



# A High School Parent's Guide to College Success

## Press Kit



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# A HIGH SCHOOL

# PARENT'S GUIDE TO COLLEGE SUCCESS

12 Essentials



**AMY BALDWIN, ED.D.**  
**BRIAN TIETJE, PH.D.**



## A High School Parent's Guide to College Success

2017, Wise Media Group, ISBN: 1629671150

by Amy Baldwin, Ed.D. and Brian Tietje, Ph.D.



Are you ready to help your student transition to college? Reading headlines and listening to the news can often make parents anxious and worried. This book will ease your mind by offering practical advice that makes you a confident supporter of your student's success. Baldwin and Tietje draw on their combined experience of over 40 years of teaching and administration in both community colleges and universities to provide parents like you with information and tools to get your student ready for the challenges and opportunities that college will offer.

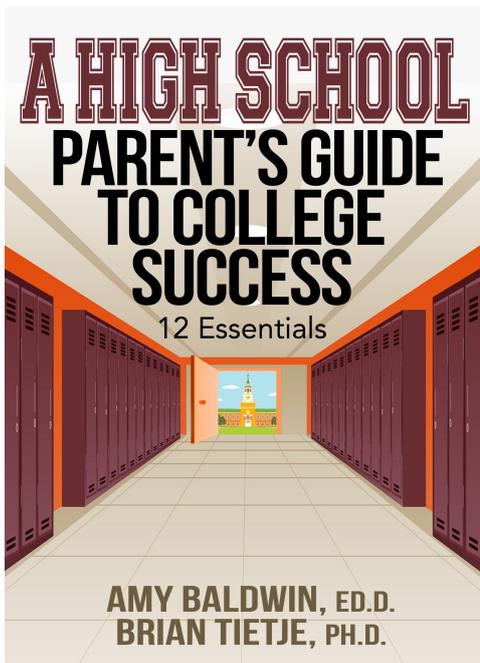
## Reviews

"Baldwin and Tietje's book focuses clearly and practically on all the big issues young adults need to know about if they want to succeed in college."

–**Paul Smith, educational publisher and parent**

"Baldwin and Tietje do a phenomenal job of weaving together stories that highlight expectations, anxieties, and various emotions associated with moving into adulthood—a message for anyone in college and beyond!"

–**Sande Johnson, senior educational consultant and parent**



## A High School Parent's Guide to College Success

### PRESS RELEASE

Higher Ed Parent authors Amy Baldwin, Ed.D. and Brian Tietje, Ph.D. have written the essential guide for parents transitioning their student to college. Parents often feel confused and anxious about how best to support their student during this important time in life. Baldwin and Tietje, with over forty years of combined experience in higher education, have expertly broken down the essentials so that parents can guide their student to success with ease and confidence.

### MEDIA CONTACT

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Succeeding in college is about more than just academics. Students have to know how to relate to others and plan for success. Baldwin and Tietje know this, so they divided their book into three sections: Academics and Learning, Relating to Others, and Self-Management. These sections are divided into chapters, each clearly describing a behavior that successful students practice. Thoughtful examples from their extensive experience working with college students engage the reader and make it easy for parents to plan practical steps to help their students achieve their goals. *A High School Parent's Guide to College Success* makes following these twelve essential steps easy. This book helps parents be the best supporter of their student's success they can be.



## INTERVIEW QUESTIONS

1. What does my student need to do now to get ready for college?
2. My student is not yet college ready because of ACT/SAT scores. What are their options before and when they get to college?
3. What academic skills are needed to succeed in college?
4. What should my student major in? How can I support them in this decision?
5. What kinds of experiences can my student have in college that will help prepare them for a career?
6. Should my student work while in college? How should my student contribute toward the costs of college?
7. What are the common mistakes that my student may make in college?
8. How do I parent a college student effectively? What should I be doing and what should I not be doing?

## IN THE PRESS

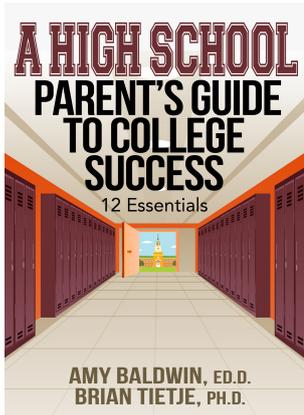
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# Higher Ed Parent



## A High School Parent's Guide to College Success

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#### **Academics and Learning**

Chapter 1: Successful students discover their purpose.

Chapter 2: Successful students learn how to learn.

Chapter 3: Successful students know that effort matters more than intellect.

Chapter 4: Successful students think critically.

Chapter 5: Successful students embrace failure.

#### **Relating to Others**

Chapter 6: Successful students build relationships.

Chapter 7: Successful students ask for help.

Chapter 8: Successful students help others.

#### **Self-Management**

Chapter 9: Successful students manage their time.

Chapter 10: Successful students invest in their health.

Chapter 11: Successful students manage their money.

Chapter 12: Successful students harness technology.

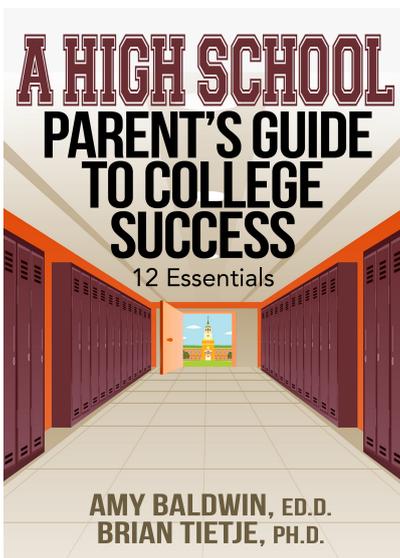
*A High School Parent's Guide to College Success* is available on Amazon. More information, including helpful articles and other resources, is available at [www.higheredparent.com](http://www.higheredparent.com).



## Excerpt

### A High School Parent's Guide to College Success

#### Chapter 3: Successful students know that effort matters more than intellect.



Emphasizing effort over talent or intellect has gained some momentum in K-12 and higher education over the past decade, and we as educators and parents are glad to see this shift. It gives students more ownership over the learning process and helps students more appropriately frame setbacks and failures. Students who can regularly embrace the mindset that they can improve any skill through deliberate practice, feedback, and adjustment are more likely to be successful not just in college, but also in anything they attempt to master. Parents can play a significant role in helping students change their thinking from “I’m not good at this” (whether “this” is math, writing, or test-taking) to “I’m not good at this...yet...but I can be.” This chapter focuses on how and why effort is such an important part of the learning process and provides you with suggestions for helping your student put more effort into his tasks.

#### From High School to College Story: Casey

Casey learned to play the saxophone when he was 7 years old. By the time he reached high school and played in the jazz and marching bands, he was called “talented” and “a prodigy” by those who attended his concerts, but they didn’t know how much time he spent practicing. He loved the compliments. In fact, he had spent countless hours for more than a decade practicing and performing. His dedication to the saxophone paid off when he received a full scholarship to an out-of-state university that is known for its highly competitive musical performance program. When he left for college, he had the chops of a professional musician, but he realized that first he wanted to complete a degree.

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## Excerpt (continued)

### A High School Parent's Guide to College Success

#### Chapter 3: Successful students know that effort matters more than intellect.

Casey's first semester of college was filled with music and general education courses. As a condition of his scholarship, he had to participate in 10 hours of practice a week. He also decided to join a fraternity. He had put so much time and effort into playing the saxophone over the past 11 years and was such a skilled musician that he didn't think he needed to work as hard any more. There were other things he wanted to participate in and music would just be a part of his week, but not the dominant activity. Despite his busy weekly schedule, he earned passing grades by mid-term and felt confident that he could raise some of his grades to meet the requirements of his music scholarship. It wasn't until the last few weeks of the term that his grades started plummeting and it looked as though he would not end the semester with the 3.25 GPA that his scholarship required. He had A's in his music classes, but D's and F's in his general education classes. He wasn't too worried because he knew he could retake any classes he failed; besides, he was succeeding in the classes that mattered the most to him and to his degree. ...

#### **As the Brain "Grows"**

What could help Casey is a reminder of how he became a celebrated saxophone player in the first place: Simply put, he worked for it. He spent countless hours for over a decade practicing, deliberately as we will describe later, and perfecting his craft by challenging himself and learning from his mistakes. Despite what others may have said to praise him, Casey was not born playing the saxophone, but he was, according to the research of Dr. Rita Smilkstein, born to learn how to master a musical instrument. Smilkstein's aptly named book *We're Born to Learn* describes how the brain, specifically the "dendrites" in the brain, reacts when we learn how to do something. She notes that through effort we "grow," or create longer, more intricately connected dendrites in our brain.

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