

13 reasons why parents guide

****13 Reasons Why Parents Guide: Unlocking the Power of Parental Influence****

13 reasons why parents guide their children provide crucial insights into the profound impact family dynamics have on a child's growth and development. Parenting is more than just caregiving; it's about shaping the future, instilling values, and nurturing abilities that last a lifetime. In today's fast-paced world filled with digital distractions and diverse challenges, understanding why parental guidance matters has never been more important.

Let's explore the 13 reasons why parents guide their children, shedding light on how intentional parenting fosters confidence, resilience, and success.

1. Building Strong Emotional Foundations

Parents guide their children to create a secure emotional base. Young minds absorb more than facts—they soak up feelings, attitudes, and emotional responses. When parents provide consistent support and understanding, children learn to navigate their emotions effectively. This emotional intelligence is crucial in handling stress, building relationships, and maintaining mental health throughout life.

2. Teaching Moral and Ethical Values

One of the primary reasons why parents guide their children is to instill a strong sense of right and wrong. Through daily interactions and conversations, parents impart moral values such as honesty, kindness, and responsibility. These lessons form the ethical compass children rely on when making difficult decisions later in life.

3. Encouraging Healthy Habits

Parents play a key role in shaping lifestyle choices. Guiding children toward healthy eating, regular exercise, and proper sleep routines sets the stage for lifelong wellness. This guidance also extends to limiting screen time and encouraging outdoor play, which are crucial in today's digital age for preventing sedentary habits.

4. Supporting Academic Achievement

Academic success doesn't happen in isolation. Parents who actively engage in their child's education—whether by helping with homework, attending school events, or fostering curiosity—significantly boost learning outcomes. Parental guidance in education helps children develop discipline, time management, and a positive attitude towards learning.

5. Cultivating Social Skills

Navigating social environments is complex, and parents provide the first lessons in communication, empathy, and cooperation. By guiding children through interactions with siblings, peers, and adults, parents help build essential social skills that contribute to lifelong friendships and professional relationships.

6. Fostering Independence and Responsibility

While protecting children is natural, parents also recognize the importance of encouraging autonomy. Guiding children to take responsibility for chores, homework, and personal decisions builds self-confidence and prepares them for adulthood. This balance of support and freedom is a delicate but vital aspect of effective parenting.

7. Preparing for Challenges and Resilience

Life is full of ups and downs, and parents guide children in developing resilience—the ability to bounce back from setbacks. By allowing children to face manageable challenges and learn from failures, parents teach perseverance and problem-solving skills that are essential for success.

8. Shaping Identity and Self-Esteem

Parents influence how children see themselves. Through positive reinforcement and acceptance, they help nurture a healthy self-esteem. Guidance during critical stages of identity formation ensures children feel valued and confident in their uniqueness, which supports mental well-being and personal growth.

9. Guiding Technology Use and Digital Literacy

In an era dominated by screens, parents guide children on responsible technology use. This includes teaching online safety, setting boundaries, and encouraging critical thinking about digital content. Such guidance helps children navigate the internet wisely and protects them from cyberbullying or misinformation.

10. Encouraging Creativity and Curiosity

Parents who nurture curiosity and creativity enable children to explore their interests and talents. Whether it's through arts, music, science experiments, or imaginative play, this guidance fosters innovation and problem-solving capabilities critical in an ever-changing world.

11. Modeling Behavior and Setting Examples

Children often emulate their parents. This is why parents guide by example, demonstrating behaviors like respect, patience, and empathy. When parents embody the values they wish to pass on, children are more likely to internalize and reflect these traits in their own actions.

12. Enhancing Communication and Conflict Resolution

Parents provide the first lessons in effective communication and resolving disagreements. Guiding children through expressing feelings, listening actively, and negotiating solutions helps them develop skills that are vital in personal and professional contexts throughout life.

13. Creating a Safe and Supportive Environment

Finally, parents guide children by creating a nurturing home environment where children feel safe to express themselves and explore. A supportive atmosphere encourages learning, risk-taking, and emotional openness, all of which contribute to well-rounded development.

Why Understanding These Reasons Matters

Recognizing the 13 reasons why parents guide their children reveals the multifaceted role parents play in shaping future generations. It's not just about rules or discipline; it's about fostering growth, independence, and well-being. For parents seeking to improve their approach, focusing on these areas can transform everyday interactions into powerful teaching moments.

Tips for Effective Parental Guidance

- **Be Consistent:** Children thrive on predictable routines and clear expectations.
- **Stay Involved:** Show genuine interest in your child's activities and feelings.
- **Communicate Openly:** Encourage honest conversations without judgment.
- **Lead by Example:** Model behaviors and values you want your child to adopt.
- **Balance Support and Independence:** Allow children to make choices and learn from mistakes.

By incorporating these strategies, parents can more effectively fulfill their role as guides, ensuring children develop the skills and confidence needed to thrive.

Parenting is a journey filled with challenges and rewards. Understanding the reasons behind parental guidance helps illuminate why this role is so vital. Each interaction holds the potential to shape a child's future, making the commitment to guide with love, patience, and wisdom one of the most meaningful endeavors a parent can undertake.

Frequently Asked Questions

What is the '13 Reasons Why' parents guide?

The '13 Reasons Why' parents guide is a resource designed to help parents understand the themes, content, and potential impact of the TV series '13 Reasons Why,' enabling them to have informed conversations with their children.

Why is a parents guide important for '13 Reasons Why'?

Because the show deals with sensitive topics such as suicide, bullying, and mental health, a parents guide helps adults navigate these issues carefully and support their children effectively.

What age group is '13 Reasons Why' appropriate for according to the parents guide?

The series is generally recommended for mature teens aged 16 and older, as it contains graphic content and complex themes that may not be suitable for younger viewers.

How can parents use the guide to discuss difficult topics with their children?

Parents can use the guide to understand the show's content, prepare for conversations about mental health and bullying, and provide emotional support, encouraging open and honest dialogue.

Does the parents guide provide warnings about graphic content in '13 Reasons Why'?

Yes, the guide highlights scenes involving suicide, self-harm, sexual assault, and violence, advising parents on how to approach these topics sensitively.

Are there recommended resources included in the '13 Reasons Why' parents guide?

Many parents guides include additional resources such as helpline numbers, mental health organizations, and counseling services to support families

dealing with related issues.

Can watching '13 Reasons Why' with a parent be beneficial?

Yes, co-viewing allows parents to monitor reactions, answer questions in real-time, and provide reassurance, making it easier to process difficult themes together.

What are common concerns parents have about '13 Reasons Why'?

Parents often worry about the show's portrayal of suicide, potential triggering content, and whether it might encourage harmful behavior among vulnerable teens.

How does the guide suggest parents handle emotional reactions after watching the show?

The guide recommends validating feelings, encouraging open conversation, seeking professional help if needed, and monitoring ongoing behavior changes in their children.

Where can parents find the official '13 Reasons Why' parents guide?

Official guides can often be found on the streaming platform's website, the show's official site, or through mental health organizations partnered with the show's producers.

Additional Resources

****13 Reasons Why Parents Guide: Understanding the Crucial Role of Parental Guidance****

13 reasons why parents guide their children is a topic that has garnered significant attention in educational, psychological, and social discourse. Parental guidance is a cornerstone of childhood development, influencing children's behavior, decision-making, emotional health, and overall well-being. Exploring these reasons provides insight into why parents invest time, energy, and resources in steering their children through life's complexities. This article delves into the multifaceted reasons behind parental guidance, drawing on research, expert opinions, and real-world implications to present a thorough understanding of its importance.

The Importance of Parental Guidance in Child Development

Parental guidance is more than just advice; it is a structured approach to nurturing and shaping a child's growth. The influence that parents have extends beyond the home, impacting academic performance, social skills, and

future relationships. Understanding the 13 reasons why parents guide can help educators, policymakers, and families foster stronger support systems for children.

1. Establishing Moral and Ethical Foundations

One primary reason parents guide their children is to instill a sense of morality and ethics. Children learn values such as honesty, respect, and empathy largely through parental example and instruction. This foundational guidance shapes their character and decision-making processes. Without this early moral framework, children may struggle to navigate complex social situations or understand the consequences of their actions.

2. Ensuring Emotional Security and Stability

Emotional guidance from parents provides children with a sense of security and stability. Through attentive parenting, children develop trust and self-confidence, which are critical for healthy emotional development. Parents who actively guide their children through emotional challenges help them cultivate resilience and coping skills essential for mental health.

3. Promoting Academic Success

Parents play a vital role in encouraging educational achievement. By guiding study habits, setting expectations, and fostering a learning-friendly environment, parents significantly contribute to a child's academic performance. Studies show that parental involvement correlates with higher grades, better attendance, and increased motivation among students.

4. Developing Social Skills and Relationships

Socialization is another key reason for parental guidance. Parents teach children how to interact respectfully and effectively with others, helping them navigate friendships, teamwork, and conflict resolution. This social competence is crucial for personal and professional success later in life.

5. Protecting from Negative Influences

In today's digital and fast-paced world, children are exposed to myriad influences. Parents guide to shield their children from harmful behaviors such as substance abuse, bullying, and unsafe online activities. This protective role is essential for safeguarding children's physical and psychological health.

Additional Influences Behind Parental Guidance

The 13 reasons why parents guide extend into more nuanced areas reflecting modern challenges and opportunities. Each reason underscores the evolving nature of parenting in contemporary society.

6. Encouraging Healthy Lifestyle Choices

Parents guide children toward healthy eating, physical activity, and hygiene habits. Early guidance in these areas reduces the risk of chronic illnesses and fosters lifelong wellness. According to health experts, children whose parents emphasize nutrition and exercise have better health outcomes.

7. Fostering Independence and Responsibility

A balanced approach to guidance involves gradually allowing children to take responsibility for their actions and decisions. Parents help children learn to manage tasks, time, and finances, preparing them for adulthood. This developmental scaffolding is critical for building autonomy.

8. Cultivating Critical Thinking and Problem-Solving Skills

Rather than simply providing answers, effective parental guidance encourages children to think critically and solve problems independently. This skill set is invaluable in academic settings and everyday life, promoting adaptability and innovation.

9. Supporting Identity Formation and Self-Esteem

Parents guide children in exploring their identities, including cultural, social, and personal aspects. Positive reinforcement and open communication help build self-esteem and self-awareness, which are vital for mental health and social integration.

10. Navigating Technology and Screen Time

In an era dominated by digital devices, parental guidance is crucial for setting boundaries around screen time and technology use. Parents educate children about online safety, digital etiquette, and the importance of balancing virtual and real-world interactions.

11. Preparing for Future Challenges

Parents anticipate obstacles their children might face and provide guidance to prepare them for these challenges. This foresight includes financial literacy, career planning, and understanding societal norms, equipping children to handle adulthood's complexities.

12. Reinforcing Cultural and Family Traditions

Guidance also serves to transmit cultural heritage and family values. Parents help children understand their roots, fostering a sense of belonging and continuity. This connection can strengthen family bonds and provide a stable identity framework.

13. Encouraging Positive Peer Influence

Lastly, parents guide children in choosing friends and social circles that promote positive behavior and discourage harmful activities. Peer influence is powerful during childhood and adolescence, making parental input critical in shaping social environments.

Balancing Guidance and Autonomy: Challenges and Considerations

While the 13 reasons why parents guide highlight the benefits of active parenting, it is important to recognize the delicate balance between guidance and overprotection. Excessive control can stifle independence and lead to rebellion or anxiety. Conversely, insufficient guidance may result in poor decision-making and vulnerability to negative influences.

Experts advocate for an approach that combines clear expectations with flexibility, allowing children to learn from mistakes while feeling supported. This adaptive guidance model aligns with developmental psychology principles that emphasize the evolving needs of children at different stages.

Impact of Socioeconomic Factors

Parental guidance is also shaped by socioeconomic conditions. Families with limited resources might face additional challenges in providing consistent support, impacting the effectiveness of guidance. Community programs and educational institutions can play a complementary role in such contexts, reinforcing parental efforts and filling gaps.

Parental Guidance in the Digital Age

The proliferation of social media and online platforms has transformed the landscape of parenting. Digital literacy has become an essential component of parental guidance, requiring parents to stay informed about emerging technologies and potential risks. Open dialogues about online experiences help bridge generational gaps and foster trust.

Conclusion

Exploring the 13 reasons why parents guide reveals the comprehensive role

that parental involvement plays in shaping a child's future. From moral development to academic success, emotional well-being to social competence, parental guidance is a multifaceted endeavor crucial for nurturing well-rounded individuals. As society evolves, so too must parenting strategies, adapting to new challenges while maintaining core principles that support children's growth and resilience. Understanding these reasons allows stakeholders to appreciate the complexity of parenting and the profound impact it has on the next generation.

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13 reasons why parents guide: The Parents' Guide to Teaching Kids with Asperger Syndrome and Similar ASDs Real-Life Skills for Independence Patricia Romanowski, 2011-10-25 The definitive resource for teaching kids with Asperger syndrome the life skills that build independence, confidence, and self-esteem. Children with autism spectrum disorders learn differently. Our kids' choices are too often limited and their paths to success restricted, not by a lack of intellectual ability but by deficits in acquiring, applying, and generalizing basic life skills. Success in school, at home, on the playground, and beyond depends on mastering countless basic living skills that most other kids just pick up almost by osmosis. This book shows parents how to teach these so-called easy skills to complex learners. This is the first book for parents and caregivers of kids with Asperger syndrome and similar learning profiles that features strategies based on applied behavior analysis--the most widely accepted, evidence-based, and effective teaching method for learners with ASDs--including how to: -Identify critical skills appropriate for your child's age--how to teach them and why -Implement new techniques that can replace, mimic, prompt, override, or impose missing order on your child's learning style -Design a curriculum for your child that reduces reliance on prompts (including parents) and promotes new learning, new behaviors, and independence

13 reasons why parents guide: A Parent's Guide to Netflix's Stranger Things Axis, 2018-08-01 Stranger Things has undoubtedly made its mark on our culture! This guide will help you understand the show's themes and, more importantly, how to start meaningful conversations with teens about its messages. Parent Guides are your one-stop shop for biblical guidance on teen culture, trends, and struggles. In 15 pages or fewer, each guide tackles issues your teens are facing right now—things like doubts, the latest apps and video games, mental health, technological pitfalls, and more. Using Scripture as their backbone, these Parent Guides offer compassionate insight to teens' world, thoughts, and feelings, as well as discussion questions and practical advice for impactful discipleship.

13 reasons why parents guide: Parent Guide: Parent Guide: Handling and Preventing Conflicts Robert Myers, PhD, 2024-04-13 Parenting is both rewarding and challenging. All first-time parents are only partially prepared to embrace the joys and struggles of parenting. Also, each child, no matter where they are in the birth order in a family, is a unique being, requiring parents to adapt their parenting style to meet the needs and navigate the challenges of each child. The book's information and suggestions are based on the latest research and best practice recommendations in child development and clinical child and adolescent psychology. They also come from the author's experience as a child, adolescent, father, grandfather, clinical child and adolescent psychologist, and educator for child psychology doctoral students and child psychiatry fellows. The first three chapters cover what to expect in each stage of normal development, which provides perspective on what to expect as a child moves from toddler to high schooler. Knowing what to expect provides guidelines for providing appropriate nurturing and structure for each stage of development. Human behavior is all about the brain. Once parents understand the basics of neurodevelopment, they can encourage and support the healthy development of critical executive functions that enable children to learn,

adapt to change, interact appropriately with others, and navigate the challenges and disappointments in life. Also, continuously focusing on building and growing connectedness and supporting a healthy lifestyle for all family members substantially contributes to each member's general well-being and for the family unit's good. Chapters four through eight help parents and children develop skills for mutually beneficial interaction. These skills will allow you to avoid and work through conflicts when necessary. Chapters nine through eleven provide how-to guides for handling common parent-child conflict scenarios. Each chapter provides examples and easy-to-follow steps to implement the suggestions for each stage of development: toddler, preschool, school-age, middle school, and high school. The appendix provides guidance on when to seek professional help, links to valuable resources, and directions and charts for implementing evidence-based solutions for parent-child and family problems and promoting positive relationships.

13 reasons why parents guide: *A Parents' Guide to Understanding Children's Dreams and Nightmares* Recie Saunders, 2017-11-14 "This book will help you value dreams—and maybe set the stage for a child's receptivity to God's truths." --Diane Jackson Wife of John Paul Jackson, founder of Streams Ministries and creator of the TV program *Dreams & Mysteries* A child with regular nightmares can easily be dismissed by professionals as just overly imaginative or too sensitive. But for any parent at their wits' end over their child's suffering from dreams and nightmares, a deeper understanding is needed. Is it possible that a spiritual dimension is at play? *A Parents' Guide to Understanding Dreams and Nightmares* by Recie Saunders offers help to concerned parents. With a clear, easy-to-read style, it is an invaluable resource for all parents who want to help their kids know whether a dream is from God, interpret their nightmares, find security in God's control, and hear God's voice in the night season as well as the day. Drawing on his extensive research on the prophetic, visions, and dreams, Recie differentiates between dreams and visions, provides creative ideas for encouraging kids' faith, explains lucid dreaming, and lists the most common images and symbols that come through dreams. Throughout this approachable book is Recie's tender, fatherly passion that the kingdom of heaven belongs to the "little children." Includes a Dream Dictionary and a Dream Journal.

13 reasons why parents guide: *The Parent's Guide to Oppositional Defiant Disorder* Amelia Bowler, 2020-08-21 This parenting guide to ODD offers expert information on your child's condition, provides insight and empathy to what they are going through, and equips and empowers you to make practical changes in your parenting approaches. It provides an overview of tried-and-tested techniques from a mother of a child with ODD to support you in response to typical questions you may have: - Why is my child acting this way? - What does this say about me? - Why doesn't my child respond to punishment or reward? - What am I supposed to do next? Overall this book teaches you how to avoid common mistakes in responding to ODD, the crossover with similar diagnoses such as ADHD, how to distinguish the disorders and how to improve your own resilience and confidence.

13 reasons why parents guide: *A Parent's Guide to Smartphones* Axis, 2018-08-01 Good news! It is possible to use smartphones well and to keep them from becoming our kids' entire world, even if they've had phones for a while. This guide offers a theology of technology, tips for preparing kids for the first phone, and much more. Parent Guides are your one-stop shop for biblical guidance on teen culture, trends, and struggles. In 15 pages or fewer, each guide tackles issues your teens are facing right now—things like doubts, the latest apps and video games, mental health, technological pitfalls, and more. Using Scripture as their backbone, these Parent Guides offer compassionate insight to teens' world, thoughts, and feelings, as well as discussion questions and practical advice for impactful discipleship.

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13 reasons why parents guide: *The Parents' Guide to Weight Control for Children, Ages 5 to 13 Years* Barbara Krane Feig, 1980 Abstract: Because there is so much misinformation concerning weight problems in children, facts about juvenile obesity, food habits, and calorie control are presented. Parents are encouraged to motivate their overweight child with a positive-approach, management-oriented plan for weight control. They learn how to plan balanced diets and create a helpful psychological environment for weight loss. Suggested menus and hints for cooking, meal preparation and exercise are given. Tips for starting and maintaining the child on the weight control program are described. The second section is addressed to the child, who is taught to participate in his own food selection by practicing good eating and snacking habits. The final section gives caloric values of foods, listed alphabetically and by food groups, so that principles of meal planning can be applied.

13 reasons why parents guide: The Everything Parent's Guide to Dealing with Bullies Deborah Carpenter, Christopher J. Ferguson, 2009-06-18 Mocking. Namecalling. Physical aggression. These experiences are all forms of bullying that can wreak havoc on a child's self-esteem, safety, and general happiness. Both parents of bullied children and parents of bullies and are in a difficult situation: They want to protect their children and control their behavior without making the problem worse. Parents need a comprehensive, up-to-date guide to ensure that their children's education and quality of life are not compromised. This book helps parents learn to: Recognize the signs of bullying Find out where bullying is taking place—at school, at a friend's house, or on the Internet Understand the differences between bullying among boys and girls Teach social skills and assertiveness techniques Communicate with the parents of bullies Get support from teachers, counselors, and other school administrators Handle bullying situations involving children with special needs Written by Deborah Carpenter, a social worker and assistant principal, this guide gives parents all the tools they need to recognize the problem, treat it properly, and prevent it from happening again.

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13 reasons why parents guide: The Adoptive Parents' Handbook Barbara Cummins

Tantrum, 2020-09-01 The essential guide to parenting adopted and foster kids--learn to create felt safety, heal attachment trauma, and navigate challenging behaviors and triggers Children who have been adopted and/or shuttled through the foster-care system experience trauma at a much higher rate than other kids, which can make it difficult for them to trust, relax, regulate their emotions, and connect with their new families. As a parent, learning how to heal attachment trauma, attune to your child's needs, identify triggers, and create felt safety is essential to providing the loving, supportive, and stable home they need to thrive. Written for parents of adopted and foster kids of all ages, this book offers resources for handling common concerns like sleep issues, food sensitivities, anger, fear, and reactivity. It also provides guidance on navigating transracial adoptions, working through parents' own hang-ups, and recognizing signs of developmental and psychological conditions. The book highlights practical strategies and provides real-life examples to address questions like: How do I help my adopted child adjust? Is this kind of behavior normal? How do I help my child live, heal, and thrive with PTSD?

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13 reasons why parents guide: A Parent's Guide to Teaching Children Mitzvot Shmuel Singer, 1991 As a result, parents often cannot obtain adequate information from a single unified source. Rabbi singer has provided a concise, well-organized overview that includes children with special needs.

13 reasons why parents guide: Start Here Pier Bryden, M.D., Peter Szatmari, M.D., 2020-01-28 From two of the top child and adolescent psychiatrists at The Hospital for Sick Children comes an accessible guide to common mental health struggles, such as anxiety and depression, for any parent wondering how to help their child. Is my child okay? Is she eating and sleeping enough? Is he hanging out with the right people? Should I be worried that she spends all her time in her room? Is this just a phase? Or a sign of something serious? As parents, we worry about our children—about their physical health, performance at school, the types of friends they have, and, of course, their mental health. Every day seems to bring new and expanding issues and disorders and troubling statistics about the rise of mental illness in children and teens. It's usually obvious what to do for physical injuries like broken bones, but when it comes to our children's mental health, the answers are much less clear, and sometimes even contradictory. Pier Bryden and Peter Szatmari, top child and adolescent psychiatrists, are here to help. Using their combined six decades working with families and kids—and their own experiences as parents—they break down the stigma of mental health illness and walk parents through the warning signs, risk factors, prevention strategies, and the process of diagnosis and treatment for mental health challenges arising from: -Eating disorders

-Anxiety -Psychosis -Sleep Disorders -Substance Use Disorders -ADHD -Autism -Depression
-Trauma -Suicidal thoughts and behaviors The most important thing to remember as a parent is that you and your child are not alone. Wellness is a continuum, and there is a lot parents can do to bring their child back to a place of safety. The road ahead isn't always easy or straightforward, but this guidebook offers essential advice that every parent needs to advocate for their child.

13 reasons why parents guide: Mood Prep 101 Carol Landau, 2020-07-01 Our teenagers are suffering more than ever. College counseling centers are overwhelmed, parents are worried, and mental health issues are increasingly common in young people between the ages of 12 and 20. Parents are particularly concerned about how to help their kids achieve a safe, healthy, and fulfilling college experience in light of soaring rates of depression and anxiety in young people. Mood Prep 101: A Parent's Guide to Preventing Depression and Anxiety in College-Bound Teens answers the question most parents have - What can we do? - when it comes to college-bound teens who may be vulnerable to anxiety and depression. Written with humor and compassion by award-winning psychologist and psychotherapist Carol Landau, this timely book empowers parents by providing strategies for helping their children psychologically prepare for college and adulthood, as well as by addressing and alleviating the anxiety parents themselves may feel about kids leaving home for the first time. Young people need a solid foundation of parental support in order to succeed at college; as such, Landau shows parents how they can promote healthy communication and problem-solving skills, and how they can help young people learn to better regulate emotions and tolerate distress. Landau also describes stressors typical amongst college students, and explains how to identify vulnerabilities to anxiety and depression, including perfectionism, social isolation, and the feeling of being different. The book outlines how a parent can help students find a therapist and suggests such evidence-based treatments as cognitive behavior therapy (CBT) and interpersonal therapy (IPT). Finally, the book sheds light on some of the risky behaviors commonly found on today's college campuses, such as substance use and unsafe sexual relationships, and how they can exacerbate or even trigger anxiety and depression in young people. Landau concludes by calling on parents and educators to back away from the stressful, competitive focus of the college admissions process and turn instead to the values of curiosity, collaboration and empathy.

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