

**BOOK CLUB GUIDE AND
DISCUSSION QUESTIONS FOR
THE PARENT COMPASS: NAVIGATING YOUR
TEEN'S WELLNESS AND ACADEMIC JOURNEY
IN TODAY'S COMPETITIVE WORLD**

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This book guide is meant to help you initiate important conversations. Do not feel compelled to discuss every single discussion point; choose the questions you feel will elicit the best discussion from your group. Good luck building your village. We commend you for being brave and improving your parent compass. —C.M. and J.C.

Chapter 1: How to Use Your Parent Compass

- Share an example of an “out of control” or “misbehaving” parent that you have witnessed (or you have been). Did your teen witness this bad behavior as well? How did other onlookers respond? How did you feel seeing this parent behave this way? What takeaway can you learn from observing others who are off the rails?
- One of the most difficult things to do in parenting is learning to step back and let your child solve problems on his own. This naturally leads to allowing your child to make mistakes—but is there a limit? At what point do you believe parents should intervene? How does this change as a child progresses through the teenage years?

Chapter 2: Take a Trip Down Memory Lane

- The authors discuss the concept “physician, heal thyself.” What does this expression mean to you?

- Discuss a time when you pushed your child to do something because it satisfied your own need. Were you aware of what you were doing at the time? What was your child's reaction?

Chapter 3: Praise the Journey, Not the Destination

- Does your teen have a growth or a fixed mindset? Discuss Carol Dweck and her terms defined on page 36.
- Has your teen ever failed (on a test, in a full class, in a task)? Share an example and how you as a parent handled it. Did you learn anything by your behavior? Pages 41–43 offer a bullet list of how to help your teen when he or she fails. What points worked for you or resonate with you? Which might be impossible for you to do as a parent?

Chapter 4: Help Your Teen Pursue Interests and Purpose

- In what extracurricular activities does your teen participate after school? Are these activities that you have selected or nudged your teen into, or has your teen led the way? What do you do when your teen wants to give up an activity or sport?

Chapter 5: Navigate Life After 3:00 PM

- Review the concept *Playtime*, *Downtime*, *Family Time* and share how you do those in your home. Swap ideas with your book club members: how can you help your teen and family carve out time for all three? If you have a teen who self-pressures, what can you do to convince your teen to take some time off?
- How can you balance being involved with encouraging self-sufficiency?

Chapter 6: Tackle Technology with Intention, Not In Tension

- Do you allow tech at the dinner table? Why or why not? Did this chapter give you any new ideas that you can implement in your home?

Chapter 7: Teach Your Teen to Use Goals

- What is your current approach to goal setting with your teen? After reading the chapter, discuss how you might implement the four-step plan outlined.
- What intentional practices, like goal setting or routinely practicing gratitude, can you incorporate into your own life?

Chapter 8: Instill the Idea that School is a Job

- What are your views on homework? Do you feel it is important? Adds too much stress? Does it vary by class?
- What can you do as a parent if you have an academically unmotivated teen to get them more excited about school?

Chapter 9: Avoid Rankings and Watch Your Mouth

- What surprised you or didn't surprise you with regard to how rankings lists are curated? Does your teen feel it is important or expected that he/she applies to or attends a school that is ranked highly on that list?
- The authors cite research that contends that it matters more what a student does in college than where he or she goes. Do you agree or disagree? How does this change the way you and your teen will approach the college application process?

Chapter 10: Behave During the College Application Journey

- What do you think your role is in the college application process?
- What were your main takeaways after reading the transcript of the Varsity Blues College Scandal?

Chapter 11: Recognize Most Things Are Not Catastrophic

- If your child has not yet applied to college, what are some ways you can prepare him or her for possible disappointment as it relates to admission decisions?
- If your child has applied to college, how did he or she react to disappointment? In what ways did you support him or her?

Chapter 12: Be Open to Alternative Routes

- Are you really open to having your teen not attend college right out of high school? Why or why not? What are your concerns and fears?
- Do you personally know of any high school graduates who did not go right onto college? Share a story of someone you know and discuss your thoughts, including the pros and cons, with your book club.

Conclusion: Will You Embrace Your Parent Compass?

- How do you envision building a village? What does that look like in your community?

The fact that you have read and are discussing this book means you are willing to be brave and to try. Build a village of like-minded parents, or use members of your book club as a start. Have conversations with your teens and your schools to try to help your teens have more balance. We encourage you to review the resource guide in the back of *The Parent Compass* and share with your group if you or your teen have had any experience with the listed sites, books, and organizations.

Book club reader, please continue to follow *The Parent Compass* on social media, and feel free to share with us the parent compass strategies that worked (or did not work) for you. We would love to hear about your success stories, feedback, and suggestions. Good luck embracing and following your parent compass!

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