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August 2011 Newsletter

SuccessfulCollegeParenting.com



Successful College Parenting Strategies

When you are more successful in your parenting your student is more successful in life! ™

Dear Kay,

We are recently back from a road trip that took us through the northwestern, midwestern, and great plains states. We used a Rand McNally Road Atlas to chart our daily drive, camped along the way, stayed in hotels from time-to-time and my husband celebrated his 50th birthday in Badlands National Park with coyotes howling and an owl on guard throughout the night -- his Happy Birthday symphony.



As with any trip there was much to observe -- some sights were exhilarating - vast landscapes and a close encounter with a free-roaming buffalo - but other sights reflected the state of our economy and perhaps also the life of young people.

Few cars were on the roads and many a dream had been abandoned -- gas stations, cafes, corner markets, etc. -- even at what seemed to be busy stops along the highway. We noticed that the

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Pre-Recorded webinars presented by Kay Kimball Gruder are now available.

\$15.99



Attend when you desire.

Register [here](#) and select "Recorded Sessions" - This month's selection is **Saying Good-bye**. (More to follow.)

Saying Good-bye - Parents often ask, "Is it okay if I cry?" This webinar is designed for parents/guardians who wish to think about and shape the

majority of families who were traveling were with children 10 years of age and under, and the couple of times when we saw teens they were with youth camps. What really struck me was how few children we saw playing outside in the many towns through which we traveled. We passed hundreds if not thousands of front and back yards and we only saw a couple of soccer teams on a field outside of Coeur d'Alene, Idaho, two Amish boys racing around in a buggy with a frisky pony, three boys on bikes getting soda from a machine outside a gas station and that was about it in 17 days! Swimming pools were unoccupied, parks were vacant, and at times it felt just plain eerie.

Our 14-year old became curious about each state and would dive into map reading, confirming we were going the correct direction, asking questions about the state we were in, and noting places to stop along the way. At least 3 times a day she would ask, "Can I see the map please?" I guess one has to find something to do when travelling 13+ hours a day without a video screen on board -- boredom can be a wonderful thing. She was both observant and invested in knowing where she had been and where she was going. When we were in Seattle, which was unfamiliar to her, we had her navigate where we should go -- how to walk from point A to B, decipher ferry schedules, find the ticket window, and walk ahead of us on the street as if she lived there.

It's easy when you do things as a family for parents to take the lead, but periodically we would take a back seat, providing our daughter with opportunities to navigate unfamiliar environments -- a skill she needs in order to effectively move through life. Perhaps on our next big U.S.A. road trip we will truly be in the back seat, because she will be behind the wheel!

All the best in your parenting,
-Kay

[Enjoy reading this month's article, "Five College Parenting Tips: Courtesy of Excellent Coaches"](#)

Kay Kimball Gruder

Founder, [Successful College Parenting](#)
M.Ed. & [Parent Coaching Institute](#)™ Certified Parent Coach®
College Parenting Expert, [College Parenting Magazine](#)

Find me on Twitter @KKimballGruder
or <http://twitter.com/KKimballGruder> .

remaining days leading up to their student's departure to college. It is not uncommon to feel that time is flying, and to experience heightened stress as the day draws near. Taking time now, to think about the important messages you seek to convey to your son or daughter, will help you to reduce stress and to find focus as you experience this transition of sending a young adult to college.

Please also note:

After you have attended the webinar you will receive a handout (sent to your e-mail) highlighting the key points and strategies discussed. Upon purchase of the webinar you may listen to it as much as you like for up to 60 days after you have registered. Beyond the 60 days your access will expire.

Kay's News - August

Join the conversation [Involved College Parents](#) on LinkedIn

Also Consider Reading

August 2010 article: [Saying Good-bye](#)

August 2009 article: [Parenting Through Transitions](#)

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Five College Parenting Tips: Courtesy of Excellent Coaches

As the parent of an athlete I spend a lot of time listening to coaches and observing organized sports.



I often see parallels between excellent coaching and great parenting and I have gathered some tips and strategies to add to our parenting toolkit. Join me in the land of:

- "no excuses;"
- "anticipate and prepare;"
- "no complaining;"
- "practice creates confidence;"
- "adverse circumstances are inevitable."

[Read "Five College Parenting Tips" and gain strategies to more effectively guide and support your college student.](#)

Communication Central - Packing Patience



If there is one thing you can pack when you bring your son or daughter to college it is patience. When we think of patience we associate it with calmness and a willingness or ability to experience a delay. What might this look like when helping your student move-in or return to college?

Consider implementing some of the following:

- let your student articulate his or her needs to others - resist jumping in to get the conversation going or to complete your student's thoughts;
- sit back and let your student organize his or her space - try only offering a suggestion when asked;
- flow with some degree of uncertainty - rarely does everything need to be figured out all at once;
- step out of long lines if you find them particularly frustrating - stand to the side or take a brief walk while your student waits;

- monitor if a need you have is really a pressing need - in other words, does it really matter right now;
- suggest that you all take a break when frustration levels rise - get a coffee or check-out the campus bookstore.

When you reduce your stress and impatience your time together will be more pleasant.

Did You Know? Recent Data About College Students With Disabilities

In the Freshman Fall 2010 Survey, "More students identified as having ADHD (5.0%) or a psychological disorder (3.8%) than any other disability/condition. Learning disabilities (2.9%), the other "hidden" condition, was the third most identified disability among students. As we noted with 2008 American Freshman Report, the percentage of students beginning college with a learning disability has steadily increased since we introduced the disability status question in 1983."



Source: The Cooperative Institutional Research Program (CIRP) administered by the Higher Education Research Institute. [April 2011 Research Brief](#) - College Students with "Hidden" Disabilities

Thank you to a subscriber who suggested I write an article about parenting college students with disabilities – look for this during the fall. As always, enjoy this month's newsletter and please email me with topics you'd like to learn more about. [SuccessfulCollegeParenting.com](#) is your resource for enhancing your child's college experience and reducing your stress. Visit the website to read this month's article and to access the archive of articles.

Sincerely,

Kay Kimball Gruder, M.Ed., [Parent Coaching Institute](#)™ Certified Parent Coach®



COLLEGE PARENTING
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SuccessfulCollegeParenting.com | 611 Route 197 | Woodstock | CT | 06281