



# Parents of Seniors

## September to November To-Dos

There's no better time than the start of the school year to implement and cement good habits. We've incorporated our favorite suggestions into a checklist to help you and your child start the year off on the right foot.

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- Start thinking about ways to give your high schooler more responsibility and independence. Can they be in charge of waking themselves up? Doing laundry? Having prescriptions filled? Managing their finances?
  - Have your child take ownership of their college application, from contacting admissions offices to getting in touch with their Guidance Counselor and managing admissions deadlines.
  - Encourage your child to seek out help with their college essay from a Private Prep coach, English teacher, or independent college admissions consultant.
  - Be mindful of your own emotions and stress levels surrounding the college admissions process. Your child will feed off your energy, so stay calm and confident.
  - Encourage your child to focus on schools that seem like a good fit rather than ones that are highly ranked. Be wary of them becoming enamored of one "dream school"; understand there will be multiple schools where your child will be able to thrive.