

MIDDLETON PEDIATRICS

Highlights from our *Caring Well* podcast:
Helping Prepare your Child for a Great College Experience,
featuring Micki Meyer, Assistant Vice President & Dean, Rollins College

Prepare Them Before They Leave

- Many students struggle with real-world tasks like calling a professor or asking for help. Start building those skills now, while they're still at home.
- Help your teen practice:
 - Making their own appointments
 - Self-advocacy
 - Time management
 - Handling failure or social discomfort
- Normalize conversations around mental health, resilience, and self-care.

Redefining Success

- Success in college isn't just GPA or resume-building — it's:
- Confidence
- Resilience
- Adaptability
- Healthy independence. Let your student struggle a little — and let them know you're there if they need you.

Red Flags to Watch For

- Skipping or avoiding class
- Disrupted eating or sleeping
- Withdrawing socially or emotionally
- Expressing hopelessness or self-harm

What parents can do:

- Stay connected without hovering
- Normalize asking for help
- Encourage use of campus counseling and wellness resources
- Don't wait for a crisis — early intervention matters

College Can Be Stressful — and Not Every Student Is Ready

- Today's students are facing high levels of stress, anxiety, and burnout.
- Colleges are expanding mental health support and creating space for connection — but the transition is still hard.
- Not every teen is ready at 18. For some, a gap year, work experience, or community college might be a better first step.
- Parents should focus less on "what's expected" and more on what's right for their child.

6 Experiences That Make College Worth It

- A professor who made them excited about learning → Engagement matters more than prestige.
- A professor who cared about them as a person → Personal connection builds confidence and belonging.
- A mentor who encouraged them to pursue their goals and dreams → Could be a coach, advisor, faculty, or staff member.
- Worked on a long-term project (a semester or more) → Builds deep thinking, independence, and academic grit.
- Had a job or internship that applied classroom learning → Links education to real-world outcomes and career skills.
- Were involved in extracurricular activities and groups → Promotes social development, leadership, and purpose.