

College Frenzy: How to Minimize & Manage the Stress

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Handout

"You can't stop the waves but you can learn to surf"

Jon Kabat-Zinn

Keep your focus through the process on Discovery and Curiosity rather than Threat and Fear

Success is:

- personally defined
- impacted by individual realities
- achieved via many paths (including but not limited to college)
- correlated most highly with Positive Relationships, Resilience, Skills & Habits

Post High School Readiness Tips

FRESHMEN & SOPHOMORES	JUNIORS	SENIORS
<p>Be a High School Student 😊</p> <ul style="list-style-type: none">• Invest in learning. Dive deeply.• Ask questions.• Be involved. Try new things.• Spend time with friends.• Talk with teachers & counselors.	<p>Be a High School Student 😊</p> <ul style="list-style-type: none">• Think about Post High School options• Engage in self-reflection• Learn about opportunities including college & other programs• Clarify expectations	<p>Be a High School Student 😊</p> <ul style="list-style-type: none">• Manage expectations• Stay realistic• Focus on opportunities• Keep Wise Brain in charge• Practice skills of independence

4 ways parents can reduce stress at Home

1. Catch, Challenge and Change

threat focused thinking & "less than" language

2. Let the process be about and owned by *your teen*

Schedule and limit the time and energy *you* devote to post high school planning. Stop saying "we".

3. Make a daily gratitude practice

for what you like and respect about the human being that is your teen.

4. Reinforce and model healthy habits

especially sleep and emotion regulation to access wise-brain.

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