

Reading List for Parents

Recommended Books about the Transition to College for You and Your Student

Making the Most of College by Richard J. Light.

Letting Go: A Parent's Guide to Understanding the College Years (Third Edition) by Karen Levin Coburn and Madge Lawrence Treeger

Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years by Helen Johnson and Christine Schellhas-Miller

You're On Your Own: (But I'm Here if You Need Me) by Marjorie Savage

The Launching Years: Strategies for Parenting from Senior to College Life by Laura Kastner


When Your Kid Goes to College: A Parent's Survival Guide by Carol Barkin

A New Beginning: A Survival Guide for Parents of College Freshman by Kaye Bernard

How to Survive and Thrive in an Empty Nest: Reclaiming Your Life When Your Children Have Grown by Robert H. Lauer

Navigating your Freshman Year by Allison Lombardo

Let the Journey Begin: A parent's monthly guide to the college experience by Jacqueline Mackay

A faded image of a large, classical-style building with multiple arches and columns, likely a part of the UCLA campus, is visible at the bottom of the page.