Suggested Readings for Family Members

College Of The Overwhelmed: The Campus Mental Health Crisis And What To Do About It by Richard Kadison, M.D. & Theresa Foy DiGeronimo (2004)

Letting Go: A Parents’ Guide to Understanding the College Years By Karen Levin Coburn and Madge Lawrence Treeger (Harper, 2003)

You’re On Your Own (But I’m Here if You Need Me): Mentoring Your Child During the College Years By Marjorie Savage (Fireside, 2003)


The Launching Years: Strategies for Parenting from Senior Year to College Life by Laura Kastner and Jennifer Wyatt (Three Rivers Press, 2002)


Empty Nest...Full Heart: The Journey from Home to College by Andrea Van Steenhouse (2002)

For Parents Only: Tips for Surviving the Journey From Homeroom to Dorm Room by Julia Johnson and Mary Kay Shanley (2002)

Don’t Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years By Helen E. Johnson & Christine Schelhas-Miller (St. Martin’s Press, 2000)

Hand-Me-Down Dreams: How Families Influence Our Career Paths and How We Can Reclaim Them by Mary h. Jacobsen, Sarah Silbert (Editor)

50 lessons for parents before they start writing checks: The truth about college by Will S. Keim (1997)