

➔ Letting Go: A Parents' Guide to Understanding the College Years

An evening with author Karen Levin Coburn at the International School of Luxembourg: Friday, 24 April at 7.30 p.m. in the school auditorium

- What is different about today's university environment?
- What can parents do throughout the years to prepare their children for university life?
- What issues of identity and intimacy await students?
- What are normal feelings of disorientation and loneliness for students... and for parents?
- When should parents encourage independence?
- When should they intervene?

All parents will be faced with these questions and the challenges of 'letting go' at some point in their children's lives. Karen Levin Coburn, whose latest book, *Letting Go*, 5th edition (reviewed in last week's 352), will address these questions and more in a talk at the International School of Luxembourg on Friday 24 April, at 7.30 p.m. The public is warmly invited to attend this event; admission is free.

During her talk, Coburn will discuss students' predictable stages of development throughout the high school and university years and provide parents with an inside view of university life today. She will speak about the emotional and social changes that take place and offer practical information and compassionate advice about the challenges of parenting university age students. Coburn will be happy to respond to parents' questions following her presentation.

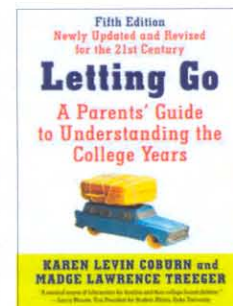
While most of Coburn's extensive research focuses on experiences of American students, the theme of separation is universal and all parents stand to benefit from her informative and reassuring insight. As Coburn herself puts it, "Understanding what we and our children are going through reduces our anxiety and validates our reality. It opens our eyes so that we can see what our children's world is like; it allows us to listen and communicate more effectively. It frees us to help our children become themselves."

The International School of Luxembourg is honoured to welcome Karen Coburn and is pleased to offer this opportunity for the Luxembourg community to come and hear her speak on this timely topic. Mark your calendars for Friday 24 April at 7.30 p.m. This exceptional event takes place under the haut patronage of the United States Embassy in Luxembourg and is sponsored by the ISL Higher Education and Careers Office and the ISL Parent-Teacher Organisation. Please contact the ISL

Higher Education and Careers Office by email on HigherEd@islux.lu or by telephone on 26 04 41 10 for more information.

About Letting Go: A Parents' Guide to Understanding the College Years

The fifth edition of Karen Coburn's book, *Letting Go*, all about helping parents prepare for their child's university years, has just been released. For more than a decade *Letting Go* has provided hundreds of thousands of parents with valuable insights, information, comfort, and guidance throughout the emotional and social changes of their children's university years from the final year of secondary school through university graduation. Based on real-life experiences and recommended by universities, this indispensable book has been updated and revised, offering even more compassionate, practical, and up-to-the-minute information.



Karen Levin Coburn

About Karen Coburn

Karen Levin Coburn, Senior Consultant in Residence at Washington University, St. Louis, Missouri, is one of America's leading experts on the university experience. She is a graduate of Skidmore College in the State of New York and holds Masters degrees from Harvard University and Washington University.

Coburn is a licensed Psychologist and a licensed Professional Counselor and has been an educator for more than 30 years. She has written numerous professional articles, has written and directed educational training films and audiotapes, and has produced training materials for teachers and counsellors. Coburn and her husband Stephen are the parents of two grown children.

Coburn is often quoted in the United States and international media for her tips on helping students and parents make a smooth transition from high school to university. Coburn is a frequent guest on radio and television shows in the USA, including multiple appearances on Good Morning America, CBS This Morning, CNN's Parenting Today, and NPR's Talk of the Nation and Weekend Edition. She is featured regularly in prestigious newspapers and magazines such as The New York Times, The Wall Street Journal and Newsweek, as well as countless regional publications.

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