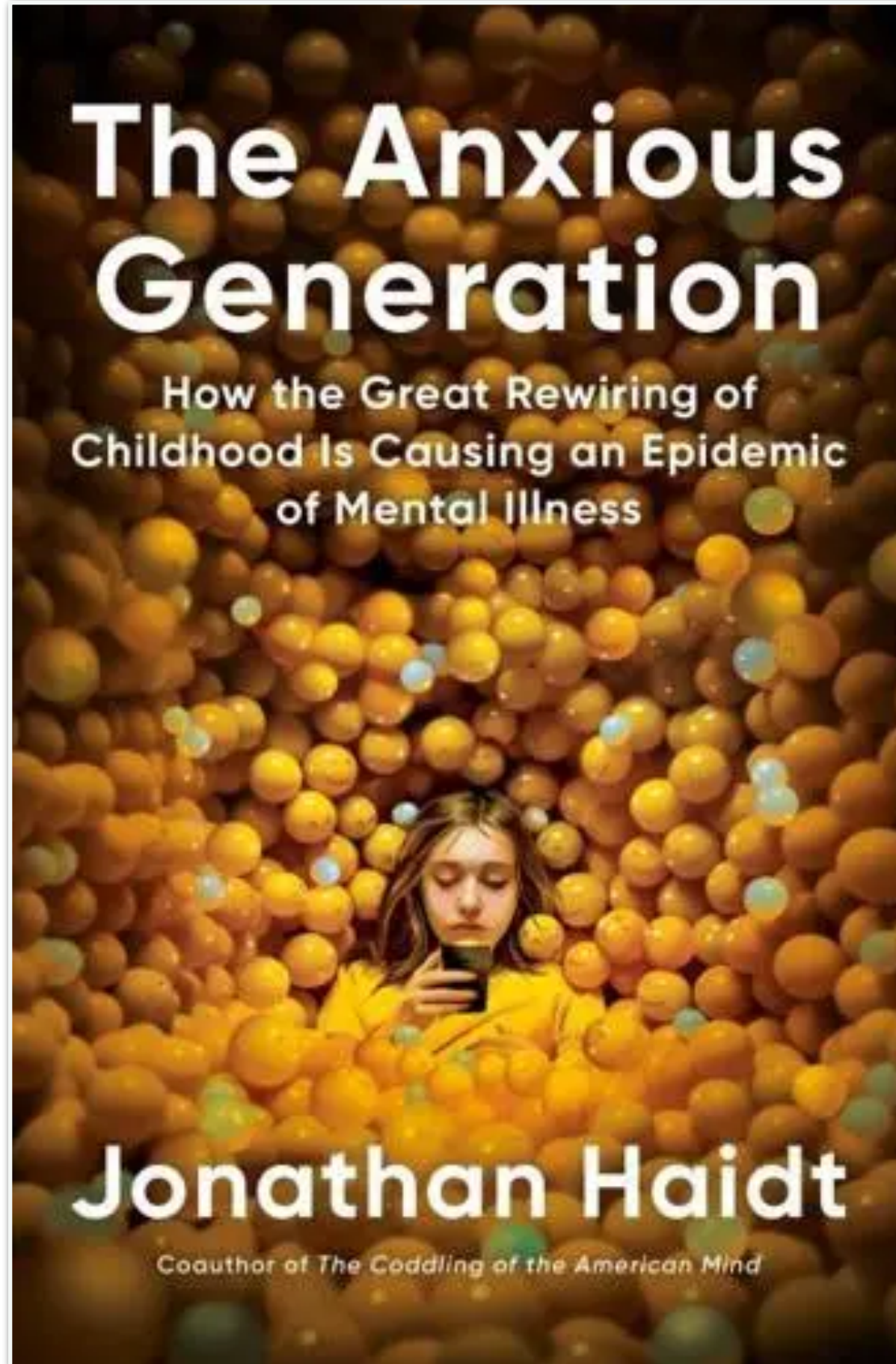
13. Cure Homesickness at Home

1. Homesickness is normal
2. Loneliness is normal
3. Have them create an emotional transition plan

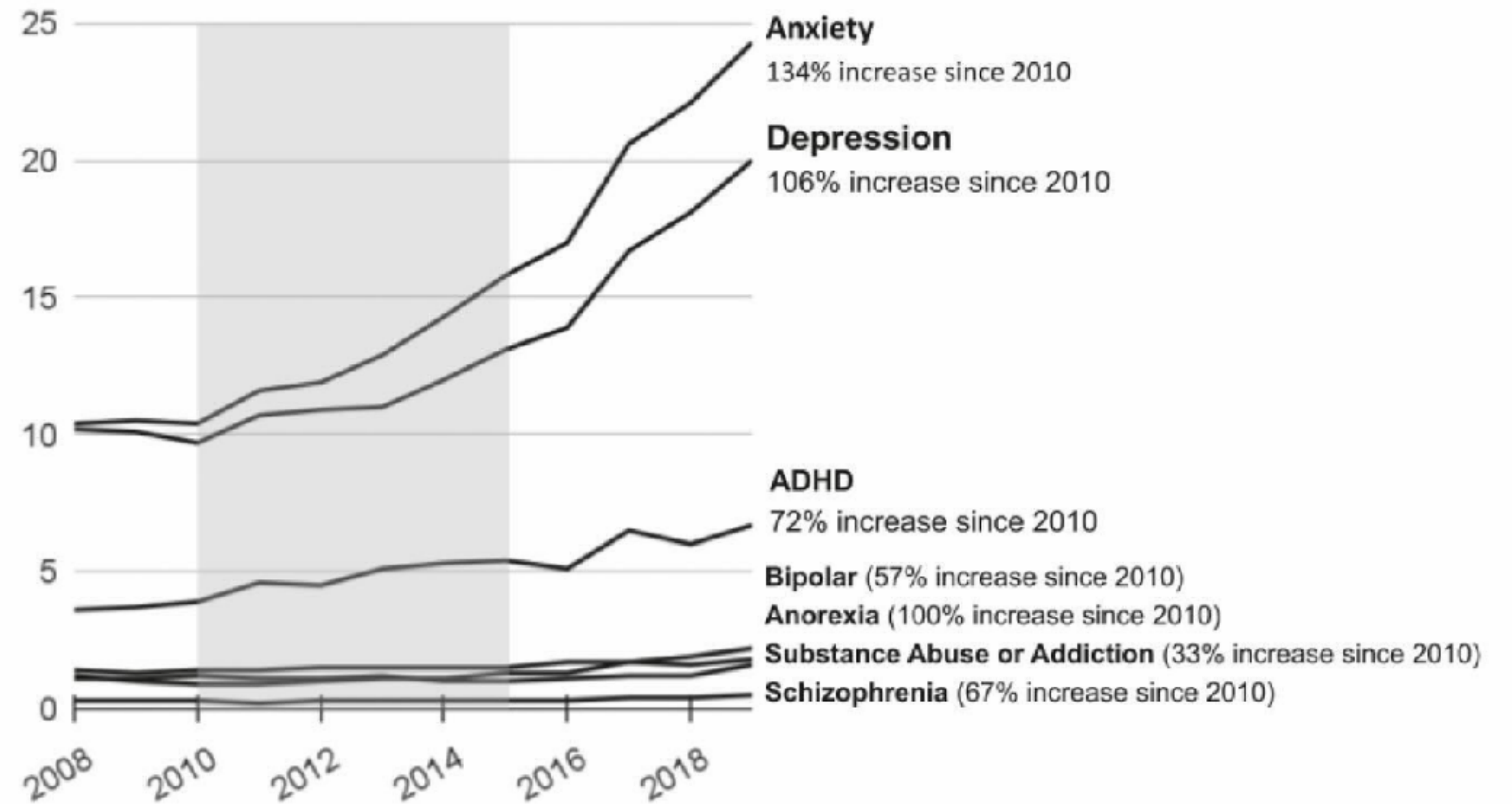
H. Mental Health and Wellbeing

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
Negative for loneliness (3-5)	50.6	49.1	33.2	48.5
Positive for loneliness (6-9)	49.4	50.9	66.8	51.5
Mean	5.40	5.49	6.26	5.51
Median	5.00	6.00	6.00	6.00
Std Dev	1.91	1.87	1.87	1.89



Mental Illness Among College Students



From *The Anxious Generation* by Jonathan Haidt
Source: American College Health Association

14. Redecorate Their Room...

1. Home is home

2. Don't over plan over breaks



15. Forget to take care of you!

1. Take care of you!
2. Create a personal challenge
3. Take a risk
4. Go on adventure
5. Find your people and places
6. Talk to a therapist
7. Form a support groups

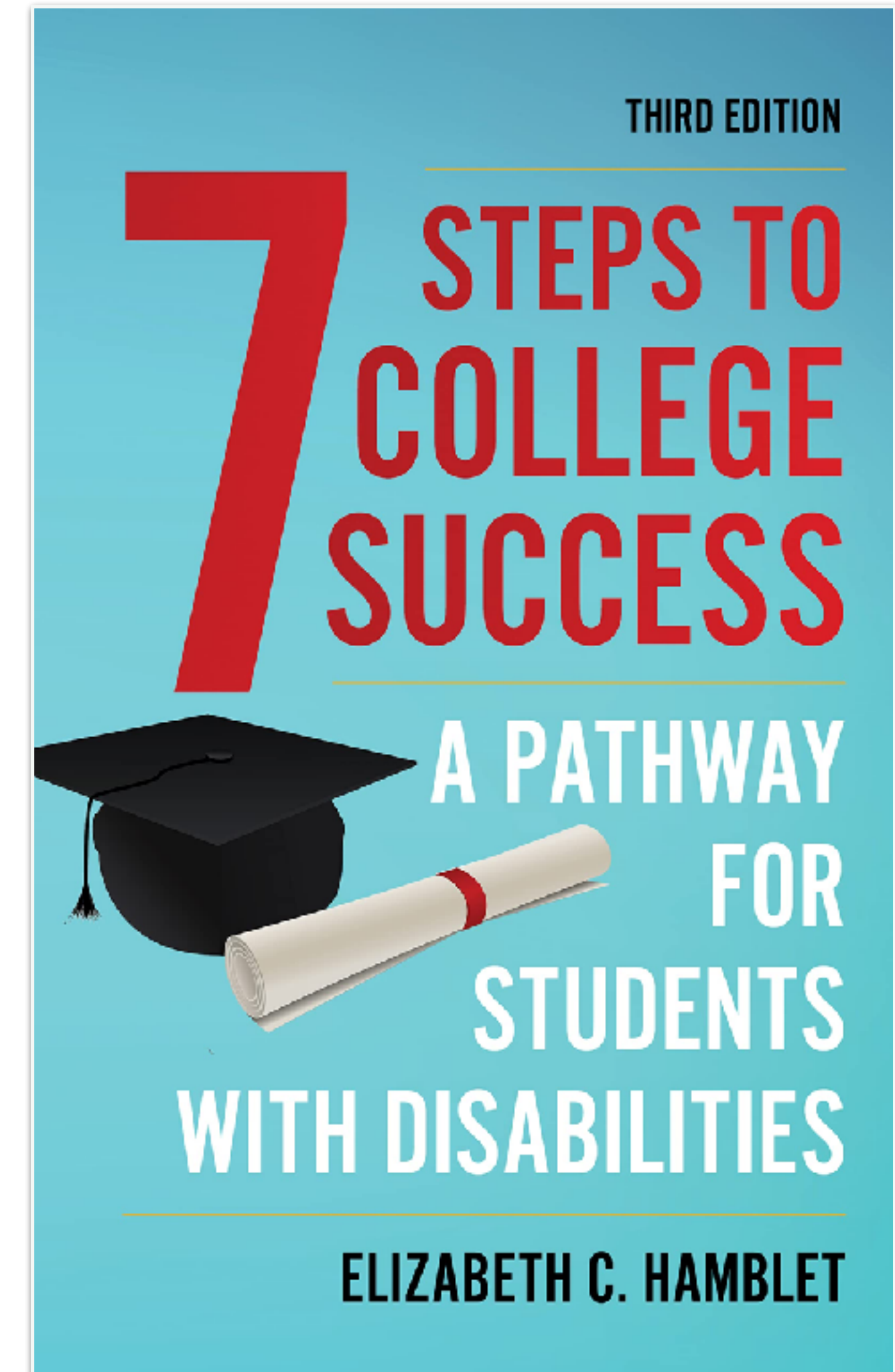
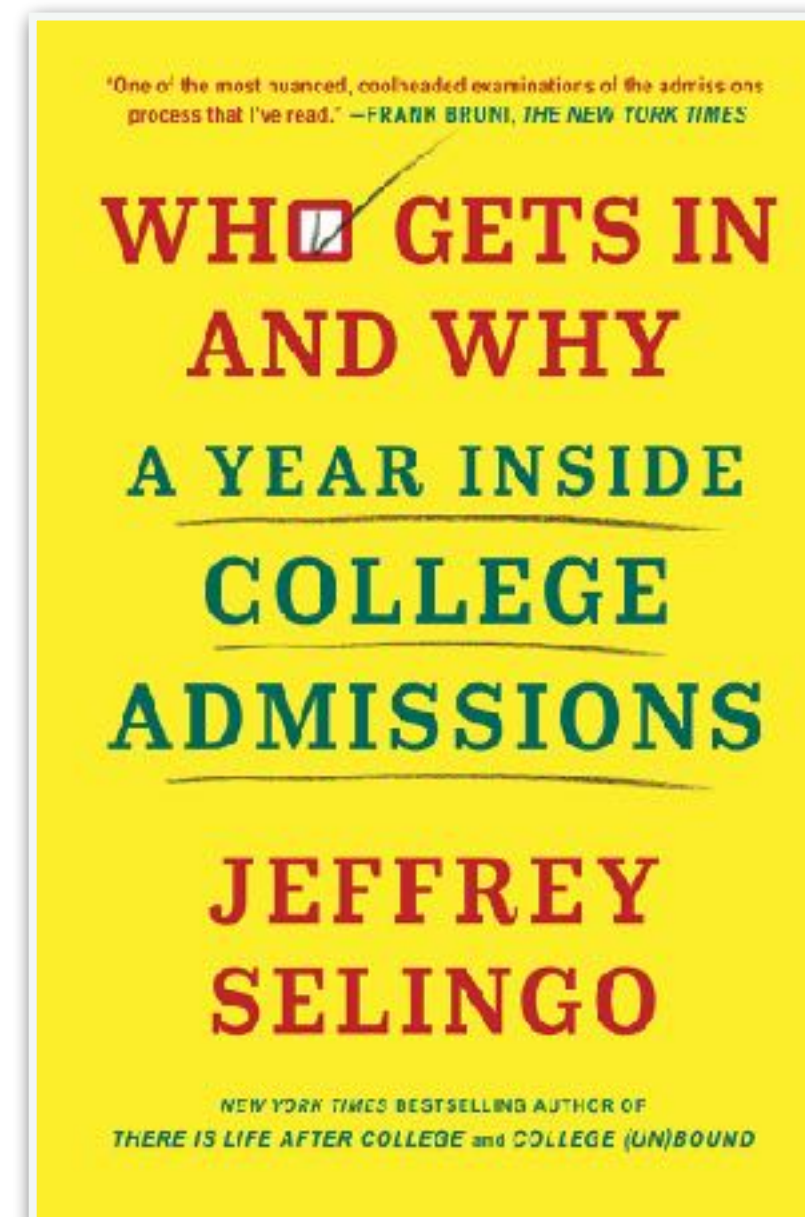
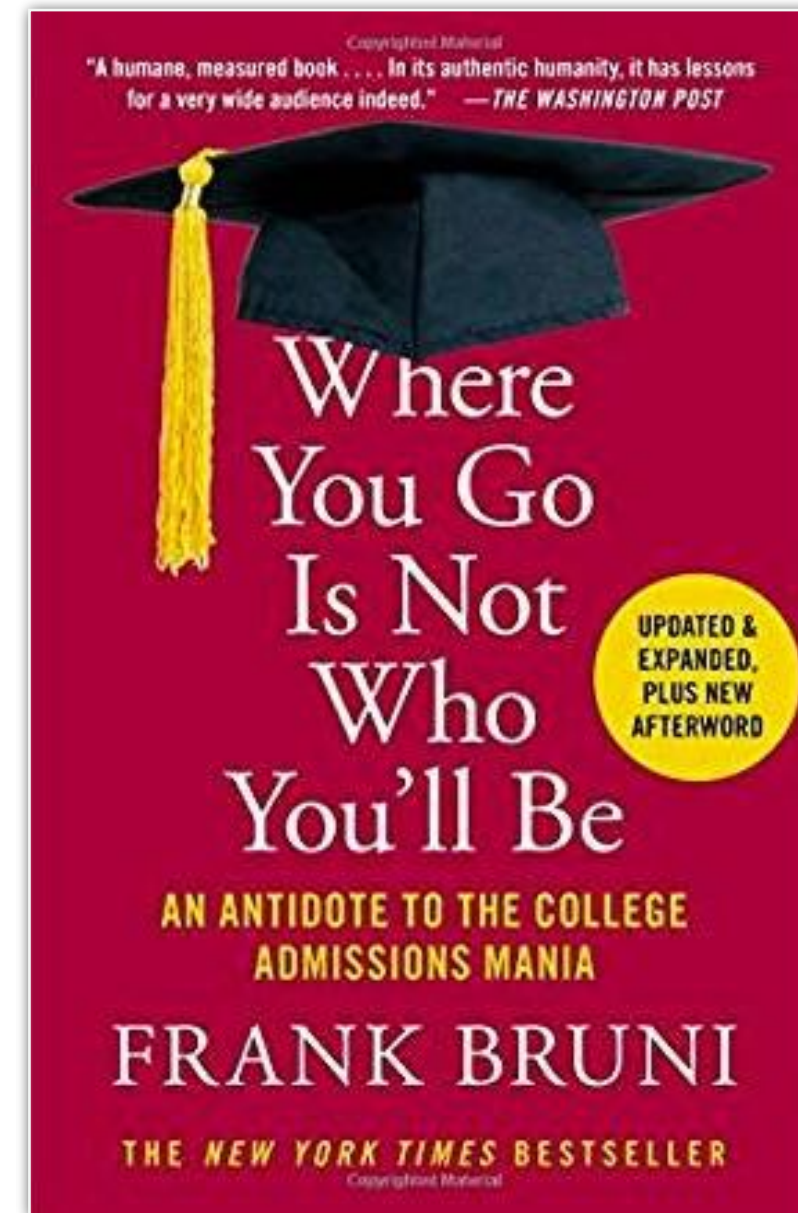
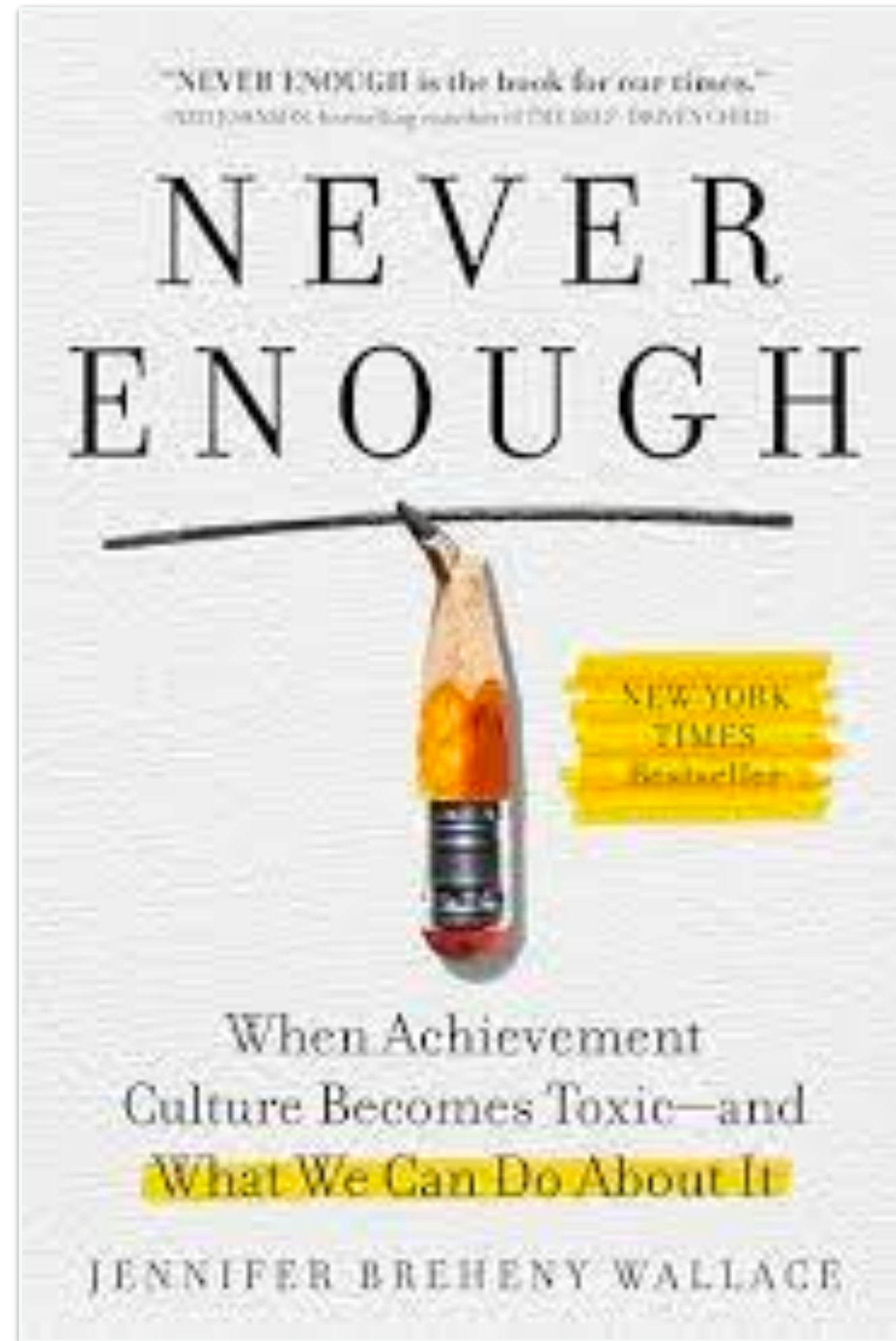


15 THINGS NEW COLLEGE PARENTS SHOULD NEVER DO...

1. Get carried away in hysterics
2. Fight The Uncomfortable
3. Wake up calls
4. Be a Gotcha Parent
5. Call/Email Teacher
6. Fix, Fix, Fix
7. Text Abuse
8. Stop Looking for Money

9. Automatically Blame Roommate
10. Assume You Have Access
11. Surprise Them
12. Expect Perfection
13. Cure Homesickness at Home
14. Redecorate Their Room
15. Forget to take care of you!

Suggested Reading



WINNERS HAVE BEEN SELECTED...

BEST FIRST YEAR
 **in college**

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courses.bestfirstyear.com

TRANSITION PLANNING COACHING SESSIONS

Social, Emotional, Physical, Financial, Academic

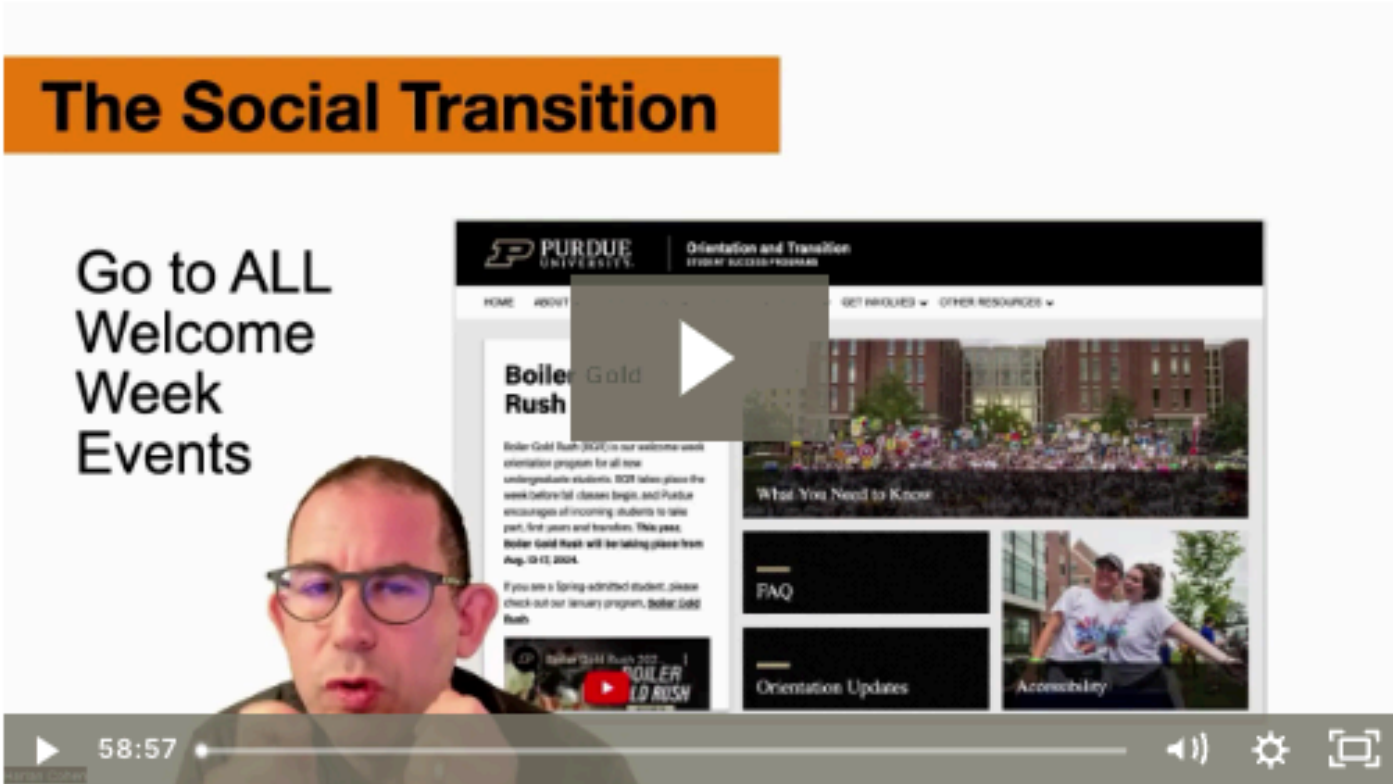
Go to Dashboard

BEST FIRST YEAR
in college

- (April 16 Replay) TOPIC: 5 Study Methods That Are Proven To Work
TEXT
- (April 30th REPLAY) TOPIC: Things I Learned at Newly Admitted Student Day
TEXT
- (May 14th REPLAY) Topic: Living on Campus
TEXT
- (May 28th REPLAY) Topic: Favorite Clubs and Activities
TEXT
- (June 11th REPLAY): Money Questions (loans, budgets, jobs, scholarships, tuition)
TEXT
- (June 25th REPLAY) Topic: Creating Your Social Transition Plan**
TEXT
- (July 9th REPLAY) Topic: Creating Your Emotional Transition Plan
TEXT
- (July 23rd) Topic: Creating Your Physical Transition Plan
TEXT
- (August 5th) Topic: Creating Your Financial Transition Plan
TEXT
- (August 19th) Topic: Creating Your Academic Transition Plan
TEXT

2023 College Coaching Sessions (Replays) 0/17

(June 25th REPLAY) Topic: Creating Your Social Transition Plan



The Social Transition

Go to ALL Welcome Week Events

(June 25th) Topic: Creating Your Social Transition Plan

Topic: How to prepare to navigate the physical transition to life in college and put together a plan. Harlan will share tools and strategies to help you make friends, find connection, find community, and manage other common social situations/challenges you might encounter.

COMPLETE & CONTINUE →



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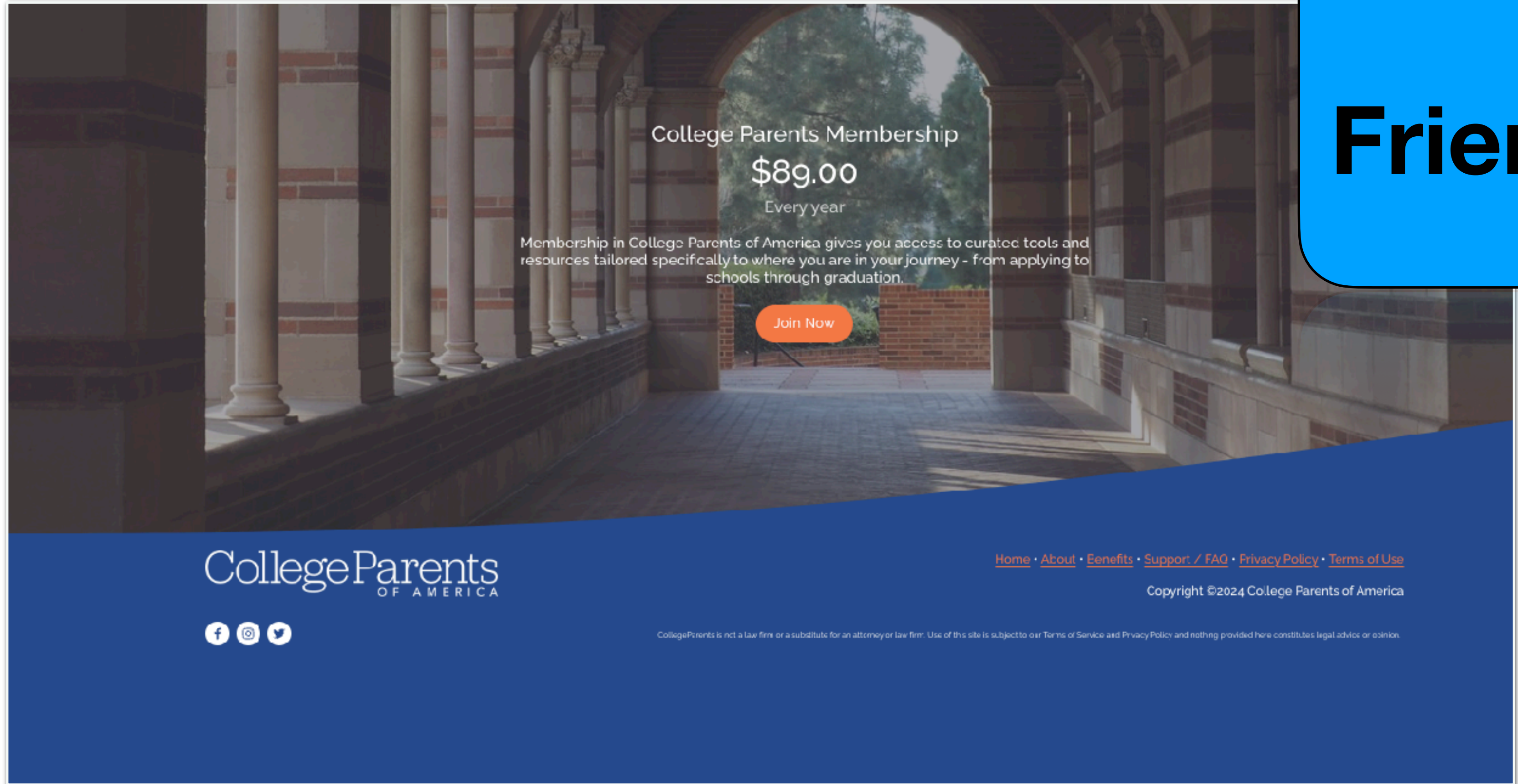
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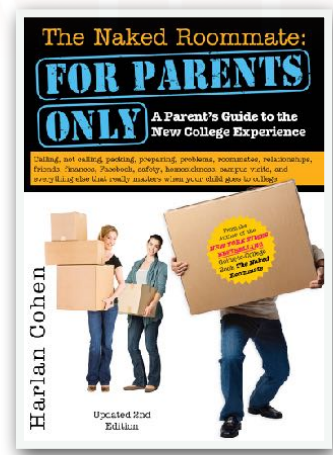
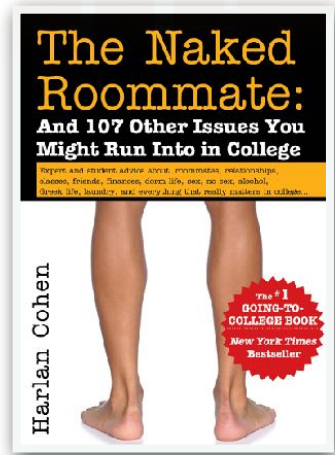
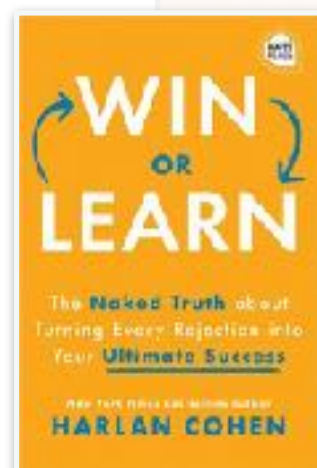
SUPPORTING YOU, SUPPORTING THEM



15 Things New College Parents Should NEVER DO



Featuring *New York Times* Bestselling
Author Harlan Cohen
JULY 11 at 7:30pm CST



HARLAN COHEN

www.HarlanCohen.com



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