

Help Your Teen Stay Confident and Healthy Through College Planning

Presenter: Jessica Orenstein

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8:00 PM ET | 7:00 PM CT | 5:00 PM PT





Set to Go ▶

The Road Ahead

**Ensuring Your Teen is Set to Go
Beyond High School**



Meet Your Presenter



Jessica Orenstein, MPH
(She, her)
Senior Director, Programmatic
Partnerships



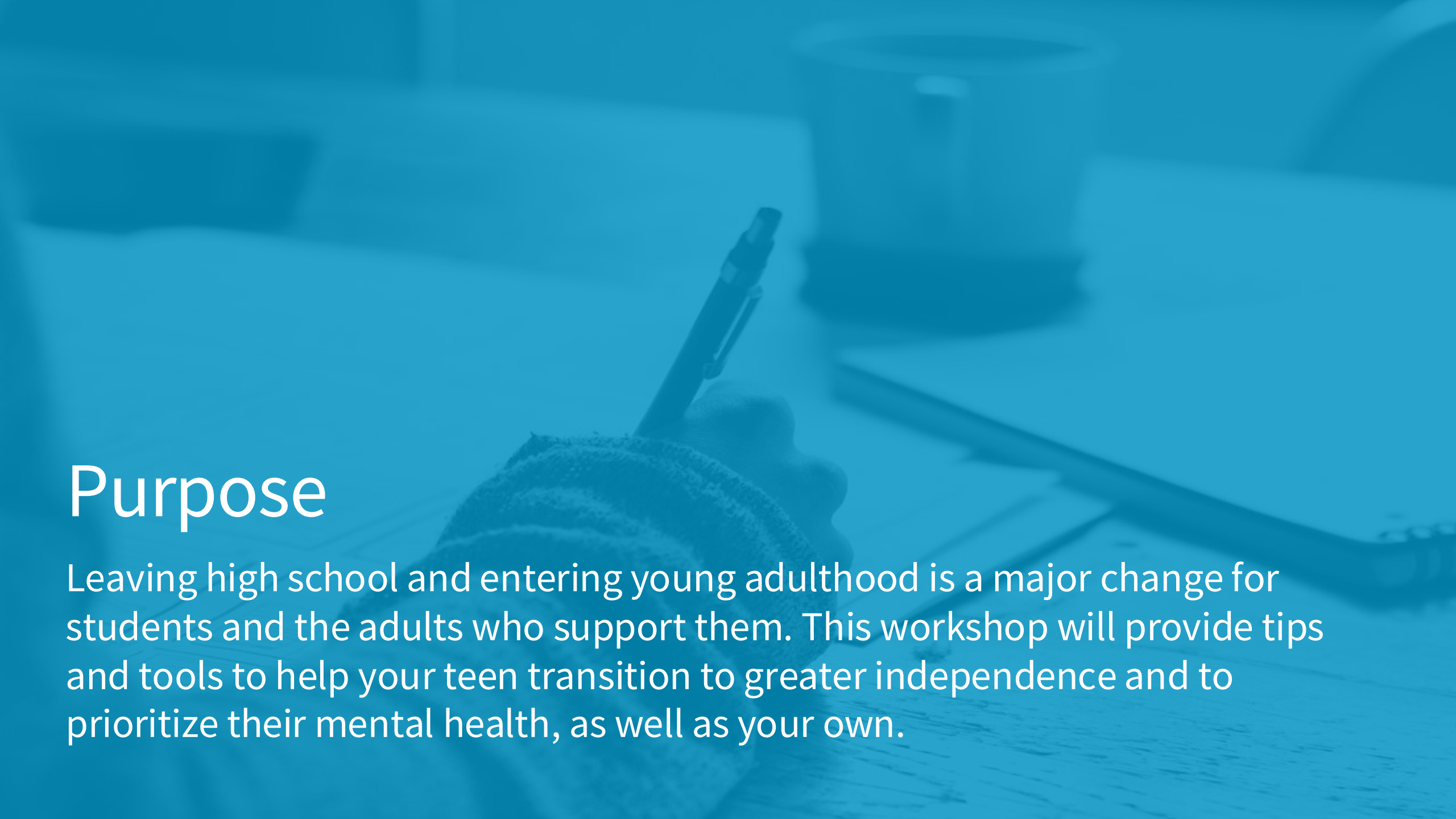
The Jed Foundation

JED's Mission and Vision

Mission: JED is a nonprofit that protects emotional health and prevent suicide for our nation's teens and young adults.

Vision: At JED, we envision a future where:

- ⌘ Every high school, district, and college has a comprehensive system that supports emotional health and reduces the risks of substance misuse and suicide.
- ⌘ All teens and young adults are equipped to navigate mental health challenges, seek and give help, and be emotionally prepared to enter adulthood and fulfill their potential.
- ⌘ Our communities support the emotional well-being and mental health of teens and young adults.
- ⌘ Mental health is recognized as part of general health and wellness and is not associated with shame, secrecy, or prejudice.

A hand holding a pen over a notebook with a blue overlay.

Purpose

Leaving high school and entering young adulthood is a major change for students and the adults who support them. This workshop will provide tips and tools to help your teen transition to greater independence and to prioritize their mental health, as well as your own.

Agenda

**Check In With
Yourself**

1

**Understand
Your Evolving
Role in Your
Teen's Life**

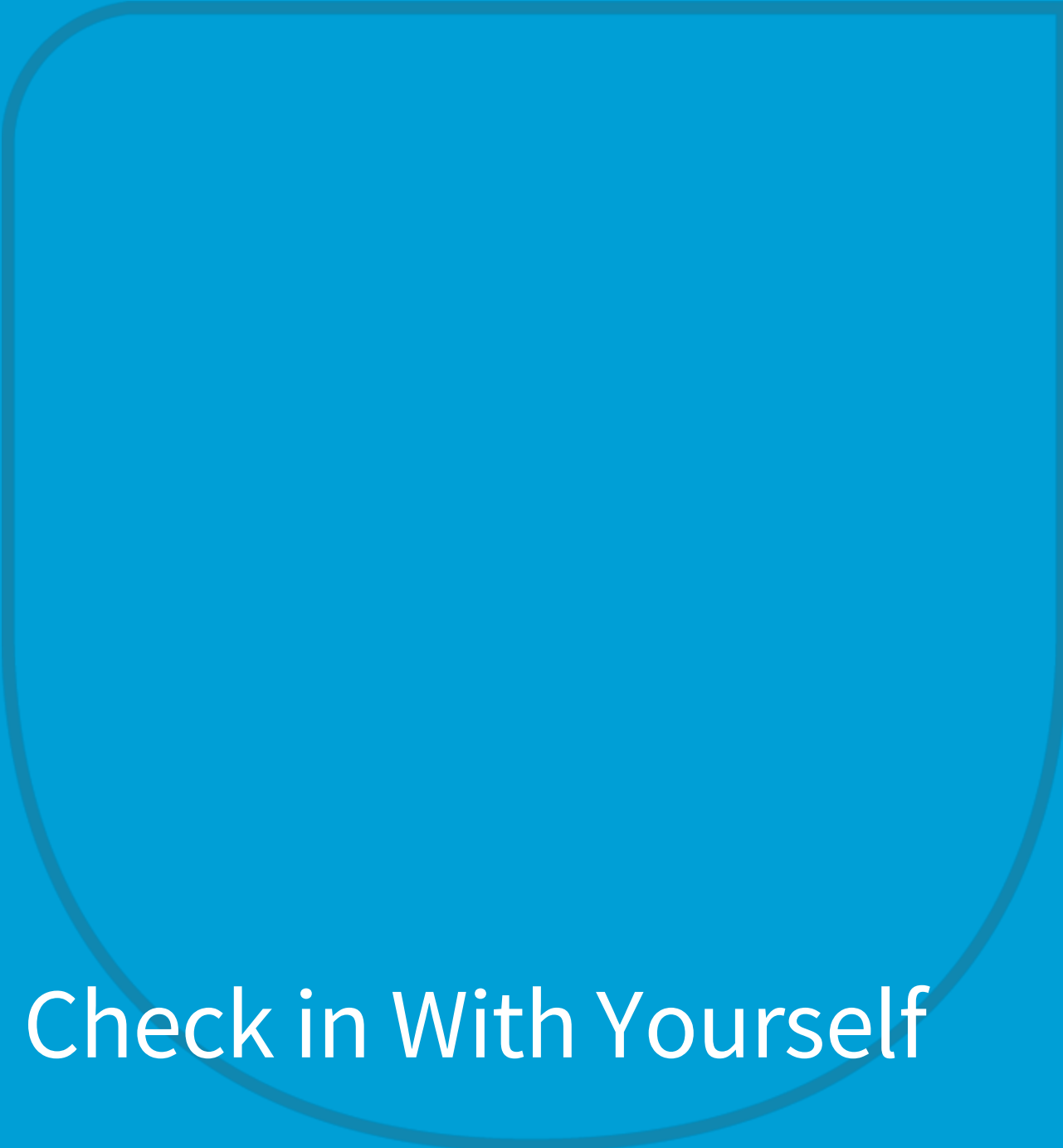
2

**Equip Your
Teen for Life
After High
School**

3

**Support Your
Teen From Afar**

4



Check in With Yourself

“Your child’s life will be filled with fresh experiences. It’s good if yours is as well.”

Dr. Margaret Rutherford

The Complex Emotions of Caring for Emerging Adults

Joy

Sadness

Pride

Depression

Anticipation

Anxiety

Hope

Sense of Loss

Relief

Grief

Gratitude

Loneliness

Fulfillment

Emptiness

Confidence

Guilt

Excitement

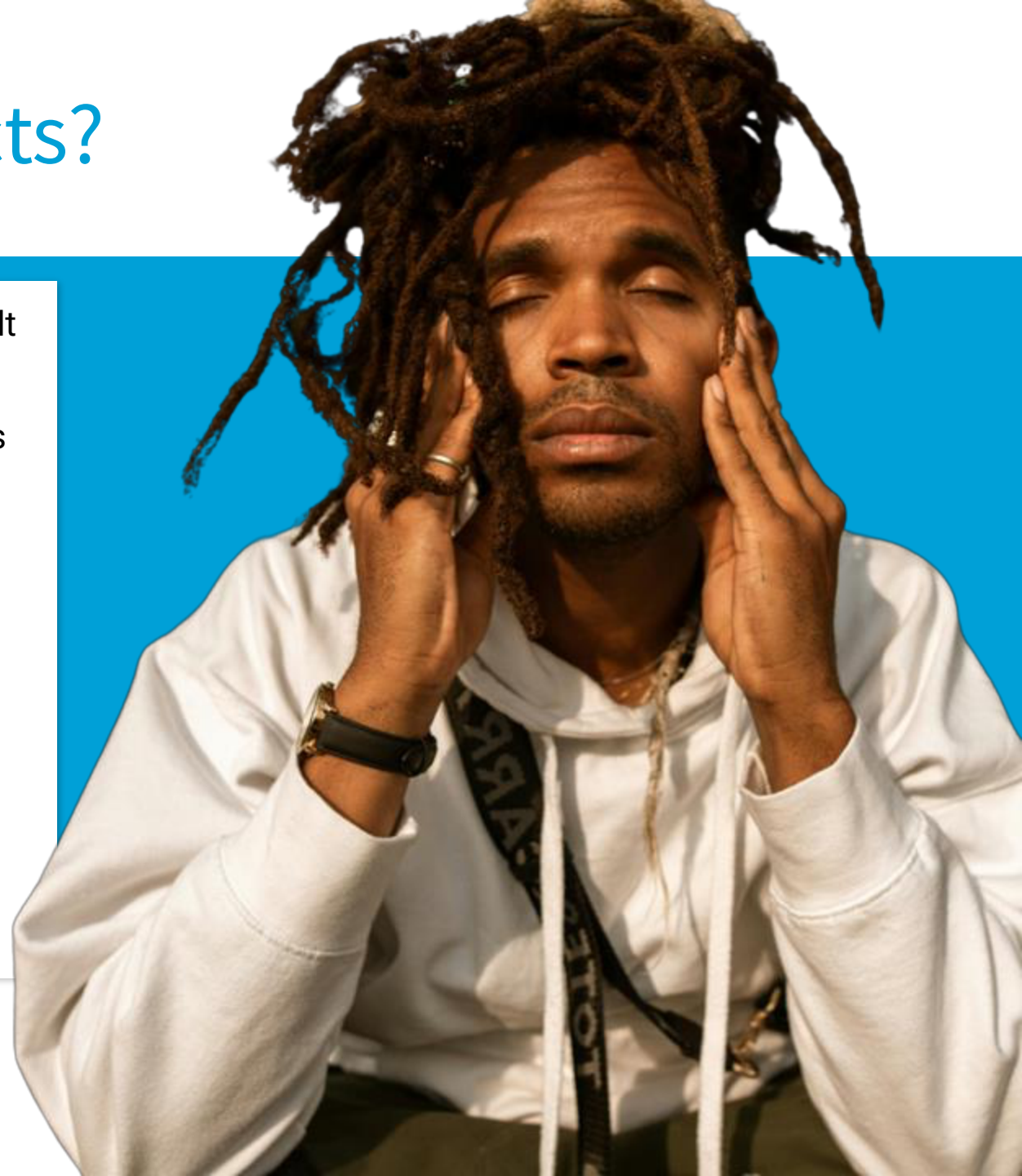
Uncertainty

Freedom

Longing

What Is Stress and Its Effects?

- ❧ A state of worry or mental tension caused by a difficult situation
- ❧ A natural human response that prompts us to address challenges and threats in our lives
- ❧ Affects both the mind and the body
- ❧ Too much can cause physical and mental health problems



48%

of parents say that most days their stress is **completely overwhelming** compared to 26% of other adults.

Unique Stressors of Parents and Caregivers

These stressors include, but are not limited to:



Financial strain, economic instability, and/or poverty



Time demands



Parental isolation and loneliness



Children's health



Technology and social media



Children's safety



Cultural pressures and children's futures



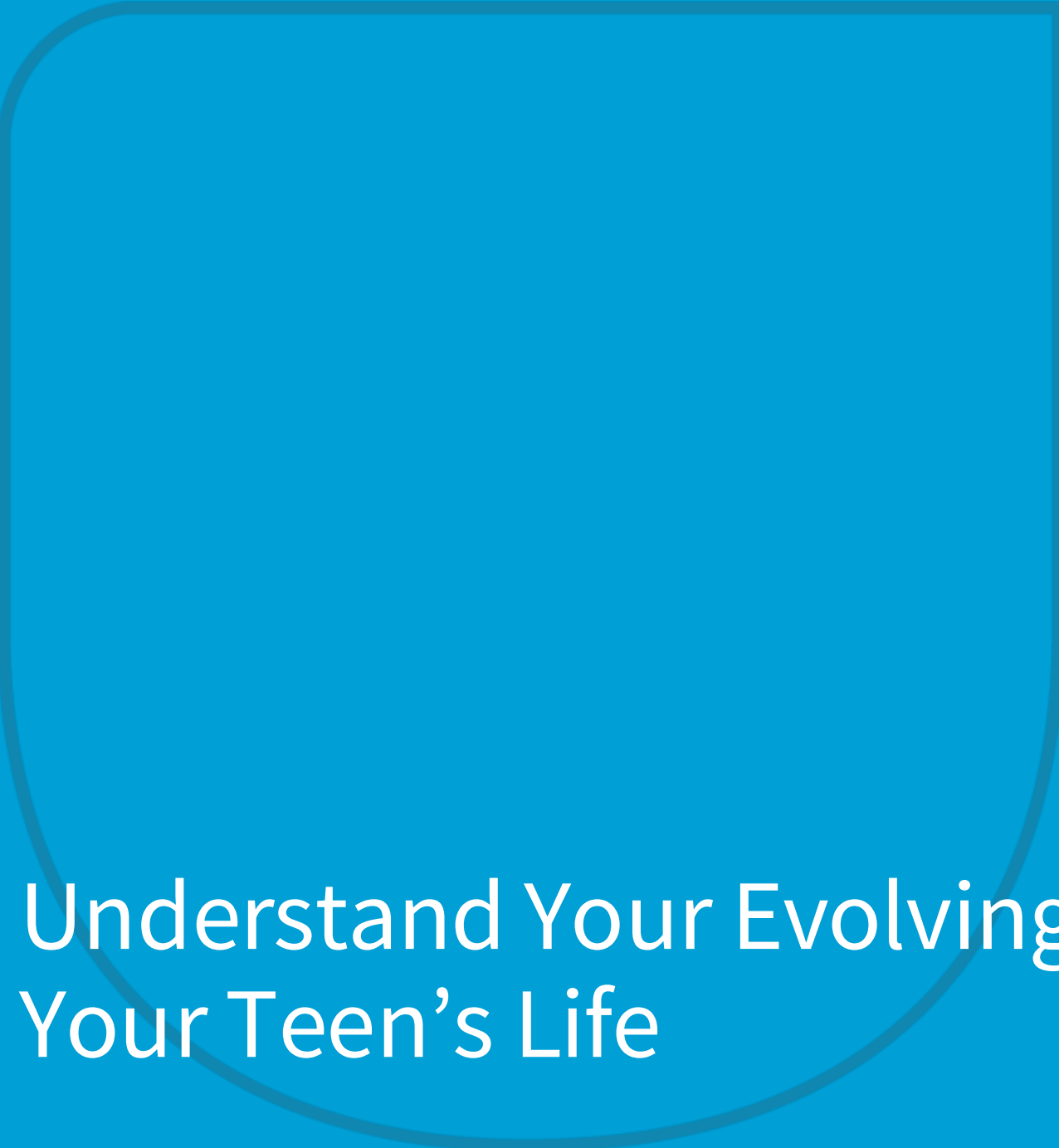
“The mental health of
parents has a direct
impact on the mental
health of children.”

Dr. Vivek Murthy
Former U.S. Surgeon
General

Source: [The New York Times](#)

Make Yourself a Priority

1. Remember, caring for yourself is a key part of caring for your family.
2. Nurture connections with other parents and caregivers.
3. Recognize how mental health challenges manifest and seek help when needed.



Understand Your Evolving Role in
Your Teen's Life

The Teen Brain: 5 Things to Know

1. Brain development is related to social experiences during adolescence.
2. The teen brain is ready to learn and adapt.
3. Teen brains may respond differently to stress.
4. Mental illnesses may begin to appear during adolescence.
5. The teen brain is resilient.

Source: [*National Institute of Mental Health, 2023*](#)



Brain Facts

The brain's frontal lobe isn't fully mature until around age 25.

The prefrontal cortex of the frontal lobe:

- Allows us to process the pros and cons of a decision before it is made.
- Is associated with planning and problem-solving.

Decision-Making

Logical Thinking

Reasoning

Things You Should Expect During This Transition

- 🔗 Your teen may not be ready to take full responsibility for their lives.
- 🔗 You will need to continue supporting them.
- 🔗 Conversations sometimes get awkward.
- 🔗 Your teen may talk to you less.
 - Frequency and/or duration of conversations may change.
 - This can happen immediately upon leaving home or more gradually.
- 🔗 Your teen will experience stress but may not want your help.

Reminder:

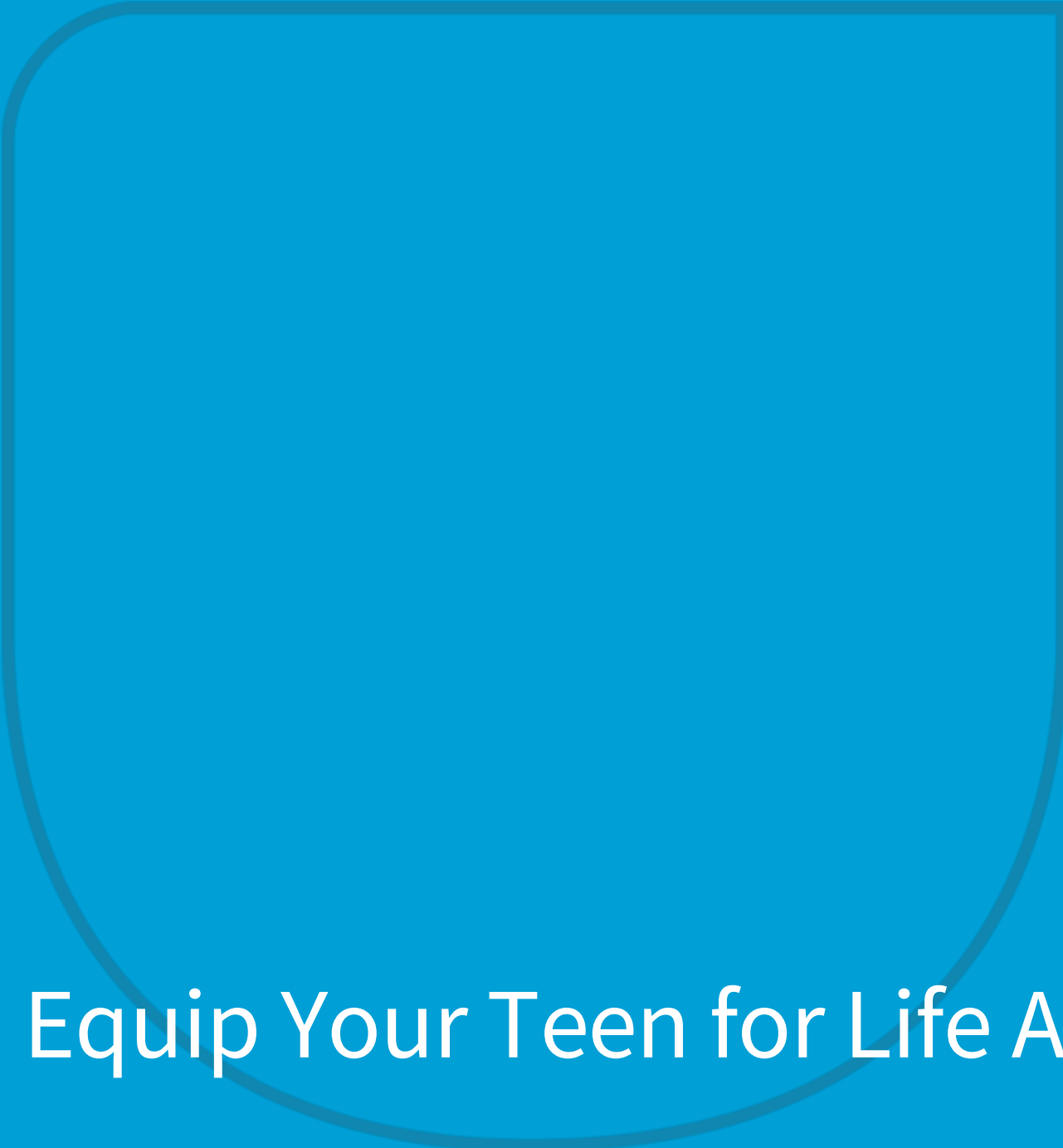
Your role in your teen's life will change,
but your connection can remain strong.

Do...

- ✓ Support your teen's autonomy
- ✓ Offer guidance, not control
- ✓ Stay accessible and present
- ✓ Celebrate their successes and efforts
- ✓ Check in with empathy, not expectations

Don't...

- ✗ Overstep boundaries
- ✗ Disappear when pushed away
- ✗ Assume they're always OK
- ✗ Let your worries drive your actions
- ✗ Undermine their independence



Equip Your Teen for Life After High School

(Patiently) Help Teens Develop Independence



Stay involved, but resist the urge to jump in.



Walk them through the necessary steps to handle tasks on their own.



Remember that the transition will be a process, not an abrupt shift.

Managing Health and Well-Being

What should your teen know?

- 🔗 Where to store and find their insurance card
- 🔗 How to find a covered provider
- 🔗 How to schedule their own appointments
- 🔗 How to request medication refills
- 🔗 The nearest health center for basic health care needs and referrals
- 🔗 The importance of reading medication labels
- 🔗 The importance of getting enough sleep
- 🔗 What to do if they get sick



Developing Independent Living Skills



Teens who are no longer living at home will need to be responsible for other aspects of their own care and living environment.

This includes (but not limited to):

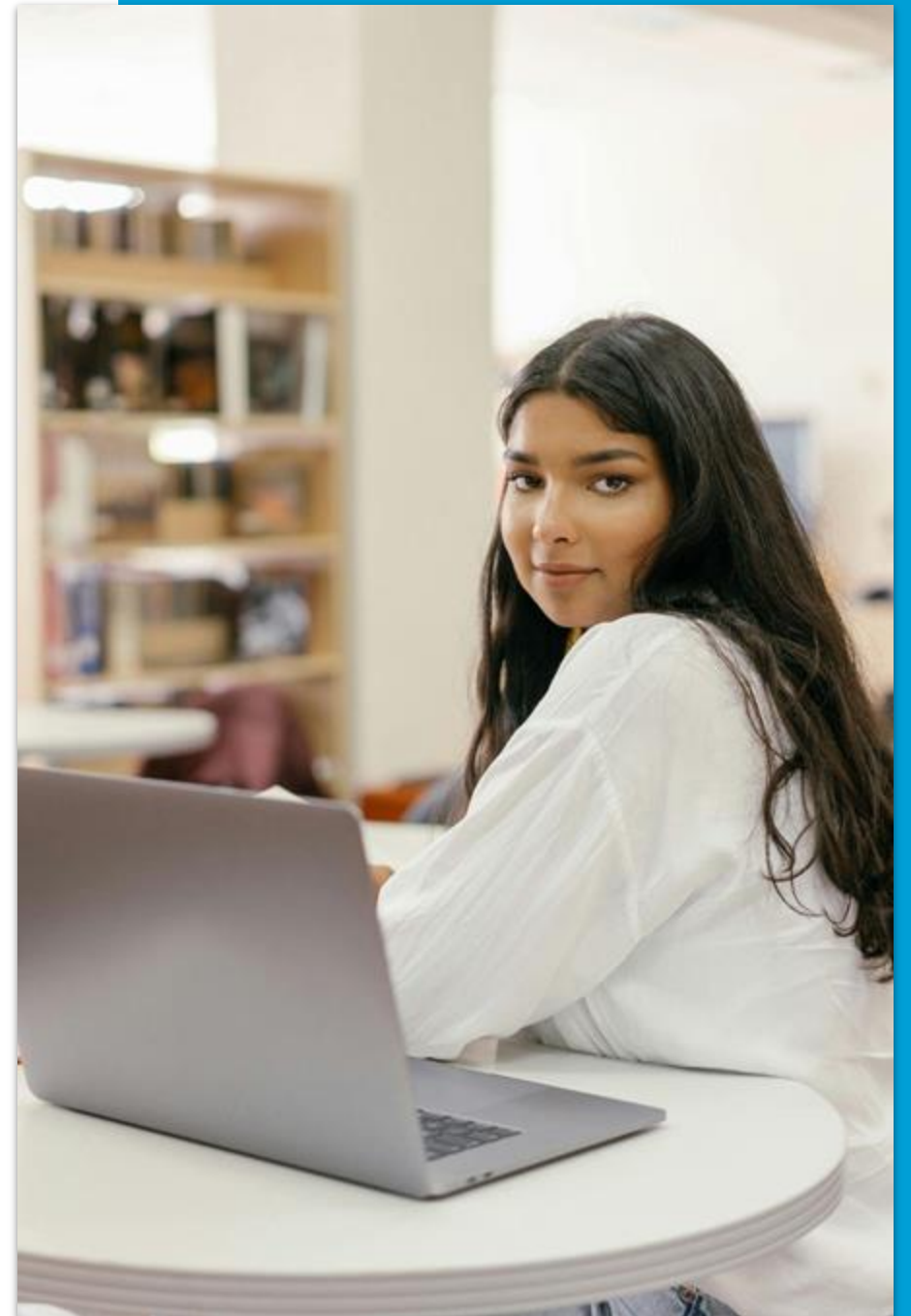
- ✂ Doing laundry
- ✂ Cooking and meal planning
- ✂ Cleaning

Can you think of any others?

Managing Time

Encourage your teen to:

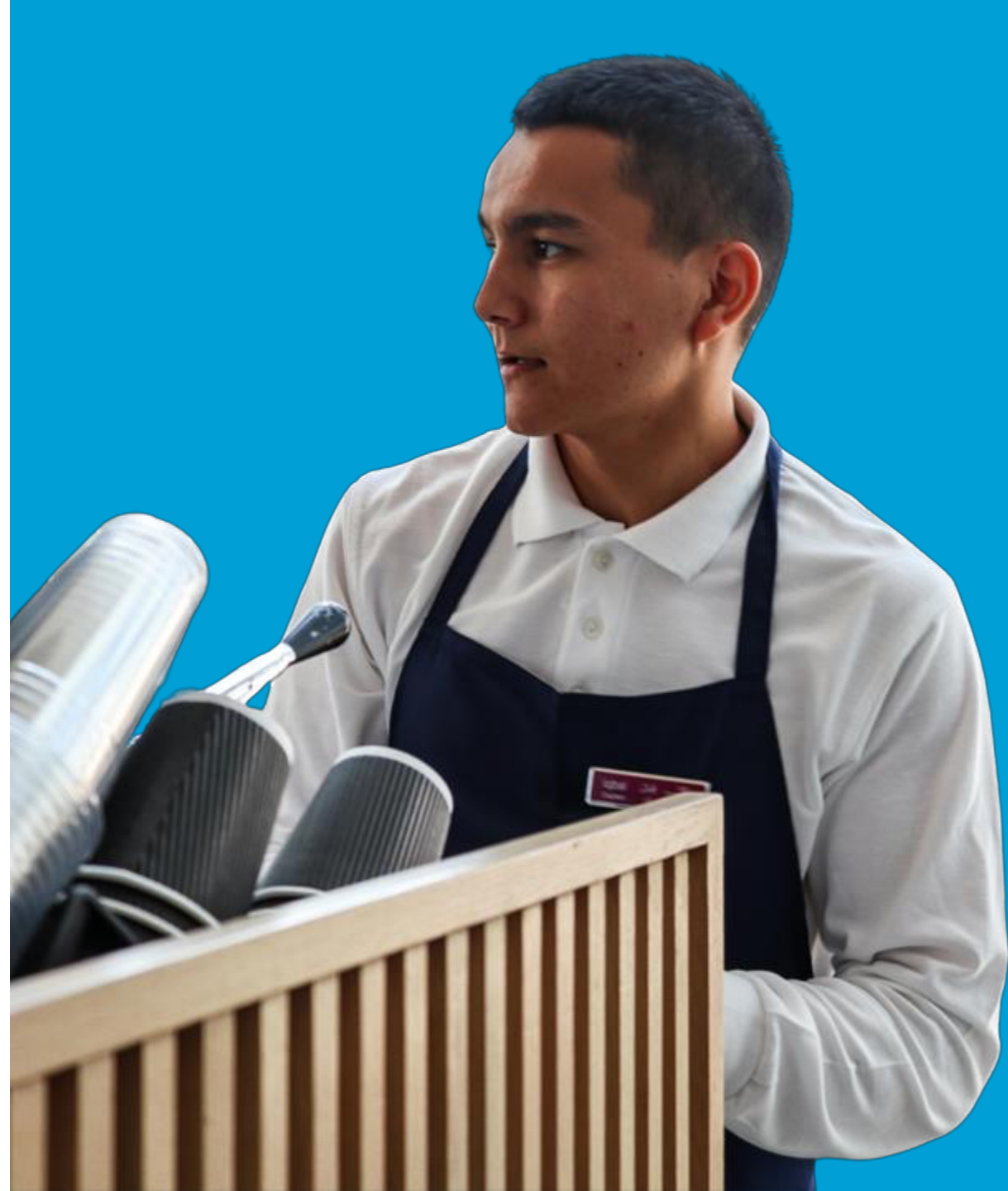
- 🔗 Regularly check off tasks on a to-do list when establishing a routine.
- 🔗 Utilize a calendar and add all appointments, assignment due dates, and/or work deadlines.
- 🔗 Find ways to manage and balance tech use with important tasks and self-care.



Learning Financial Responsibility

Teens can build financial literacy by:

- 🔗 Learning basic money terms
- 🔗 Managing their monthly budget
- 🔗 Learning how to comparison-shop
- 🔗 Opening a credit card account as a way to start building a credit history



Making Other Health and Safety Decisions

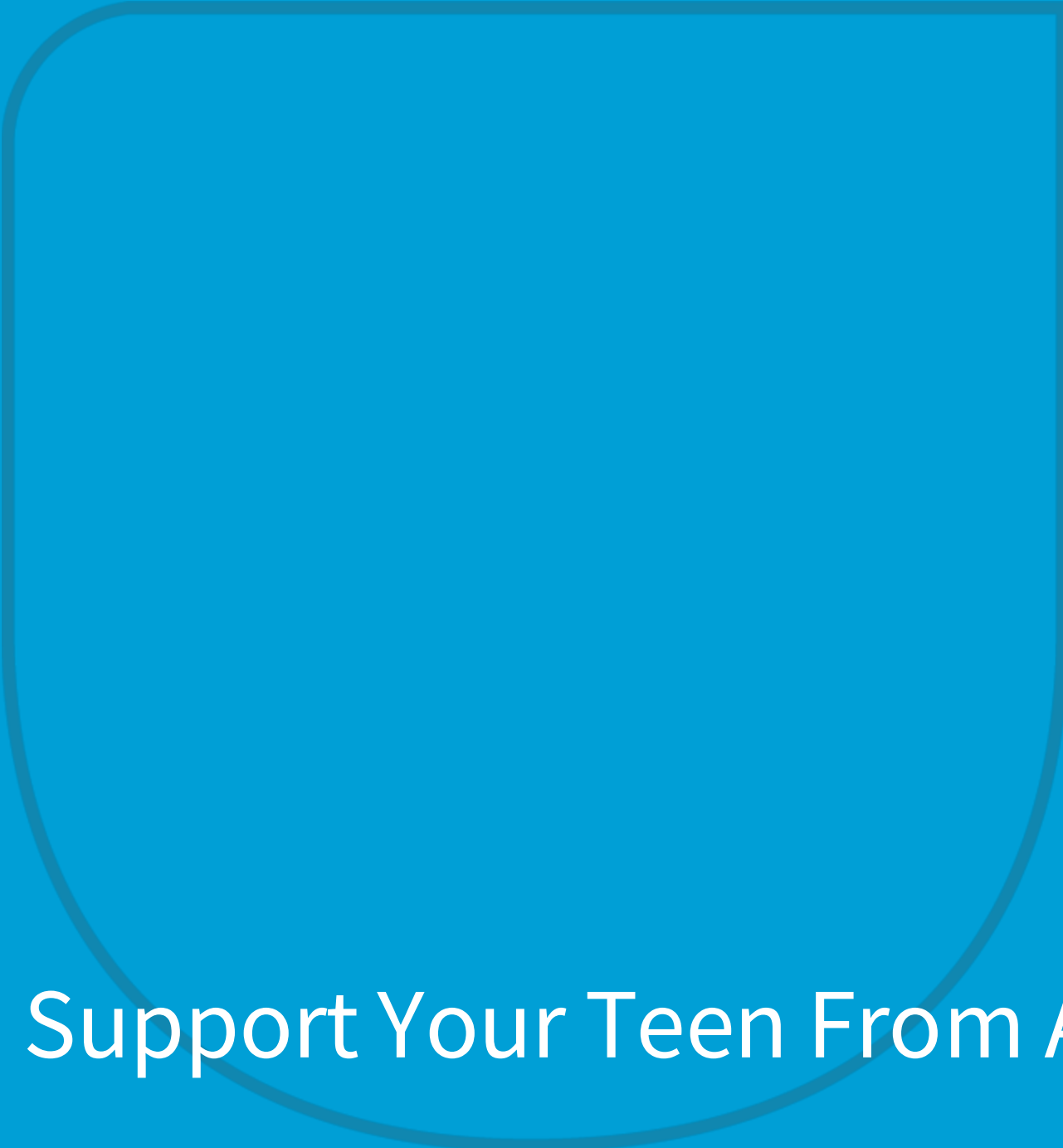


Teens leaving home will need to set limits for themselves. You can help by:

Encouraging your teen to explore possible problems they may face and the range of outcomes from their decisions.

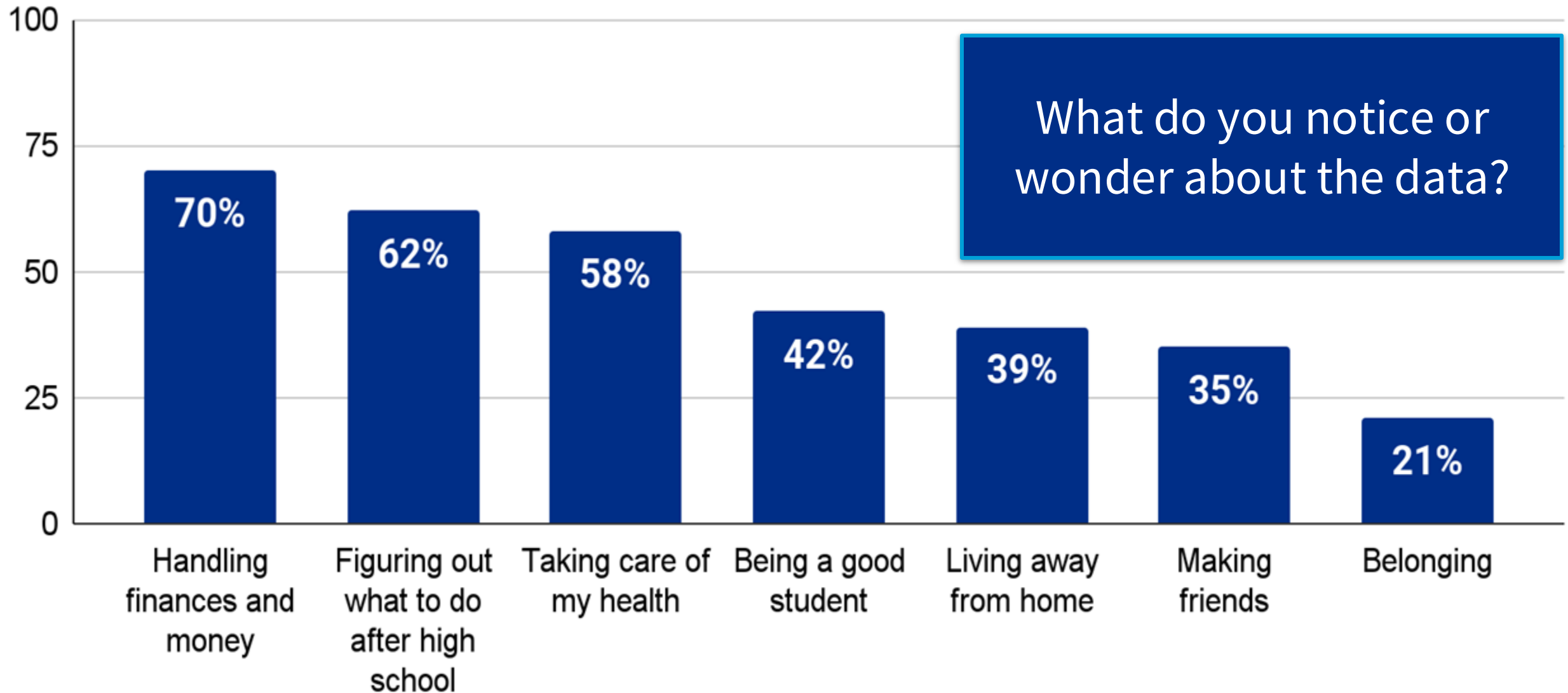
Helping your teen identify coping strategies.

Reminding them to advocate for themselves and to clarify their boundaries and values.



Support Your Teen From Afar

Most Important Topics for High School Students:



Mental Health Concerns in Young Adults

Parents don't always realize the extent of their young adult's mental health concerns.

Loneliness, especially among young men, has been rising for decades.

40%

of high school students have faced intense sadness and hopelessness that interfered with their daily lives.

Mental health struggles often increase as teens transition from high school to college.

Supporting Your Teen's Mental Health...

Before They Leave Home

- 🔗 Help them recognize and respond to stress and mental health needs.
- 🔗 Ensure they understand and can access mental health resources.
- 🔗 Collaborate on a proactive mental health care plan.

Once They Leave Home

- 🔗 Establish communication expectations.
- 🔗 Stay attuned to their well-being.
- 🔗 Identify and access support resources.

Leading by Example

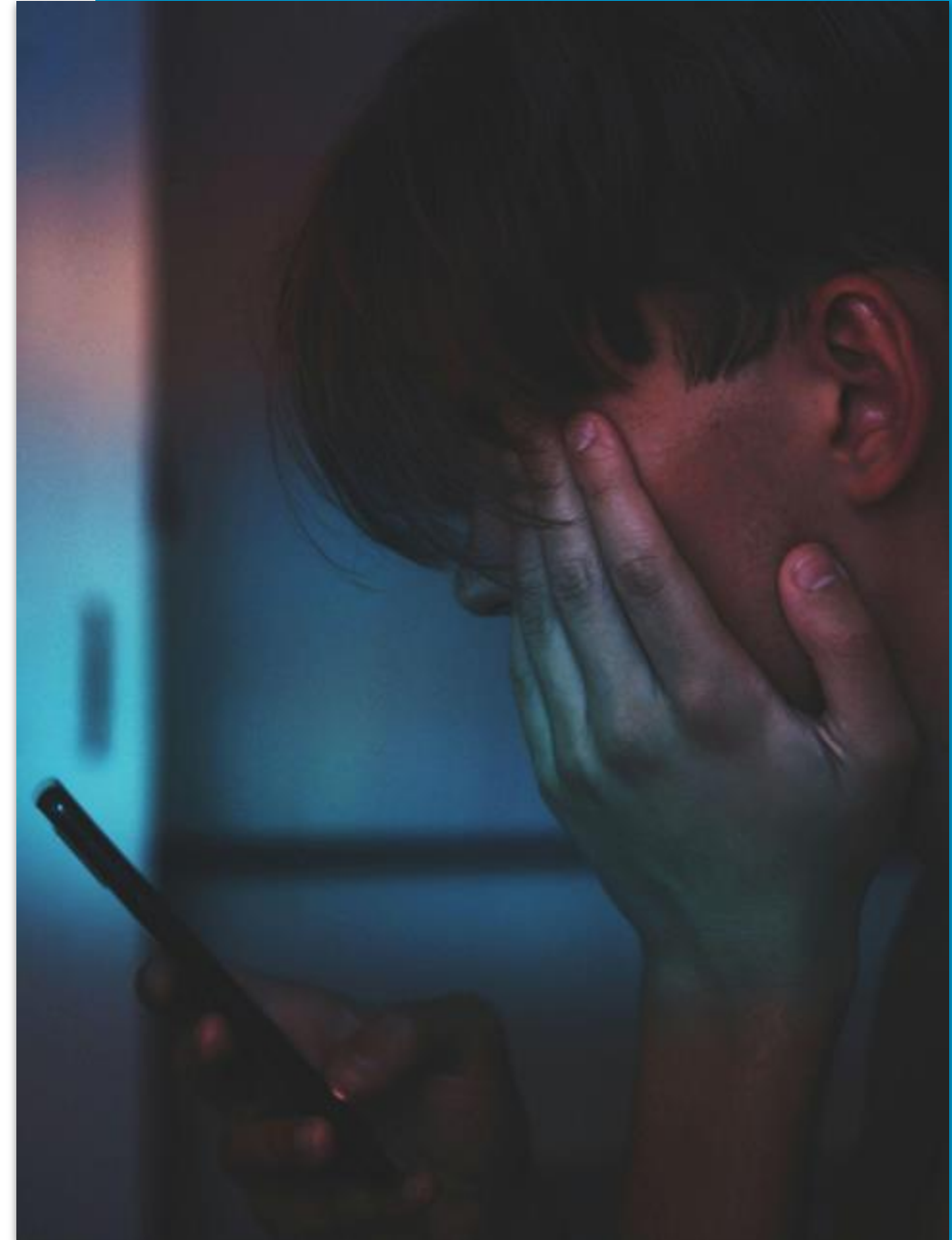
Modeling behaviors, such as actively seeking help, prioritizing your own self-care, and focusing on your mental and physical health, can encourage your teen to adopt healthy coping strategies.



When to Step in Rather Than Step Back

You may want to talk to your teen if you notice a significant and sustained change in:

Mood	Speech Patterns	Communication
Self-Care	Sleep and Appetite	Emotional Expression
Focus and Memory	Academic Interest	Social Engagement



Determining How Much You Should Worry

- 🔗 Is your teen's response to whatever is posing challenges consistent with their typical response to stress?
- 🔗 How much are their stressful emotions interfering with life (e.g. going to classes, socializing, taking care of themselves)?
- 🔗 How long-lasting and chronic is their negative feeling?
- 🔗 To what extent are they repeating the same or worsening negative thoughts and fears?
- 🔗 Are they connecting to people on campus or in the community (not just friends from home or other virtual connections)?
- 🔗 To what extent are they taking realistic and productive steps to reduce stress?

Protective Measures

If your teen lives on a college campus:

- 🔗 Seek advice from Counseling and Psychological Services (CAPS) on campus and/or the campus crisis team.
- 🔗 Contact their resident adviser who can stay with the student and might know how to activate an emergency response.
- 🔗 If you are concerned with imminent danger, reach out to campus police and specify that there is a mental health concern.
 - If the school has a coordinated response that involves counseling, that support will be activated.

Part One: Supporting Yourself



Choose one to start implementing today:

- ❑ Schedule a weekly time to reflect on your emotions using a journal or mindfulness app.
- ❑ Block 15–30 minutes daily for an enjoyable, relaxing activity.
- ❑ List three support contacts and plan a monthly check-in with at least one.
- ❑ Dedicate time weekly for two personal goals and revisit them monthly.

Part Two: Supporting Your Teen

Choose one to start implementing today:

- ❑ Send a supportive check-in message weekly.
- ❑ Choose one life skill each week to practice with your teen for 30–60 minutes.
- ❑ Create a monthly calendar of responsibilities for your teen, gradually giving them more control.
- ❑ Schedule monthly goal-setting conversations for your teen to lead while you offer support.
- ❑ Agree on a weekly call time and response expectations for texts; use a shared calendar for reminders.



Conclusion



Consider today's session successful if you are able to:

- ✓ Recognize your ever-changing role
- ✓ Explain key challenges teens encounter
- ✓ Begin enhancing your teen's life skills
- ✓ Implement communication techniques and support strategies
- ✓ Create a personalized self-care plan

You've Got This!

We encourage ongoing self-care and emotional management as you and your teen navigate through this significant shift.



<https://bit.ly/TheRoadAheadResources>



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