

Parents' Guide

When my kids went to college, they had already seen the original video I did on this subject back in 1992. When I dropped them off a college, I said, "You're in charge now. It's your job to figure it out." I never asked what classes they were planning to take. I only asked if they had talked to their academic counselor to make sure they were on path to graduate. Many of today's parents like to be *a lot* more involved. Whatever your parenting style, I'd like you to watch our completely new and comprehensive videos with your son or daughter. Why? To better understand the challenges your student faces. And if you want to be involved in their college academic life, you'll be on the same page when issues arise. What's more, you'll be able to make the most of our [Trouble-Shooting checklist](#).

Spread Out Your Viewing

Don't watch all of the videos in one sitting. It's really not like watching a movie. There's a lot of information, too much to digest in one viewing. It's comprehensive: more than two hours long. So, it's really like a course. The program is divided into five major parts with multiple chapters. Watch one part at a time. Spread your viewing out over a few days. At the end of each chapter, there's a list of learning points.

Learning Point PDFs

There's no need to take notes when watching the video. Your downloaded files includes a folder containing a one page PDF file for each chapter. Print two copies of the PDFs, one for you, one for your student.

Follow Up With Your Student: A Game Plan

Watch the videos during the summer before college. You might even review them while driving your student to college on move-in day. Here are some guideposts to consider during the semester (quarter).

- After the first week, send this email or text message. Have you looked at the syllabus from each course and made a master list of the dates for all the quizzes, papers, projects and exams for the semester (or quarter)?
- Sometime during the second week, send another email or text. "Have you set up a study schedule?" Refer your son or daughter to the free video on our website titled: Time Management.
- Prior to mid-term and final exams, send them this email. "Just a reminder that with mid-terms coming up in a few weeks, you should consider taking a look at a few of the video chapters on preparing for exams. Video chapters 19-27 gives good advice. Watch the videos that apply to you. There's a little more than a half hour there. They can watch them while having lunch.
- Also prior to mid-term and final exams, send them an email reminding them to view video chapters 28 – 33 test taking strategies and test anxiety issues. There's roughly 25 minutes of video, again, enough to review while having lunch.

-John Spiropoulos