



**YPO | WPO**  
**FAMILY**

**Presents**



# *Hold On To Your Hat!*

The college application process can be confusing and stressful for many students and their parents, as there are so many things to consider in determining which college or university is the best fit! This presentation takes on the “roller coaster” emotions that many parents and teens experience as admission rates, especially to the top colleges, have dropped, while *anxiety* has sky-rocketed. Learn how to manage the emotional side of college admissions by joining this call!



## **Mark Your Calendars:**

“Hold On To Your Hat! Handling the “Roller Coaster” Emotions of the College Application Process.”

**Global Conference Call for parents and students:**

**17 September 2013 at these times:**

**11am New York, 4pm London, 12am (18 September 2013) Hong Kong.**

### **Topics that will be covered:**

1. The five emotional stages of the process;
2. How uncertainty intensifies the emotions;
3. Affect Theory—the basis for emotional learning;
4. Parents—How your emotional past may be invading your present;
5. Coping strategies that have helped those who have gone on this “ride” before

## About the Speaker: Barbara Long, M.D., Ph.D.



Barbara Long, M.D. ([www.barbaralongmdphd.com](http://www.barbaralongmdphd.com)) is a mother of two grown children and Board-certified psychiatrist who has worked with young people and their families for over 30 years.

Outside of her professional work Dr. Long has served as a Harvard College interviewer and liaison to students, parents and college counselors. In 2009, Harvard's Office of Undergraduate Admissions awarded her the prestigious Hiram Hunn Award for her service. After this, she set pen to paper to write her first book, which is targeted for parents and young people from age 15 through the 20s "and beyond," as well as school and mental health counselors, clerical counselors, educators, and educational administrators. An invaluable resource and book of wisdom, *Keep Your Eye on the Prize!—a Young Person's Guidebook to Adulthood* ([www.keepyoureyeontheprize.org](http://www.keepyoureyeontheprize.org)) has been described by Winston Groom, author of *Forrest Gump*, as:

**"Absolutely essential for anyone leaving home for the first time. Avoid this book at your peril. Read it, absorb it, and you'll never be stupid again!"**

Her newest book, *Hold Onto Your Hat!—Handling the Roller Coaster Emotions of the College Application Process* ([www.holdontoyourhat.org](http://www.holdontoyourhat.org)), helps students, families, college counselors, and those who work with students cope with this intensely stressful rite of passage in life.



*Keep Your Eye on the Prize!*



Barbara Long, M.D., Ph.D.

 *Hold On To Your Hat!*