#NACACreads: 'How to Raise An Adult' with Author Julie Lythcott Haims

Author Julie Lythcott-Haims joined #NACACreads on May 17 to discuss her bestselling book.

It's 9 p.m. ET, and time to kick off tonight's #NACACreads book chat. Thanks for joining us! pic.twitter.com/TSVisK3arW

We'll be discussing “How to @RaiseAnAdult” by Julie Lythcott-Haims. #NACACreads

We're lucky to have the author, @DeanJulie, with us tonight. Welcome, Julie! #NACACreads
We’ll get rolling soon. But first, #NACACreads participants: Take some time to introduce yourselves.

Vrrrrrrry excited 2B here. We’re gonna talk about how u can get my kid into highly selective colleges, right? LOL. #NACACreads @RaiseAnAdult

Even if you’re just lurking, tell us your name and the institution/org where you work. #NACACreads pic.twitter.com/ghX0hY9jP6

Book of the year! 😊 @DeanJulie #NACACReads twitter.com/NACAC/status/7...
@cdorso Why thank you for that vote of confidence! #NACACreads

Hello, #NACACreads and friends. Glad to be listening in tonight!

And for the record, I’m moderator Mary Stegmeir, a member of NACAC’s comm team. #NACACreads

New to Twitter chats? Check out this handy guide — ow.ly/XevhT — and remember to tag ALL your tweets w/ #NACACreads.

NACAC Communications Committee, reveal yourselves! #NACACreads

Hi #NACACreads! This is Kate from the #nacac communications team. I’m excited for tonight’s chat!
Alicia Oglesby
@aliciakoglesby

#NACACReads hi. Alicia in DC, lurking as a high school counselor @EmersonPrep
twitter.com/NACAC/status/7...

2 YEARS AGO

NACAC
@NACAC

@aliciakoglesby @EmersonPrep Welcome Alicia! #nacacreads

2 YEARS AGO

NACAC
@NACAC

@khnashi Welcome David! #nacacreads

2 YEARS AGO

NACAC
@NACAC

While we're all getting acquainted, let's kick things off with a question for our #NACACreads guest.

2 YEARS AGO

Brian Rauscher
@SLVtraveller

Hi all - Brian here from Peak to Peak Charter School in Colorado. Love love this book! #NACACreads

2 YEARS AGO

Julie Lythcott-Haims
@DeanJulie

@SLVtraveller THX for the love! #NACACreads

2 YEARS AGO
Hi everyone! Lisa Micele at University Lab HS on UIUC campus in Urbana, IL. Honored to join you. Hi Julie!!! 😊 #NACACreads

@LisaMicele

Julie Lythcott-Haims
@DeanJulie

@LisaMicele Hi Lisa! #NACACreads

@NACAC

Patty Montague
@patty_montague

@NACAC looking forward to my first #NACACreads. I'm at Marist School in Atlanta.

@NACAC

Tania Rachkoskie
@TaniaMJR

Hello #NACACreads and @DeanJulie! My name is Tania Rachkoskie and I am the dir of ed and training at @NACAC

@NACAC

Tania Rachkoskie
@TaniaMJR

Hi @patty_montague. So glad you joined us for #NACACreads. Can't wait to see you next week at #Critical16 in Pitt twitter.com/patty_montague...

@NACAC

@patty_montague Welcome Patty! #nacreads
Loveena Bhagwat
@LoveenaBhagwat

Loveena, independent counselor, participating in my first #NACACreads

2 YEARS AGO

NACAC
@NACAC

@LoveenaBhagwat We're glad you are here! #nacreads

2 YEARS AGO

Kerr Counseling
@kerrcounseling

Hi! Sara from Houston here. High school counselor. #NACACreads

2 YEARS AGO

NACAC
@NACAC

@kerrcounseling Welcome Sara! #NACACreads

2 YEARS AGO

Kellie Stewart
@KellieStewar927

Hello #NACACreads I’m the Communications Committee chair with #NACACJCA & college counselor at Gonzaga HS, Wash DC. Glad to join in tonight!

2 YEARS AGO

dazeedee
@dazeedee

@DeanJulie @RaiseAnAdult Glad to have you here @DeanJulie. This is Daisy from the NACAC Communications Team. Welcome! #NACACreads

2 YEARS AGO

Kaitlyn Flannery
@KaitlynFlannery

Kaitlyn from @UCBerkeley. I'll just be lurking this evening since I haven't had time to finish the book! #NACACreads

2 YEARS AGO
@KaitlynFlannery @UCBerkeley We're glad you are here! #NACACreads

2 YEARS AGO

Hi #NACACreads I am Kelli Bynum, psychologist and Director of Counseling Services at Mount Vernon Presbyterian School in Atlanta Ga

2 YEARS AGO

#NACACreads Bob Bardwell School Counselor & Director School Counseling Monson HS Monson MA counselor educator student and counselor advocate

2 YEARS AGO

@bardwellr Thanks for joining us Bob! #nacacreads

2 YEARS AGO

Welcome @SLVtraveller and @TaniaMJR: Thanks for taking part in #NACACreads.
“How to @RaiseAnAdult” offers evidence that overparenting is harming kids. #NACACreads pic.twitter.com/29WsAYcxOP

@NACAC 2 YEARS AGO

@DeanJulie: In what ways did you see that trend emerge during your time at Stanford? #NACACreads

@NACAC 2 YEARS AGO

@DeanJulie

Starting late 90s thru 2000s college administrators at 4y schools nationwide experienced growing trend #NACACreads

@DeanJulie 2 YEARS AGO

(2/6) of parents who didn't trust their S/D cld handle the day to day stuff of life on their own, so they felt need to step in. #NACACreads

@DeanJulie 2 YEARS AGO
(3/6) e.g. Register kid for class, track their upcoming ddls, dispute a grade, attend info sessions, call to wake their kid up. #NACACreads

(4/6) Why were college students suddenly less capable, Answer = overparented in childhood #NACACreads

(5/6) Parents say only doing "what have to do" in order to get into “right college” Is college adm driving this whole thing? #NACACreads

(6/6) Harm to kids = lack life skills & workplace readiness, & higher rates anxiety & depression. Seemed existentially impotent #NACACreads

Thanks again joining tonight's chat — let's jump into Q1. #NACACreads

Q1: (1 of 2) From organizing playdates to helping with homework, parents have b/c more involved in their kids’ lives. #NACACreads
Q1: (2 of 2) How has the shift affected the college application and college-going process? #NACACreads

Gil Rogers
@gilrogers

Is #nacacreads one of those book clubs where we drink wine and pretend we read a book? I’m down with the wine part (recycled joke)

NACAC
@NACAC
@gilrogers Welcome Gil. Jokes welcomed! #nacacreads

@gilrogers I’ll be here all week! #NACACreads pic.twitter.com/qU13LjC8bQ

Gil Rogers @GILROGERS · 2 YEARS AGO
Kate Sigety
@KateSigety

A1: (1/2) Middle- and upper-income parents are taking an earlier and more active role in their child's college search. #NACACreads

2 YEARS AGO

Kate Sigety
@KateSigety

A1: (2/2) Tuned-in parents can be an asset to students. But as @DeanJulie notes, too much involvement can cause problems. #NACACreads

2 YEARS AGO

David Peterson
@HigherEdDave

A2: Students aren't as financially literate, unable to deal with set backs. #NACACreads

2 YEARS AGO

Tania Rachkoskie
@TaniaMJR

A1. Process has become more stressful for families. Students fear disappointing their parents when not admitted. #NACACreads.

2 YEARS AGO

Chris D'Orso
@cdorso

A1: On the Admissions side, it's gone so far that I'm actually IMPRESSED when I hear from a student and not the parent. #NACACreads

2 YEARS AGO

NACAC
@NACAC

A sign of how large a role parents now play in the college search process! #NACACreads
twitter.com/cdorso/status/...
Tania Rachkoskie
@TaniaMJR

@cdorso as a college counselor I prepped kids to take charge of the process and contact admission reps. #NACACreads twitter.com/cdorso/status/...

2 YEARS AGO

Bob Bardwell
@bardwellr

@cdorso #NACACreads I tell all my students to not let their parents call Take responsibility and do it themselves Practice being a grown up

2 YEARS AGO

NACAC
@NACAC

The college search can be a great opportunity to build life skills! #NACACreads twitter.com/bardwellr/stat...

2 YEARS AGO

Kelli Bynum
@kellimccbynum

#NACACreads I am curious about how to help parents strike the right balance regarding how to be involved without taking over

2 YEARS AGO

Alicia Oglesby
@aliciakoglesby

thats the golden question! parents night includes chat about new role as parent of soon-to-be undergrad #NACACreads twitter.com/kellimccbynum/...

2 YEARS AGO

Tania Rachkoskie
@TaniaMJR

Students are lucky to have you @aliciakoglesby but what about students who don't have the same access? #NACACreads twitter.com/aliciakoglesby...

2 YEARS AGO
Any thoughts on this #NACACreads crew? What's worked at your school?
twitter.com/kellimccbynum/...

Yep there's a diff between "tuned in" and "doing everything for your kid" #NACACreads
twitter.com/KateSigety/sta...

We're off to a great start. Rolling into Q2 soon! #NACACreads

twitter.com/SLVtraveller/s...

@NACAC @kellimccbynum #NACACreads ask parents to support their kids, w/o doing the
active work - no filling out apps, writing essay, calling

twitter.com/SLVtraveller/s...

Great advice from @SLVtraveller! Talk w families about the reasons why kids need to drive the
process. #NACACreads twitter.com/SLVtraveller/s...

Stress this at our Senior Parent Night! #NACACreads twitter.com/SLVtraveller/s...
@kellimccbynum Would love q short survey for parents to complete to see if they're helicoptering or not. Might help them step back #NACACreads

@kellimccbynum I wonder.. have you ever used one. Everyone has a different view of what constitutes helicoptering #NACACreads

@kellimccbynum Not used one yet. Why I want to find one so I can start. Use it as a learning opportunity not finger pointing #NACACreads

@kellimccbynum - that's great advice, and I say the same, but there is often the excuse from the parent the child has no time. #NACACreads

@patty_montague I make them call from my office with me to provide the hand holding. The problem is parent has their password LOL. #NACACreads

@patty_montague Parents w/passwords is the bane of my existence when trying to help Ss troubleshoot on their own. #NACACreads
@DeanJulie mentions in her book that online grade portals in K-12 schools exasperate #overparenting. #NACACreads twitter.com/msdiozzi/status...

2 YEARS AGO

Loveena Bhagwat
@LoveenaBhagwat
Parents can role play the conversation students will have with the colleges but as we all know the student needs to be involved #NACACreads

2 YEARS AGO

Q2: Julie says overparenting is the product of love + fear. She also says it undermines college-readiness. Do you agree? #NACACreads

2 YEARS AGO

@cdorso Talking on the phone is so hard for some kids. They act like it is worse than death. They become paralyzed #NACACreads

2 YEARS AGO

@bardwellr -- do you think that's because kids are so used to texting? Or is it a deeper issue? #NACACreads twitter.com/bardwellr/status...

2 YEARS AGO

@NACAC Both it's a learned helplessness and they know the parent will do it for them. Hardest part of being a parent is saying NO #NACACreads

2 YEARS AGO
Missy Van Anda
@Missy_VanAnda

Tell my Ss all the time, THEY must call. Sometimes make them call from my office. 
#NACACreads twitter.com/cdorso/status/...

Bob Bardwell
@bardwellr

All parents should sign a contract when enrolling their kid to never create an account for their kid #NACACreads twitter.com/msdiozzi/statu...

Kellie Stewart
@KellieStewar927

#NACACreads My school hosted a Letting Go night geared for senior parents. We had a panel of parents who shared great tips.

Missy Van Anda
@Missy_VanAnda

Great idea! #NACACreads twitter.com/KellieStewar92...

Brian Rauscher
@SLVtraveller

@KellieStewar927 #NACACreads I love this idea! Messages from parents seem to resonate more than from counselors

Gil Rogers
@gilrogers

Off topic: As a narcissistic millennial my biggest takeaway from #NACACreads is my generation didn’t ask to get trophies or protected. (1/2)
lot of "these spoiled kids" attitudes in world when the ppl they are talking about were spoiled by the ppl complaining #NACACreads (2/2)

@gilrogers Yay! Gen X #NACACreads

And now as a parent. I would love to not be a helicopter parent but have to out of fear of being called neglectful #nacacreads

--- @DeanJulie talks about that issue in her book! Overparenting is seen as the norm. #NACACreads twitter.com/gilrogers/stat...

@NACAC @DeanJulie yup. I brought my 3 yo and 1 yo to the park. Felt like I couldn't be more than 3 feet away w/outstares. #NACACreads

@gilrogers @NACAC @DeanJulie yup we gotta reclaim parks, playgrounds & sidewalks 4 kids & avoid stink eye/"good samaritans" calling cops #freerangekids
Kate Sigety @KateSigety

A2: Kids need to build life skills b/f they leave home. Independent & confident students are prepared to chart their own path. #NACACreads

Gil Rogers @gilrogers

@KateSigety hard for kids to become independent when parents can't let go #NACACreads

Great #NACACreads discussion so far. Just joining in? Say hello — we’re talking about @RaiseAnAdult with @DeanJulie. pic.twitter.com/OCYpJW7dEI

Donna Grand Pre @hoytdes

@NACAC #NACACreads Donna Grand Pre, Suffolk University, AVP of Enrollment and Admissions. twitter.com/nacac/status/7...
Hi #NACACreads peeps! Just jumped on late. I’m an independent ed consultant at @EstrelaConsult in OH. Thx for being here @DeanJulie!

NACAC: (1 of 2) You interviewed 1 student, Blaie, who recalled “freaking out about college” as early as the 4th grade. #NACACreads

NACAC: (2 of 2) What can be done to help kids (& their parents) keep the college admission process in perspective? #NACACreads

Julie Lythcott-Haims: (1/5) First & foremost re perspective, parents & kids need 2 know there are WAY more schools than US News Top Whatever. #NACACreads

NACAC: #Preach! #NACACreads twitter.com/DeanJulie/stat...
If parents/kids look at more schools - those not denying 90-95% - kids could stop freaking out about college in 4th gr #NACACreads

The brand name of the school doesn’t make you a success. #WhereYouGoIsNotWhoYou’llBe @FrankBruni #NACACreads

Check out our transcript of a past #NACACreads chat with @FrankBruni: storify.com/NACAC/nacacreap... twitter.com/DeanJulie/stat...

#NACACreads. Friend speaks my mind. twitter.com/DeanJulie/stat...

Plus Highly selective schools shld put lid on number of APs they'll look at. Or else, where will we be in 10, even 5 yrs? #NACACreads

@NACAC @DeanJulie stop the hype of rankings. Realize the media hype around selectivity is focused on top 1% #NACACreads
The two most overhyped things in the world are the weather and the college admissions process.

#nacacreads

Completely agree! Hopefully convos like this #NACACreads can equip counselors in helping parents w/ letting go. twitter.com/gilrogers/stat...

@KateSigety #NACACreads pic.twitter.com/3HamjNfuN6

NACAC #NACACreads twitter.com/navyblue71/stat...
Much too simplistic. Multiple causes. For example, increased importance of college for econ success raised parent/child stakes.

Also, colleges themselves began to place huge emphasis on college as primary route to economic success, thus encouraging anxiety.

economy was not booming in early 2000s. Recession followed by modest GDP growth and no median income growth.

Not disputing that. Disputing how much blame you and NACAC folks placing on parents---ignores how colleges were complicit.

Hmm no. Parents were overparenting in boom economy of early 2000s. Lotsa jobs & still overinvolved parents.

How prepared IS your kid 4 real world anyway, if you’re doing all the work for them? NOT PREPARED AT ALL.
@DennisG_Shea how are colleges complicit in students having fewer life skills when they arrive? #NACACreads

Q2: Depends on the socioeconomic level of the family. Admissions process perspective drastically different across levels. #NACACreads

@btpulcini a great point. The college going process is much different for low income kids. #nacacreads

@NACAC Yes. Low-income students need help navigating the process. I got my college to eliminate the app fee. #eliminatebarriers #NACACreads

@btpulcini Thank you for helping to create access for underserved kids #NACACreads

@btpulcini @NACAC (1/3) Yes as a woman of color I’m well familiar with stereotype threat. #NACACreads
@btpulcini @NACAC (2/3) My book & work speak to the experience of middle to upper middle class kids and beyond #NACACreads

2 YEARS AGO

@btpulcini @NACAC Underrep pops need a completely diff approach to college readiness, access, entry. Diff chal than I write abt #NACACreads

2 YEARS AGO

We had an awesome #NACACreads conversation abt some of those issues with @JoshuaSteckel1: ow.ly/PMTT300jejm. twitter.com/DeanJulie/stat...

2 YEARS AGO

Agreed - @JoshuaSteckel1 rocks #NACACreads twitter.com/NACAC/status/7...

2 YEARS AGO

Let’s start teaching about passion not AP this and that #NACACreads

2 YEARS AGO

A2: Exposing students to a wide range of colleges via @CTCLColleges, inviting schools to visit hs’s off the normal route. #NACACreads

2 YEARS AGO
Great advice from @TaniaMJR. #KnowledgeIsPower #NACACreads
twitter.com/TaniaMJR/status...  

How much $ does application fees bring in? That's a news story #NACACreads

To my weather/admissions analogy: meteorologists are somewhat incentivized to hype because of ... ratings ... Think about that #NACACreads

@dazeedee Even "passion" has been compromised. "FIND YOUR PASSION, KID, QUICK!! CUZ COLLEGES WANT TO SEE IT!" #NACACreads

Q3 is coming shortly. And please — feel free to toss out your own questions. #sharingiscaring #NACACreads
Q3: (1 of 2) Julie writes that “kids don’t acquire life skills by magic at the stroke of midnight.”
#NACACreads pic.twitter.com/SpqgRgCveM

NACAC @NACAC 2 YEARS AGO

Q3: (2 of 2) When should that process start? What role do life skills play in a student’s journey to and through college? #NACACreads

NACAC @NACAC 2 YEARS AGO

Kate Sigety @KateSigety

A3: (1/2) Skill-building needs to start early. #NACACreads

Kate Sigety @KateSigety 2 YEARS AGO

A3: (2/2) Coping skills, in particular, are crucial. They allow students to overcome academic & social challenges in college. #NACACreads

Kate Sigety @KateSigety 2 YEARS AGO
Academic Decisions @AcademicD
pg 279 "helping humans on their path" ❤️ what we do #NACACreads

2 YEARS AGO

NACAC @NACAC
Mission statement for counselors, admission professionals and others! #NACACreads
twitter.com/AcademicD/stat...

2 YEARS AGO

Academic Decisions @AcademicD
Read it , highlighted it, use it daily love this book #NACACreads

2 YEARS AGO

Tania Rachkoskie @TaniaMJR
Q3: (1/2) The start of the college process begins at different times for different groups of people. #NACACreads

2 YEARS AGO

Tania Rachkoskie @TaniaMJR
Q3. (2/2) Low-income kids need to start early - knowing that college is possible and affordable and there are steps to get there #nacreads

2 YEARS AGO

Lisa Micele @LisaMicele
Parents feel admissions process is too high stakes to let their over-scheduled teens manage. Problem= too many darts thrown! #NACACreads

2 YEARS AGO
@LidaMicele: What can counselors and others do to encourage families to take another approach? #NACACreads twitter.com/LisaMicle/sta...

Questions for your colleagues or @DeanJulie? Send ‘em to @NACAC. #NACACreads

@DeanJulie: You say kids today face a “no mistakes” mentality. What can counselors & colleges do to encourage risk-taking? #NACACreads

(1/5) Our kids don’t need perfectly constructed, manicured childhoods that prepare them for elite college admission. #NACACreads

(2/5) Kids need to be able to fail, fall, flail, flounder, fumble – what I call Five Beautiful F Words. #NACACreads

The five beautiful F words, from author @DeanJulie. #NACACreads twitter.com/DeanJulie/stat...
But in today’s childhood kids are terrified of failure. Everyone take a look at @jesslahey book The Gift of Failure. #NACACreads

Colleges, PLEASE take the lead: stop requiring kids to have been PERFECT in childhood. #NACACreads

Kids feel their worth & value as humans is a measure of their grades and scores. College admission has done that to them. #NACACreads

#NACACreads folks --- What colleges do to change that perception? twitter.com/DeanJulie/stat...

Yes, success and health in college is crucial. We want students to both get accepted and graduate! #NACACreads twitter.com/SLVtraveller/s...

As a former college dean I couldn’t agree more. Mental health issues on college campuses are staggering #NACACreads twitter.com/KateSigety/sta...
Challenge every school to change their mission statement to "character boils down to..." Ask Julie 4 ideas #NACACreads

Kelli Bynum
@kellimccbynum

#NACACreads I am curious about how to bridge the gap with College Admissions. The changes get talked about but who makes them

NACAC
@NACAC

Thoughts on this, #NACACreads? Any success stories out there? twitter.com/kellimccbynum/

Bob Bardwell
@bardwellr

@kellimccbynum schools need to do a better job educating parents to reverse the societal pressure #NACACreads

NACAC
@NACAC

Great conversation so far! #NACACreads.

Tania Rachkoskie
@TaniaMJR

Thanks #NACACreads for a great opportunity to engage with professionals in the field. twitter.com/NACAC/status/7...
Just remember, tag all your tweets with #NACACreads! Rolling into Q4.

Q4: Julie writes that the overparenting trend is exasperated by an admission "arms race." Do you agree? #NACACreads

Teachers want students to take academic risks & embrace growth mindset. Students worried about transcript and external reviews #NACACreads

@NACAC @DeanJulie These five Fs could be detrimental to underrepresented populations who may doubt their academic potential. #NACACreads

Another good point from @btpulcini. And an example of why individualized college counseling important! #NACACreads twitter.com/btpulcini/stat...

@btpulcini Good point - our underserved students need encouragement but we know that many have grit that keeps them going #nacreads
@TaniaMJR Yes! We use an Appreciate Admissions approach in admission counseling. Focus on positive attributes, not deficits. #NACACreads

@TaniaMJR Appreciative Admissions, not Appreciate. The theory is based off of Dr. Blooms’ theory of Appreciative Advising. #NACACreads

@btpulcini Thanks for sharing - I will need to read that! #NACACreads twitter.com/btpulcini/stat...

A4. When parents b/c overly focused on the admission process, that stress can trickle down to the student. #NACACreads

So true! #NACACreads twitter.com/KateSigety/stat...

Educators, counselors take every opportunity to de-stress the process. Reassure parents, show students alumni #NACACreads
Stories about real students/families are powerful. #NACACreads twitter.com/aliciakoglesby...

Alicia Oglesby @aliciakoglesby

#NACACreads i live to highlight the unsung college heroes esp CTCLs and HBCUs twitter.com/NACAC/status/7...

Patty Montague @patty_montague

#nacacreads. Admissions arms race = yes. We tried to tone it down by showing sophomores list of the 66 diverse colleges our srs attending

Tania Rachkoskie @TaniaMJR

@patty_montague I have also seen srs talk to juniors or sophs about what they wished they knew #nacacreads twitter.com/patty_montague...

Alicia Oglesby @aliciakoglesby

Too many parents forget their own path was not smooth and they turned out ok! Life includes failure, risk and difficulty #NACACreads

NACAC @NACAC

Keep those comments coming! Q5 is up next. #NACACreads
Great idea from @patty_montague! #NACACreads twitter.com/patty_montague...

@gilrogers

@patty_montague the fact they are stressing as sophomores is the problem. #NACACreads

@SarahSCoxatHome

A little about de-stressing from NACAC Board Director @KentAtMarist: nxtbook.com/ygsreprints/NA... #NACACreads nacacjca

Out of red wine so changing it up @NACAC #NACACreads 🍷 pic.twitter.com/jl96suozV1
Q5: What can counselors and colleges do to help encourage families to move beyond the notion of a “checklisted childhood?” #NACACreads

Stephanie Diozzi
@msdiozzi

I think it boils down hoping/making it so all kids can experience equal parts failure and resilience. #NACACreads

Academic Decisions
@AcademicD

Universities should fund career counselors for every single high school to provide them a chance. #NACACreads

Julie Lythcott-Haims
@DeanJulie

High schools can celebrate (posters, videos, info sessions) the paths of alums who went somewhere besides the highly selectives. #NACACreads

Gil Rogers
@gilrogers

A5 @NACAC isn’t that what the whole "turning the tide" and coalition are about? #NACACreads #stirringthepot

Lisa Micele
@LisaMicele

Choosing bumper sticker over happiness & growth potential / fit is maddening. It seems that too many have drank the KoolAid. #NACACreads
You can’t blame them. They’re programmed to do everything for their kid. We can help stop the insanity #NACACreads twitter.com/LisaMicele/sta...

Q5: Give them an "assigned" month off each year! I tell my students their July assignment is to ENJOY YOUR SUMMER! #NACACreads

Love this idea! #NACACreads twitter.com/KristinaDooley...

Q5: Don't push "it's open EARLY so get it DONE" w/the Common App. It CAN get done by the deadlines w/out starting in March #nacacreads

Yes! No need to rush this. August or September is early enough!

We use the approach, "It's open early, let's check it out. See? It's not that bad!" Seems to be working so far! #NACACreads
Freshman AP classes should not be allowed anywhere - they're 14 not 20 #NACACreads

A5: (1/2) Encourage kids to explore their interests! #NACACreads

A5: (2/2) @DeanJulie says a purposeful life comes at the intersection of what you're good at, what you love, & what you value. #NACACreads

@KateSigety Lessons that adults can use to help them improve their quality of life! #NACACreads twitter.com/KateSigety/sta...

Absolutely! #NACACreads twitter.com/NavyBlue71/sta...

A5: colleges need to help spread the message about what success as a college student looks like - it is not a checklist #nacreads
And as @DeanJulie notes, most of the paths people take in life are not linear. #NACACreads

d2 YEARS AGO

@DeanJulie: You’re the mom of 2 teens. What advice have you given your own kids as they approach the college admission process? #NACACreads

d2 YEARS AGO

@LoveenaBhagwat

HS can reduce stress for students by limiting to 5 APs, colleges know that, parents know that, ~ to ranking school decides #NACACreads

d2 YEARS AGO

@DeanJulie

(1/7) My own kids have given me the opportunity to try to walk the walk of How to @RaiseAnAdult #NACACreads

d2 YEARS AGO

(2/7) I could track my junior’s ddls like nobody’s business but if I do that for him, he’ll get to college & not know how. #NACACreads

d2 YEARS AGO

(3/7) I’ve seen handholding in college; ain’t pretty. I want him to do for himself when there; gotta start teaching him how now #NACACreads

d2 YEARS AGO
(4/7) So I’ve watched him botch things (yes, excruciating) and he LEARNS from it. Each time he grows up a bit more #NACACreads @RaiseAnAdult

(5/7) My kids know there is a great college educ on 100s of campuses. That it’s abt finding sense of fit and belonging not brand #NACACreads

College search wisdom from @DeanJulie: "It’s about finding a sense of fit and belonging, not brand." #NACACreads twitter.com/DeanJulie/stat...

(6/7) I promote the heck out of that in my home. Don’t want them to feel all I care about is where they GET IN. #NACACreads

(7/7) I want them to have a healthy childhood. Playtime, downtime, familytime ala @chalsuccess ALSO rigorous school work #NACACreads

@DeanJulie so it was good I made my 14 yr old wait for AAA and not pick him up? 😊 #NACACreads
@AcademicD Sooooooooooo so so so agree. How insulting to college profs too! #NACACreads

Squad goals – parenting edition. #NACACreads twitter.com/DeanJulie/stat...

Head’s up: Q6 is coming shortly. #NACACreads

@DeanJulie: You're experiencing this process w your son. May I ask what summer approach he will take to ease fall stress w apps? #NACACreads

He’ll have fun, school work, camp, science enrichment. Plans 2 start on essay so not too stressed later #NACACreads twitter.com/LisaMicle/sta...

thanks to everyone for taking part in tonight’s chat! And a special thank you to @DeanJulie! Q6 is coming soon. #NACACreads
And thanks, of course, to @higheredlive. Make sure to check out their interview w/#NACACreads author @DeanJulie: ow.ly/4lkV300f4WN.

Amateur forgot to include #NACACreads twitter.com/socialadmissio...

NOW, our final #NACACreads question for the night....

Q6: What lessons do you hope parents, counselors, and others take away from this book? #NACACreads pic.twitter.com/XwzCgUelUb
Kate Sigety
@KateSigety
2 YEARS AGO

A6: I loved Stefania’s story. She made a great point: You can turn any college experience into something to brag about. #NACACreads

NACAC
@NACAC
2 YEARS AGO

Check out these strategies to promote a balanced approach to college prep via @LoveenaBhagwat. #NACACreads twitter.com/LoveenaBhagwat...

Julie Lythcott-Haims
@DeanJulie
2 YEARS AGO

(1/2) We have forgotten that our job as parents is to put ourselves out of a job and raise a kid to independent adulthood #NACACreads

Julie Lythcott-Haims
@DeanJulie
2 YEARS AGO

(2/2) It’s not abt GETTING THEM into right school, but instilling habits, mindset & wellness so they can thrive WHEREVER they go #NACACreads

Avery Pickford
@woutgeo
2 YEARS AGO

@DeanJulie I see S's having surprising difficulty envisioning how their experience would differ at different colleges. Resort to rankings.

Avery Pickford
@woutgeo
2 YEARS AGO

@DeanJulie @CTCLColleges @AlumniFactor so u see this as more of a marketing issue than a homogenization of colleges?
Julie Lythcott-Haims
@DeanJulie
@woutgeo yep we gotta promote better lists like @CTCLColleges and @AlumniFactor #NACACreads

Academic Decisions
@AcademicD
Challenge schools and parents every hour of college prep = 1 hour of family or personal time #NACACreads

Tania Rachkoskie
@TaniaMJR
Valuing all colleges equally matters. College Fit matters. #nacacreads
twitter.com/DeanJulie/stat...

NACAC
@NACAC
As one student says in @RaiseAnAdult: You can turn any college experience into something to brag about. #NACACreads twitter.com/DeanJulie/stat...

Gil Rogers
@gilrogers
@NACAC @RaiseAnAdult @DeanJulie I know that's what I do about my experience at @UofHartford #NACACreads

Academic Decisions
@AcademicD
What do professors think about the practice of giving students AP credit? Employers? #NACACreads
Julie Lythcott-Haims @DeanJulie

@AcademicD yep great new books out on that @jselingo There Is Life After College and @whatsupsmiley Quarterlife Breakthrough #NACACreads

2 YEARS AGO

NACAC @NACAC

Thoughts on this? Has anyone heard feedback from colleges/employers? #NACACreads twitter.com/AcademicD/stat...

2 YEARS AGO

Julie Lythcott-Haims @DeanJulie

(1/2) many colleges will give credit twd graduating but not let you skip out of the class "equivalent" #NACACreads twitter.com/NACAC/status/7...

2 YEARS AGO

Julie Lythcott-Haims @DeanJulie

(2/2) i.e. many fac do not regard APs as actually equivalent #NACACreads twitter.com/NACAC/status/7...

2 YEARS AGO

NACAC @NACAC

Check it out, #NACACreads twitter.com/jcarey33/statu...

2 YEARS AGO

Stephanie Diozzi @msdiovzi

.@NACAC A6 That it's OK to say, "No," "Read the directions," "Look it up" & one of my personal favs, "Work it out, Sally." NACACreads

2 YEARS AGO
Love it --- #WorkItOutSally #NACACreads twitter.com/msdiozzi/status/…

@NACAC We used as motto 4 school musical last yr when there were 100 kids asking about things like safety pins/makeup. Kids came 2 love it!

Love it -- one of the best things we can do is say #WorkItOutSally @RaiseAnAdult #NACACreads twitter.com/NACAC/status/7...

Alright kids. I’m out. Leaving you with this pic of my kids because I’m raising them to be adults. #NACACreads pic.twitter.com/yJrP0w5Q08
Check it out, #NACACreads twitter.com/jcarey33/statu...

We're winding down for tonight. #NACACreads

Thanks again to all. #NACACreads

Let's us parents get our egos out of it. With plenty of great schools, let's stop craving the bumper sticker for back of our car #NACACreads

@DeanJulie they aren't ours to keep #NACACreads

Sometimes our advice falls on deaf ears. Other times magic happens as they embrace colleges they hadn't considered. Priceless. #NACACreads

All right! That's all for tonight! Thanks for a great discussion. A transcript will be posted soon. #NACACreads
@NACAC this felt like the Indy 500! Thx for having me along for the ride! Here's to raising our kids to adulthood. #NACACreads @RaiseAnAdult

The hour flew by! Thank you SO MUCH for participating, @DeanJulie. Check out @RaiseAnAdult, everyone! #NACACreads twitter.com/DeanJulie/stat…

Thank you #NACACreads and @DeanJulie for an awesome chat! See you next time!

Moving forward, what other professional chats are you all actively participating in? Late to the #NACACreads community tonight! 😥

@JeffHiserBL Check out NACAC's social media update for upcoming chats. nacacnet.org/research/Publi... #NACACreads
Please help us out and suggest books for future #NACACreads chats using this short survey: ow.ly/Ewee300fjgi. pic.twitter.com/vo2Jf6Vlf7

And make sure to join us for our next #NACACreads chat.

#NACACreads will discuss “There Is Life After College” by @jselingo at 9 p.m. EST on Aug. 23: ow.ly/RXGo300f1v.

And watch for his upcoming article in the Summer Journal of College Admission! #NACACreads #nacacjca twitter.com/NACAC/status/7...
Qwik postscript #NACACreads if u want to show kids that there are myriad paths to success check out pathsfrompaloalto.com and do the same

And please spread the word: #NACACreads will discuss “There Is Life After College” by @jselingo at 9 pm ET on 8/23: ow.ly/RXGo300fvIv.