

# Parenting For The Summer Before College and Beyond

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K.N.O.W. 2 PREVENT

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## Stressful Time for Seniors & Parents

- Balance independence with responsibility
- End of high school events
- Prom: relationships, appearance, dancing, money, post-prom activities, sleeping arrangements, substance use
- Graduation: Ambivalence about “moving on” and changes in relationships
- Going away, living at home, living locally
- Financial uncertainties

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## Goal & Tasks

Goal: To launch a healthy senior

- Who is your teen?
- How do others perceive them?
- What do they need?

Tasks:

- Identity formation
- Separation

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## Tips For Parents

Who is your senior? Perception of others?

1. Temperament

2. Appearance

3. Abilities and Skills:

- Social
- Musical
- Intellectual
- Athletic
- Artistic
- Study
- Organization
- Financial

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## Prepare your senior for being

- a smaller fish in a big pond
- a larger fish in a big pond
- a smaller fish in a small pond
- a larger fish in a small pond

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## Teach skills now

1. Social
  - starting and ending conversation
  - refusal
  - communication
  - assertive vs. aggressive
2. Relaxation & recreation
3. Stress management
4. Anger management
5. Time management
6. \$ management

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## Encourage/provide opportunities to practice skills

- volunteer activities
- employment
- situations with unfamiliar people
- situations with friends/peers

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## Prom

- Set limits
- Prepare for risks
- Discuss alternatives

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## College

- Substance use increases between end of senior year through first year after graduation
- First six weeks more vulnerable for heavy drinking and alcohol related consequences because of student expectations and social pressures

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## Have “The Talk”

- Clarify your own values
- Be clear about a “no use” message
- Focus on health and safety issues
- Make a plan in case your child finds him/herself in an unsafe situation
- Seek help if problems persist

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