**Books**

Coburn, Karent Levin and Madge Lawrence. *Letting Go: A Parents’ Guide to Understanding the College Years.*


Johnson, Helen E. *Don’t Tell Me What To Do, Just Send Money: The Essential Parenting Guide to the College Years.*


Savage, Marjorie. *You’re on Your Own (But I’m Here If you Need Me): Mentoring Your Child During the College Years.*


Taffel, Ron. *Childhood Unbound: Saving Our Kids’ Best Selves—Confident Parenting in a World of Change.*

Taffel, Ron. *Second Family: Dealing with Peer Power, Pop Culture, the Wall of Silence—and Other Challenges of Raising Today’s Teens.*


Wechsler, Henry and Bernice Wuethrich. *Dying to Drink: Confronting Binge Drinking on College Campuses.*
**Articles**

DeMarrais, Kevin. “Building Good Credit at College.” The Record. 7/27/08.


“27 Money Tips for College Students.” http://www.getrichslowly.org/blog/2006/08/30/27-money-tips-for-college-students/


On-Line Resources

www.collegeparents.org *

www.healthychildren.org *

www.education.com *

www.cdc.gov (search “young adult”)

www.aboutourkids.org *

www.childmind.org *

www.todaysparentusa.org *

www.psychcentral.com *

www.collegedrinkingprevention.gov

www.yourcollegekid.com

www.dormco.com (college dorm supplies)

www.teenlife.com

www.usagapyearfairs.org (gap year program resources)

www.strugglingteens.com (educational consultants and intervention resources)

www.onetruezone.com (career coaching for high school and college students)

www.launchintocollege.com (an interactive course focusing on the psychological challenges of parenting teens through the college transition)

*Search “college transition” unless otherwise noted.

Don’t forget to check your child’s college/university website for parent information, health and mental health services, information on wellness programming, and money management.
Additional Notes
1. Your child should have knowledge of his/her personal medical history as well as any pertinent family facts and information. Consider having your child fill out medical forms with your guidance. Documents for students to bring with them to college: proof of health insurance, immunization records, and emergency contact card.

2. Check your cell phone coverage in the area & adjust plan if needed.

3. Set up a bank account/get a bank card and establish a monthly budget.

4. Establish an initial plan of communication that meets everyone’s comfort level and expectations. Be flexible!!

Gap Year Resources
www.usagapyearfairs.org (gap year program resources, annual listing of fairs)

www.interimprograms.com (gap year consultant for customized programs)

www.teenlife.com

www.ciee.org

www.rusticpathways.com

www.semesteratsea.org

www.wheretherebedragons.com

www.outwardbound.org

www.nols.edu

Articles and Books
Today Parenting – Should your child have a ‘gap year’ before college? http://tinyurl.com/cfkagpt

USA Today – Gap Year Gains Make College Education worth the Wait http://tinyurl.com/chfpo6s

Time – Gap Year: The Growing Appeal of Not Going Right to College http://tinyurl.com/b3flefo