

JACKET LINK/BRIDGE PROGRAM

Family Reading Resources

Books:

- Bane, S. & Bane Woodacre, M. (2006). I'll miss you too: An off-to-college guide for parents and students.
- Barkin, C. (1999). When your kid goes to college: A parent's survival guide.
- Coburn, K.L. & Treeger, M.L. (2009). Letting go: A parents' guide to understanding the college years.
- Cohen, H. (2010). The happiest kid on campus: A parent's guide to the very best college experience (for you and your child).
- Cohen, H. (2012). The naked roommate: For parents only: A parent's guide to the new college experience: Calling, not calling, packing, preparing, problems, roommates...Matters when your child goes to college.
- Hofer, B. & Sullivan Moore, A. (2011). The iconnected parent: Staying close to your kids in college (and beyond) while letting them grow up.
- Kastner, L. & Wyatt, J. (2002). The launching years: Strategies for parenting from senior year to college life.
- Savage, M. (2009). You're on your own (But I'm here if you need me): Mentoring your child during the college years.
- Schaffer, L. & Wasserman, S.F. (2001). 133 ways to avoid going cuckoo when the kids fly the nest: A parent's guide for surviving empty nest syndrome.
- Steenhouse, A.V. (2002). Empty nest. Full heart: The journey from home to college.

Blog Posts:

*Please note, the links below are hyperlinked and will direct you to the blog websites.

• **How to Help Kids Adjust to College:**

https://greatergood.berkeley.edu/article/item/how_to_help_kids_adjust_to_college

• **The 2020 College Transition – A Guide for Parents:**

<https://www.collegiateparent.com/family-life/2020-college-transition-parent-tips/>

• **How to Emotionally Prepare as a Parent Before You Send your Kid to**

College: <https://www.parents.com/parenting/how-to-emotionally-prepare-as-a-parent-before-you-send-your-kid-to-college/>