



Sending Your Child to College

As a high school student's junior or senior year approaches, parents are often confronted with mixed emotions regarding their child's future. It can be a bittersweet time as parents struggle with anxiety over tuition costs, their child's reaction to a new environment or simply letting go. Meanwhile, the child may be working overtime to assert their independence.

It's important to realize that your son or daughter is often feeling the same emotions you are, although they may seem distant. Enjoy the remaining time with your child and assist where you can, but allow them this opportunity to learn and grow.

If you feel you could benefit from confidential, no-cost support during this transition, contact Aurora EAP at (800) 236-3231. Remember ... your college-aged students are also eligible to use EAP on their own, even if living on campus and away from home.