



# Engaging Families in College Readiness

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# Families and self-regulation

- o Responsibility for learning

- o Doable and appropriate during adolescence

- o Parents can support self-regulation with:

- o Dedicated space and time for homework
- o Teaching time management
- o Asking questions about what they are learning and how it applies to real life

# Families and identity

- o Parents need to see their children as college-goers
- o Identity conflicts
  - o Help students and families navigate identity conflicts and find a balance
  - o Be informed about families' needs and concerns
  - o Show families that you value their assets

# Principles for family engagement

- o Assume mutual responsibility
- o Build trust
- o Focus on families' assets
- o Don't be color or culture blind

# Strategies

- o Communicate, don't just give information
- o Invite families to be involved in events – often!
- o Connect families with each other - networks
- o Encourage parent-child conversations