



Jill Margaret Shulman
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The Chill Parents' Revolution: A "no regrets" guide to approaching college admissions with your teen

1. What's the main objective of a 'chill' parent?
2. What should your role as a parent be in the college process?
3. What are some signs that you're being too hands-on (or hands-off) during the process?
4. What is Jill's '5-minute' rule?
5. What are 'parent blind spots'?