



## Resolutions for Parents of College Students

by Dr. Gretchen Slover

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School is pretty much in session across the board, including colleges and universities. Recently, John Rosemond provided the resolutions for parents to take seriously as they send their children into the trenches of what we call education. Always inspired by his humorous method of expressing the truth, I have prepared a set of resolutions for parents whose children have joined the trenches of higher education:

**Resolved:** I am going to stop micromanaging my adult child's school schedule. I am going to allow him to work with his advisor and trust that they will direct him in the way he should go. After all, it is their job.

**Resolved:** I am not going offer my solutions for problems involving professors unless specifically asked by my adult child. No more phone calls to find out why they failed a class. My new understanding will be that professors do not hand out grades; students earn them.

**Resolved:** If I am paying for my adult child's college education, I will clearly define how I expect to be involved so that my adult child can clearly decide if they want my help.

**Resolved:** If I am paying for my adult child's college education, and I have clearly defined how I expect to be involved, if my adult child breaches the rules, I will follow through with the consequences that have already been outlined.

**Resolved:** I will pray every day that my child will be strong enough to stand for the values they have been taught.

**Resolved:** If my adult child decides he does not want to go to college, I will still love and encourage him, but I will not support him financially.

Parents of adult children are still parents but need to gain a new understanding about this new relationship. Launching is difficult but necessary for growth.

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## ABOUT GRETCHEN

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Dr. Gretchen Slover is a licensed marriage and family therapist with a doctorate in clinical psychology and is from San Diego, CA. Her area of expertise is focused on high-conflict relationships, which often develops when a parent becomes frustrated with their parenting performance that is focused on results that do not transpire. Visit Dr. Slover on her website at: [www.drgretchenslover.com](http://www.drgretchenslover.com).

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