

## *Fostering Independence Before College*

The transition from high school into college can be just as challenging for parents as it is for the student. While the intention of parents is to support their young adults in having a successful first year at college there is a fine line between empowering and enabling. Areas that individuals may struggle with are time management, prioritizing, planning, and metacognition. Sometimes when we offer too much help, we are enabling instead of empowering. Fortunately, we can support our students in creating new habits to empower them to become independent learners.

Learning some techniques from a coach's toolbox will provide parents with the strategies to overcome those challenges.

After this session you will:

1. Understand how Executive Functioning impacts transitioning into college
2. Recognize the difference between enabling and empowering
3. Have strategies to empower your young adult for a successful transition
4. Have strategies for yourself in surviving the transition