Parent Suggested Reading List

133 Ways to Avoid Going Cuckoo When the Kids Fly the Nest: A Parent’s Guide for Surviving the Empty Nest Syndrome By: Lauren Schaffer and Sandy Fleischl Wasserman

2,002 Ways To Cheer Yourself Up Cyndi Haynes (1998)

Almost Grown: Launching Your Child from High School to College By: Patricia Pasick

Bringing Home the Laundry: Effective Parenting for College and Beyond by Janis Brody

Campus Daze, Easing the Transition from High School to College George Gibbs (2000)

Caring for the Mind: The Comprehensive Guide to Mental Health By: Dianne Hales and Robert E. Hales

College of the Overwhelmed

The Debt-Free Graduate: How to Survive College or university Without Going Broke Murray Baker (2000)

Don’t Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years by Helen E. Johnson and Christine Schelhas-Miller.

Doors Open from Both Sides Margo Woodacre, Steffany Bane (2001)


The Empty Nest: When Children Leave Home By: Shelley Bovey 1995

Empty Nest, Full Heart: The Journey from Home to College By: Andrea Van Steenhouse 2002

Empty-Nest Parenting: Adjusting Your Stewardship as Your Children Leave Home By: Richard M. Eyre 2002


Getting Ready for College: Everything You Need to Know before You Go from Bike Locks to Laundry Baskets, Financial Aid to Health Care Polly Berent. Foreword by Robert Franek

A Guide for Families of Commuter Students Cathie Hatch, Tracy Skipper

Guide to the College Years, by Helen E. Johnson and Christine Schelhas-Miller


How to Get the Most Out of College By: Nancy Schlossberg and Arthur Chickering

How to Help Your Teenager Find the Right Career Charles Shield (1995)


The Launching Years: Strategies for Parenting from Senior to College Life By: Laura Kastner and Jennifer Fugett Wyatt

Lesson: Fable For Our Times Carol Lynn Pearson & Kathleen Peterson (2000)

Let the Journey Begin: A Parent’s Monthly Guide to the College Experience By: Jacqueline MacKay and Wanda Ingram

Letting Go: A Parent’s Guide to Understanding the College Years By: Karen Levin Cobum and Madge Lawrence Treger


Millennials Go to College: Strategies for a New Generation on Campus by William Strauss


A New Chapter: How Parents Fit Into Their Students’ Lives at College. 8-page pamphlet published by PaperClip Communications


A Parent's Guide to Sex, Drugs, and Flunking Out : Answers to the Questions Your College Student Doesn't Want You to Ask by Joel Epstein

Rising Millennials Face Worldview Conflict by Shirley A. Carson

She’s Leaving Home: Letting Go As Daughter Goes to College By: Connie Jones


Tuesdays With Morrie Mitch Albom (2002)

The Truth About College: 50 Lessons for Parents Before They Start Writing Checks Will Keim, Will S. Keim (1997)

The Ultimate College Survival Guide By: Janet Farrar Worthington and Ronald T. Farrar

When Hope and Fear Collide: A Portrait of Today's College Student Arthur Levine (1998)


When Your Kid Goes to College; A Parents Survival Guide By: Carol Barkin

When Your Kids Go To College Lucantoni N. Salvi, Michael J. Hunt (1994)


You're on Your Own (But I'm Here if You Need Me): Mentoring Your Child During the College Years, by Marjorie Savage 2003