

As the parent of a college student, it's exciting to see your child grow up and have adult successes. But it isn't always easy, and college students today still need your support.

**Here's how to handle the [three biggest worries](#) we hear over and over again from parents of college students:**

**Worry #1: You want to help manage your student's stress, but every time you talk to them about it, they shut down.** College students are under more stress than ever before, and it affects the whole family. This is just a fact. Dismissing it, or telling them that they are being silly is not productive. Instead, help them manage it.

- **Educate yourself about your student's plan so that you can be a good support system.** What is their major, what courses do they need each semester, and what kind of internship do they want? You can't execute the plan, but it's helpful for them to be able to talk to you about it.
- **Encourage them to reach out to the resources that are available on campus.** There are many resources for helping students on campus, and most of them are underused. Gently encourage your student to make use of writing centers, career centers, disability offices, and alumni mentoring programs. Learning how to reach out and ask for help is a great skill for them. If they don't get the help they need from one person, encourage them not to give up.
- **If your child is really underwater, set up regular meetings.** Make sure they are taking small steps every week to look at the big picture. Every step of the way, you need to encourage them to connect with other people, not just you.

**Worry #2: You worry that the costs of college are out of control. College costs have skyrocketed, and it feels like you have no control – the bills just keep coming!**

- **The best way to control costs is to make sure that your child graduates in four years.** This often means formulating a plan for choosing a major by sophomore year, and working closely with their advisor to understand the major requirements. We don't recommend taking on a second major if it means an extra semester of school.
- **Also, make sure you understand costs of summer school and summer internship credits.** It may be worth it for your student to do their internship without getting college credit to avoid extra costs.
- This is easier said than done, but - help them ensure they have a **job lined up after graduation.** Or at least a clear plan in place to get one. Languishing for months after their expensive education is not part of the plan!

**Worry #3: Employers won't be able to see that your child is remarkable.**

- **Don't encourage your child to apply blindly to jobs online** –it's often unproductive and can kill your child's confidence.
- **Encourage your student to reach out to everyone they know.** The best way to find a job is by networking with confidence.
- **Help your student understand their unique strengths and be able to talk about them.** This is a learned skill and takes a lot of practice.
- **Help your student find a mentor or career coach.**