

**TALK ABOUT IT:  
SUPPORTING YOUR SENIORS**  
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# ACKNOWLEDGE THE LOSS

- Senior year is what your kids have been working towards for 12 years
- Milestones they have been looking forward to (prom, grad night, etc.)
- Check in with your kids to see how they are feeling
- Validated the grief, frustration and disappointment



# RECOGNIZE THE UNCERTAINTY

- Students had to commit to universities during uncertain times
- Anxiety around what freshmen year will look like (classes and academics)
- Create space for your kids to ask the questions
- It's ok if you don't know the answers; help guide them to someone who might



# MAKE SPACE FOR THE FEELINGS

- “I just wish my parents would ask me what this year has been like.”
- Grieving the “new normal”
- Listen and honor the feelings
- Seek additional support as needed



# EMBRACE NOVELTY

- The power of the reframe
- “This is happening to me,” vs. “I get this time to do \_\_\_\_\_.”
- Use this pause to create, learn, try something different
- Prepare to launch



# THIS ISN'T FOREVER

- Remind them that this is temporary
- Instill hope and excitement by thinking of what's to come
- Remind them of all the goodness and novelty college will bring
- How they will make up for lost time
- They are a part of history



# QUESTIONS, COMMENTS, CONCERNS?



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