As iron sharpens iron, so one person sharpens another. Proverbs 27: 17

Recommended Reading for the Parents of Upper School Students

Lake Highland Preparatory School
The Blessings of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers by Wendy Mogel, Ph.D.

Dr. Wendy Mogel shows parents how to navigate the teenage years, when a child’s sense of entitlement and independence grows, the pressure to compete skyrockets, and communication becomes fraught with obstacles. Mogel emphasizes empathy and guidance over micromanaging teens’ lives and overreacting to missteps.

Mindset: The New Psychology of Success by Carol S. Dweck

Mindset is “an established set of attitudes held by someone.” It turns out, however, that a set of attitudes needn’t be so set. Dweck proposes that everyone has either a fixed mindset or a growth mindset. A fixed mindset is one in which you view your talents and abilities as... well, fixed. A growth mindset is one in which you see yourself as a work in progress.. Dweck shows how a particular mindset can affect all areas of your life. The good news is that mindsets are not set.

Raising Cain: Protecting the Emotional Life of Boys by Dan Kindlon & Michael Thompson

Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy--giving them the vital connections and support they need to navigate the social pressures of youth.
Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School by John Medina

Brain scientists have uncovered details every business leader, parent, and teacher should know—like that physical activity boosts your brain power. How do we learn? What exactly do sleep and stress do to our brains? Why is multi-tasking a myth? Medina shares how the brain sciences might influence the way we teach our children and the way we work.

The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping Them Find Success in School and Life by Michael Thompson

Bridging the worlds of the growing and the grown-up, *The Pressured Child* shows us how to listen for the truth of our children’s experience—and how to trust, love, and ultimately let go of a child. It also reminds us that school is full not just of studies but of human emotion—excitement, fear, envy, love, anger, sexuality, boredom, competitiveness.

Clean: Overcoming Addiction and Ending America’s Greatest Tragedy by David Sheff

Drug addiction is a chronic illness—like diabetes, cancer, and heart disease—but doesn’t get treated as one. Sheff offers clear, cogent counsel for parents and others who want to prevent drug problems and for addicts and their loved ones no matter what stage of the illness they’re in. But it is also a book for all of us—a powerful rethinking of the greatest public health challenge of our time.
Focus on College Admissions

• The Gatekeepers: Inside the Admissions Process of a Premier College by Jacques Steinberg

The Gatekeepers follows a diverse group of prospective students as they compete for places in the nation's most elite colleges. The first book to reveal the college admission process in such behind-the-scenes detail, The Gatekeepers should be required reading for every parent of a high school-age child and for every student facing the anxious task of applying to college.

Almost Grown is a guide for parents to the final years of high school and first years of college, offering intelligent counsel not only in practical issues such as developing a college search plan or handling questions of money, sex, and substance abuse, but also in the psychological issues that arise during this family transition.

• Almost Grown: Launching Your Child from High School to College by Patricia Pasick

Almost Grown is a guide for parents to the final years of high school and first years of college, offering intelligent counsel not only in practical issues such as developing a college search plan or handling questions of money, sex, and substance abuse, but also in the psychological issues that arise during this family transition.

• College Unranked: Ending the College Admissions Frenzy by Lloyd Thacker

In this book, edited by a veteran admissions counselor, readers are reminded that college choice and admission are a matter of fit, not of winning a prize, and that many colleges are "good" in different ways.

Colleges that Change Lives: 40 Schools that will Change the Way You Think about Colleges by Loren Pope

Pope’s book is the definite guide for high school students (and their parents) who are looking for more in their college education than football, frat parties, and giant lectures.

"If you’re going to have childhood dreams you should have great parents who let you pursue them and express your creativity".

-- Randy Pausch