

The Bedrock Program
Career coaching for teenagers & young adults

A GUIDE FOR FAMILIES PREPARING FOR UNIVERSITY

Audrey Hametner



ABOUT THE AUTHOR

Audrey Hametner is a global leader in career coaching, drawing on her years of experience as an international business strategist, and her experience in educational best practice. She is the founder of The Bedrock Program, which specialises in career coaching for teenagers, young adults and supporting families. Audrey started the program out of a passionate need to help her clients manage the internal struggle of finding their path and purpose. She truly believes that having a path and goal to work towards is critical for students to feel engaged in studies and excited about their future.

As a certified Advanced Level Coach, Audrey is a member of The International Coaching Federation (ICF), which sets the international gold standard in ethics and oversight in coaching globally. She is certified to offer DISC and Motivators assessment tools, and is a master NLP practitioner. Audrey is also a member of the ANLP, the only International NLP Organisation with an established public reputation for ethics and setting global standards for NLP practices, accountable to the Community Interest Company Regulator (UK).





INTRODUCTION

EMBRACE YOUR FUTURE

The summer before the first year of university is an incredibly emotional time for parents and students; excitement and pride are mixed with nerves and the odd touch of panic, as a new era begins, and we leap into a new unknown.

I have worked with many inspiring students and parents over the years at exactly this point in their journey, and one thing is clear. Letting go and learning to leap is just as important for both, and an open and constructive communication channel is the bridge.

This workbook is a practical guide for getting to the heart of your family dynamic, and will help your family begin to prepare for university with greater confidence and positivity.



What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson

STAYING POSITIVE

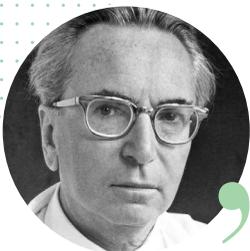
MOVING AWAY FROM RULES AND TOWARD ADVICE OR COUNSEL

Change is coming. University life is beckoning, and the family dynamic is about to be transformed irrevocably.

Both sides need to be able to believe in yourself – your abilities, skills, and passions. As the parents, you need to let go with grace, and as the student, you need to take the leap as you start that journey of independence for the first time.

Self-confidence and positivity go hand in hand, and self-confidence means the recognition, awareness and acceptance of your abilities, interests, and feelings. Focus on your strengths, your motivations, and your aspirations.

Whether you are a student getting ready for university, or a parent adjusting to a new family set-up, the more self-awareness you have, the easier it will be to adapt and respond positively to all the changes that come after.



Between stimulus and response, there is a space, in that space lies our power to choose our response, in our response lies our growth and our freedom.

Viktor Frankl

THRIVING NOT JUST SURVIVING TIPS

MOVING AWAY FROM HANDS-ON GUIDANCE TOWARDS HANDS-OFF AVAILABILITY

1

Keep your emotions and mind focused on the right things during this time of transition, and don't get embroiled in the wrong battles.

Everyone will have an opinion on everything and nothing during this time! Remember the big picture – university is about independence, so it's key that you really focus on what is important when it comes to all the preparation, and let the little things go. This is when as parents, we need to step back more and listen, only offering advice when asked for it. Working out their own problems is part of their journey, learning to guide and let go is part of ours.

I know it isn't easy, to move from being a source of information and advice to taking a space in the shadows, but now is the time for your teen to show you that they can do the right things... in their own way.

2

Stick to your passions and your values.

Contrary to what many of us think, people respect our choices as long as we are consistent and positive. This is just as true for teenagers making new friends and finding their way at university, as it is for parents needing to adjust and find interests and social sets outside of parenting environments. Be open to opportunities that come along and be willing to try something new, and meet or reconnect with each other, or friends in different situations. You are entering a new time in life, and this could be a great opportunity to re-engage with yourself and others.

THRIVING NOT JUST SURVIVING TIPS

MOVING AWAY FROM HANDS-ON GUIDANCE TOWARDS HANDS-OFF AVAILABILITY

3

Focus on practical skills that can make a real difference.

Basic kitchen skills and some core affordable recipes, how to sew up a small rip or replace a button, how not to turn your clothes pink in the washing machine...learning basic survival skills can save time and tears in the first few weeks away, when adjusting to being alone. These are just as important as getting a local phone, or setting up a new bank account, and learning basic budgeting skills. As parents, these hands-on skills will be an invaluable link to continued communication with your teen, through useful anxiety-releasing tools and discussions. Feel free to share experiences and life lessons (and failures) of your own, to encourage them.

4

Keep communicating in the positive.

Our youth have been consistently taught that as long as there is a will, the right mind-set and resources, everything is possible. At the same time, they are also experiencing a point in their life where they are able to do things they've never been able to do before, but may lack the experience and competence to feel confident in. The truth is that just as the parent may have ambivalence about them leaving, they have strongly conflicted feelings about going away.

Open the communication channel in a positive way as you both prepare for the change. Then make sure that they know that you are still there to help and to provide guidance or suggestions if they need it, even though they're going to be away from home; discuss how they wish to keep in touch and how to get the balance right for them.

THRIVING NOT JUST SURVIVING TIPS

MOVING AWAY FROM HANDS-ON GUIDANCE TOWARDS HANDS-OFF AVAILABILITY

5

Remember that everyone is going through this; you are not alone.

Families around the world are experiencing a similar rollercoaster of emotions. Talking about it helps address the negative thoughts and feelings, and instead makes room for positive, open change.

Many clients have been surprised at how much more in common they have with each other, and how much they can share about their experiences (past and present). This knowledge can start a whole new chapter in grown up communication between parents and their teenager, and make the transition that little bit easier.



FOR PARENTS

Firstly, congratulations!

This transition period is a time to celebrate and treat yourself to some serious nostalgia. You have been there for your teenager now and through the journey of growth, as they have successfully navigated their way through the minefield of qualification choices and university options.

From making their favourite dessert and organising the mile-high pile of laundry, to getting them to the right place at the right time, and being their port in the storm, remember that you have done a great job for your family.

However, this is often a time when as parents we feel incredibly sad. We think, if parenting is the greatest job ever, how could we be expected to look forward to working ourselves out of this job?

We are excited and proud of this amazing new milestone that our son or daughter has achieved, but we may also be feeling vulnerable. Our job as our child's immediate caregiver and protector is now changing gears, and we need to learn a brand-new set of coping mechanisms, so that we can embrace and encourage their new life at university while figuring out how we can remain strong ourselves.

Providing a safe place to talk, bounce ideas and brainstorm in your family unit is essential.



This is why we need to step back more and listen, and only offer advice when asked for it. Working out their own problems is part of their journey, learning to guide and let go is part of ours.

In times of change, goals are the glue that keep us focused and positively moving forward. Talking about your own goals openly, and agreeing family goals, demonstrates to your son or daughter how to explore, and create their own goals.

Understanding your own motivations and looking forward to the future is just as important for you as it is for your young adult, approaching the transition from 'hands-on' parent to 'always there for them, wherever they may be' parent.

FOR PARENTS

SELF-REFLECTION TIME

Please do this exercise by yourself, and do not share with your teenager at this point. There is no wrong or right answer, and your notes should be based simply on what you are feeling and thinking right now.

TASK ONE

What are you most excited about as your son or daughter gets ready for their university adventure? Write down at least three things.

TASK TWO

What are your main worries about your son or daughter starting university? Write down at least three things.

FOR STUDENTS

Hey, congratulations!

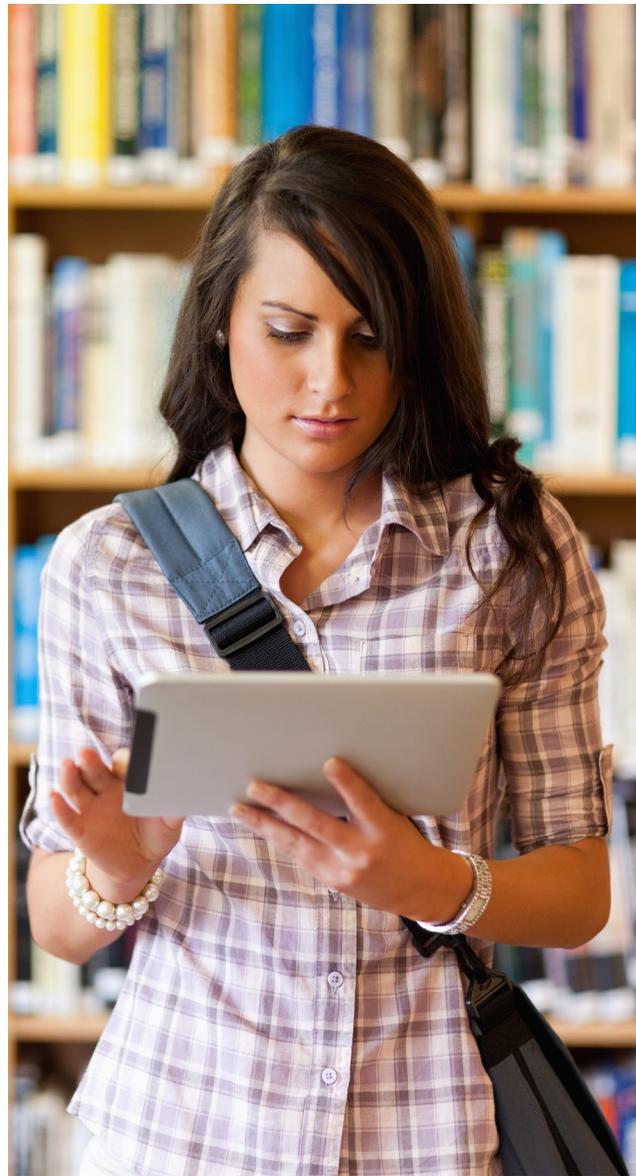
You have successfully navigated your way through the minefield of qualification choices and university options, and all of the hours, months and years of hard work have paid off. Give yourself a big pat on the back!! This is truly a time to celebrate your achievements, the passions you have nurtured, and the friends you have made.

It is also a time when great change is on the horizon; new academic setting, new social scene, new home and potentially even a different country. Leaving for university can be exciting, overwhelming, scary, and liberating. You have probably experienced the stress of embarking on a new academic environment at some point, but without having to cope with managing your own life - finances and bills, washing, cooking, and shopping - at the same time.

The thing to remember is that **you're not alone** – all new university students will be feeling a mix of emotions (whether they admit to it or not!).

The starting point is understanding what you are excited about, and what is causing you the most worry. Once you are aware, then creating a plan to move forward falls into place much more easily.

The best thing about university is that it is set up to help you make



friends and settle in. As soon as you get there, you'll be bombarded with welcome meets and events, and find out about your socialising bubbles, all designed to help you meet new people, and connect with like-minded students who have actively chosen the same courses as you. By knowing what truly motivates you, you will find your tribe and your rhythm.

FOR STUDENTS

SELF-REFLECTION TIME

Please do this exercise by yourself, and do not share with your parent/s or discuss with your friends at this point. There is no wrong or right answer, and your notes should be based simply on what you are feeling and thinking right now.

TASK ONE

**What are you most excited about as you get ready for university?
Write down at least three things.**

TASK TWO

**What are your main worries as you get ready to start university?
Write down at least three things.**

FOR BOTH PARENTS AND STUDENTS

START THE CONVERSATION

Find a quiet time with no distractions to share your thoughts. Start by sharing your concerns, and then share what you are looking forward to about the start of university.

TASK ONE

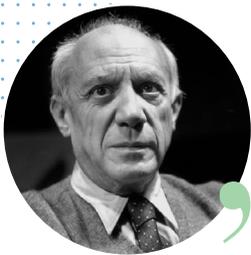
Make a list of things on your lists that you had in common.

TASK TWO

Make a list of things on your lists that that were different.

TASK THREE

Create your game plan. Agree and create a list of simple goals, then keep the conversation going.



Action is the foundational key to all success

Pablo Picasso





EMBRACE YOUR FUTURE

The university years hold great opportunity for our courageous, curious young adults to dream and explore.

At The Bedrock Program, our team of experienced and empathetic professionals work with teenagers and parents to make sure they are in the best possible place to enjoy and embrace the university journey.

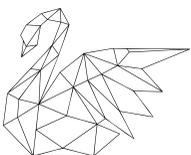
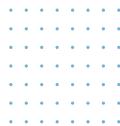
If you would like our support in letting go and learning to leap with confidence, contact us at:

BOOK A FREE CONSULTATION

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