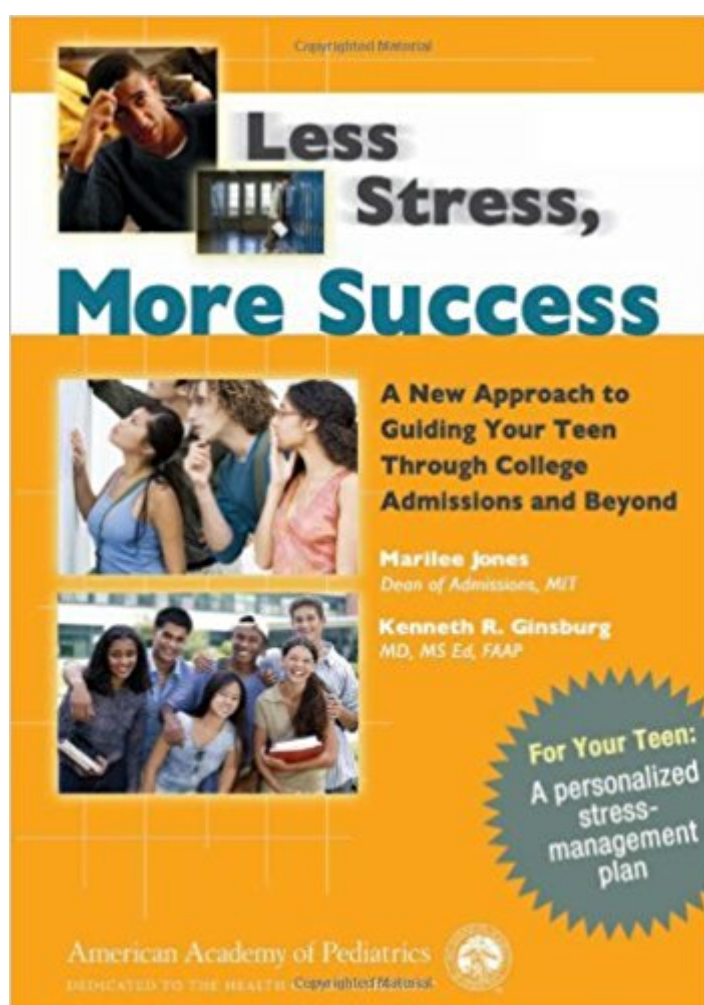


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# Less Stress, More Success: A New Approach To Guiding Your Teen Through College Admissions And Beyond



## Synopsis

Is your teenager stressing over college admittance? Are you? Co-written by a top college admissions dean and a leading pediatrician, this first-of-its-kind book delivers strategies for surviving the admissions process while strengthening parent-child relationships, managing the stress of applying to college, and building resilience to meet challenges today and in the future. *Less Stress, More Success* is just what parents and teens need to thrive during this important rite of passage into adulthood.

- How to encourage true high achievement, rather than perfectionism
- Important dos and don'ts about the admissions process and how you can most effectively help your child
- Why and when some forms of "helping" undermine both self-confidence and chances of admission
- How to turn deadlines into opportunities to learn time-management and organization skills
- How you can encourage positive strategies for handling stress and building resilience

For teens:

- How to evaluate campus culture to find the right fit for you
- Ways to manage your parents and your friends
- Tips for the college interview
- Letting your true, authentic self come through in your paperwork
- How your body handles stress and what you can do to feel better and stay healthy
- Includes a Personalized Stress Management Plan to customize for yourself

## Book Information

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## Customer Reviews

Marilee Jones has more than 25 years' experience in college admissions. She is a frequent

speaker on the pressures facing today's teens. She lives in the Boston area. Kenneth R. Ginsburg, MD, MS Ed, FAAP, is an associate professor of pediatrics at the University of Pennsylvania School of Medicine and practices adolescent medicine at The Children's Hospital of Philadelphia. He is the author of *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings* and *But, Almost 13: An Action Plan for Raising a Responsible Adolescent*. He is the father of two children and lives in Philadelphia. Martha M. Jablow has written extensively on parenting as the author of several books and articles.

A must for the parent looking forward to the college years. Get it as soon as they start high school for good applicable advice and perspective. Also features a section for the student to read. Nothing will take all the stress away, but with this as a resource, you will remember to breathe, and step back from the madness. I plan on giving it to all my friends.

As a pediatrician and the mother of a senior, I see the unhealthy stress that my patients and some classmates of my son go through during high school, particularly during their senior year. This essential book for every high school parent will give them new models for guiding their child to healthy success. Rather than defining success for your high school student as getting into a college ranked high by a magazine, parents will learn how to help their child define and reach their own goals. For those who choose college, they need a parent's help to find the right match --- a school that allows them to grow intellectually, emotionally, and socially. For an interview with Dr. Ginsburg, ENJOY THE BOOK. I did!

More power to her. Obviously she did the job well for years. There are plenty of people who are huge successes without a wonderful university degree. These degrees are just gate keepers for throwing out resumes and narrowing the number of interviews. Many successful entrepreneurs have never finished college or even attended. A degree has its place but it is NOT all important. The people that think that the degree is all important are the ones that have degrees and push degrees as the only way to be successful. SAT scores GRE scores etc. are ALL just gate keepers for universities and money makers for that particular business. It is NOT necessary to go to a college or university to learn as the information is available everywhere now. A degree may be a requirement for getting in the interview process BUT experience and the ability to think outside the box is a much better indication of job performance. Have not read her book but will order and read

interview on NPR alerted me to the book.

Ms. Jones's advice on how the parents of high school juniors and seniors can reduce stress in the college admissions process is spot on. I was lucky enough to receive Ms. Jones's advice when she spoke to a standing-room-only crowd at our Boston area high school. For those not so lucky, you can obtain the advice in her book, coauthored with pediatrician Kenneth R. Ginsburg. Parents - and their children - will benefit from Jones's advice for two reasons: 1. Jones explains WHY current parents are so hyper about the admissions process (partly due to the fact that we parents are from the generation which mistakenly believes we can accomplish anything!) 2. And Jones gives practical advice on HOW each parent can reduce their child's stress in the admission process, including actions that can be easily implemented right away. Every parent of a high school junior or senior should buy her book today.

Finally, a well thought out book for parents thinking about the college process! My favorite story is early in the book setting the tone for a great and helpful read. Early on, the author is clear that the process is out of control for many parents. As the Admissions Director for MIT, she makes it clear not to worry about college until it is time, rather than picking your preschool with intent to head to the IVYies.... This book really tells us there is much more to learn on this road and truly this book is all about that journey in a healthier way!

I found this book to be useful. The author had several suggestions that we had not thought of and facts we were not aware of. The whole college admissions process is way harder than when I went through it, and I would say, there is a lot of negative as far as I can see. Her book is encouraging that the process can be a positive one, if you can step out of the frenzy that most other kids and parents seem to be embroiled in. The only reason I gave it 4/5 stars instead of 5 is because I felt there was some conflicting information between our school's college counselors and her and that's confusing.

After decades of serving as dean of admissions at MIT, Marlie Jones was exposed for lying about her credentials. She claimed to hold a doctorate but only has a High School diploma. I earned my degrees from the Ivy League and nearly lost my mind in the process. Stress among competitive students is clearly an important subject matter. But I am disheartened that someone in her position would dare to lie about her background and then write a book on the topic as if she shared an

intimate understanding of the MIT student experience. The book is not well written and comes from the perspective of an observer ... likely suffering from guilt and envy. It is not clear how much the co-author, Ken Ginsburg MD contributed. He is a pediatrician specializing in Adolescent Medicine at The Children's Hospital of Philadelphia and has written a number of books on resilience. I am not sure about the quality of his books, but for ethical reasons, I think "Less Stress, More Success" should be removed from the market.

As parents who have seen many of our friends completely lose perspective as their kids apply to college, my wife and I decided that we would not go down that road when our time came. Forget all the books that imply they will get your child into a "brand name" school. It's about discovering together a place where they can grow, and strengthening your relationship as you launch them toward their future. In the name of sanity, I recommend this book (and also a great one our own pediatrician recommended, "Getting In Without Freaking Out.") Stop hovering -- start helping your kids by not imposing your agenda.

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