

Building resilience at home



- Allow your student to take care of personal responsibilities like laundry, cleaning, and cooking.
- Expand your student's "adult" responsibilities, like making one meal a week for the family, filing their own taxes, and setting their own curfew.

- Communicate your expectations for involvement in family life with your students even as they do their schoolwork.
- Respect your student's time, space, and autonomy. Encourage them to plan times to work, study, and play.

