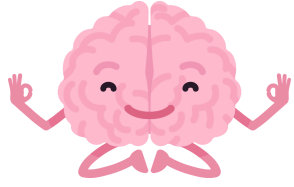


MANAGING ACADEMIC PRESSURE

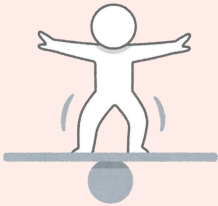


A Guide To The Do's And Don'ts Of Supporting Your Child's Success

Do



Emphasize effort and persistence over grades



Encourage balance between school, social life, and self-care.



Reassure them that their future isn't determined by one test or class.



Be a source of emotional support rather than stress.



Help them develop healthy study habits and time management skills.

Don't



Criticize their grades or compare them to others.



Push them into majors or careers they don't enjoy



Assume stress is just part of college and ignore warning signs



Call only to talk about academics



Make their academic success a measure of your own parenting.