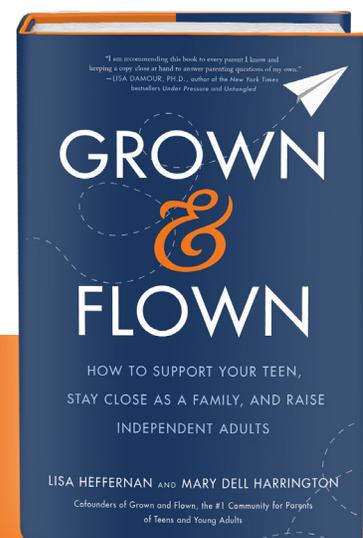


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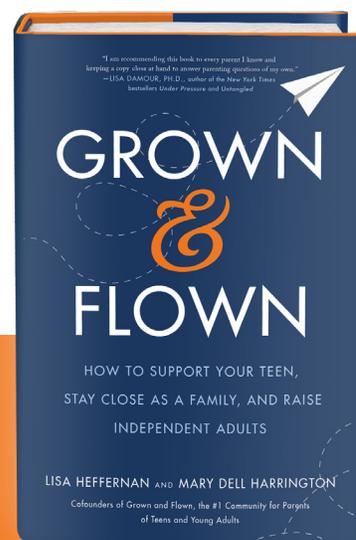
READING GROUP GUIDE

1. What has changed the most about how teens and parents relate since you were growing up? What has stayed the same?
2. Many students struggle with school-life balance. What are some ways you have helped your teen find balance?
3. “Coming to terms with the fact that our kids are doing just fine, even if they are not given the accolades of a standout, can sometimes be a greater challenge for a parent than for their teen” (page 159). How do you manage your expectations for your teen, academic or otherwise?
4. To check or not to check: where do you fall in the debate over grade portals?
5. How have technology and social media affected how you connect and stay connected with your teen?
6. Depression and anxiety have soared among young adults in recent years. How has mental health impacted your teen? How have you approached these conversations with him/her? What resources have you found to be helpful?
7. How have you approached talking to your teen about love and sex? Do you find that the current social and cultural conversations provide a helpful context for these conversations?
8. What are some of the biggest challenges you’ve faced in staying close with your teen as they grow older and leave home? Where have you had the most success?
9. What are your feelings on location-based tracking apps? Do you consider this a helpful tool or an invasion of privacy? Does your teen feel differently?



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10. "While we teach our kids respect for expertise and authority, it is also important for them to understand that no one knows their body and mind better than they do" (page 91). How have you taught your teen to advocate for his/her own health?
11. "Letting go of our kids has become an almost contentious issue. On one side of the philosophical spectrum are parents who argue that clinging to your teens is a selfish act that impedes their progress toward adulthood. On the other side are parents who argue that we cannot love our kids too much" (page 240). What are your thoughts on how much to stay close to our teens and how much to let go?
12. A four-year college is not the only option post-graduation. What other opportunities have you considered with your teen? How do you feel about those possibilities? How does he/she feel?
13. "Sadly, college admissions is viewed by many as the ultimate report card on parenting: a single, defining letter grade given at the end of eighteen long years of loving effort" (page 197). How has social pressure surrounding college admissions affected you as a parent? Does your teen have a different perspective? Do you think those cultural pressures and expectations are shifting?
14. "We asked hundreds of parents how they best dealt with their teens going off to college. The number one response was focusing on how happy their kid was in their new environment. The second most popular way to adapt was to focus on the kids who were still living at home" (pages 288-289). How do you think you will/did you deal with your teen going off to college? What would you recommend to other parents going through the same thing?
15. "Students are likelier to have a successful sojourn on campus when they involve themselves in the life of the college—academically, socially, athletically, or in any other constructive manner" (page 324). What are some ways your teen has been able to engage and thrive in college?



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