Calling All High School Students/ Parents!

“Great Insights into the College Application Process”

Come to This Talk
Learn the Skills You Need to Get Through This Stressful Time!

3:45 P.M.
November 7, 2013
Stratford Academy Auditorium
6010 Peake Rd Macon, GA 31220
(478) 477-8073

Free and Open to the Public

Speaker: Barbara Long, M.D., Ph.D.

Author of:

Hold On To Your Hat!

Handling the Roller Coaster Emotions of the College Application Process
www.holdontoyourhat.org

Questions? Contact Martha Eubanks 478-477-8073
About the Speaker

Barbara Long, M.D., Ph.D. ([www.barbaralongmdphd.com](http://www.barbaralongmdphd.com)) is a mother of two children and a Board-certified psychiatrist with over 30 years of experience working with young people and their parents, both professionally and as a volunteer and interviewer for Harvard College. In 2009, the Harvard College Office of Undergraduate Admissions awarded her a Hiram Hunn Award for her service. Her first book, *Keep Your Eye on the Prize—a Young Person’s Guidebook to Adulthood* ([www.keepyoureyeontheprize.org](http://www.keepyoureyeontheprize.org)) teaches the major life skills needed for a good life. She gives eight hour-long lessons on the most important of these life skills in her *Legacy of Life Series* ([www.legacyoflifeseries.com](http://www.legacyoflifeseries.com)). Her most recent book, *Hold Onto Your Hat!—Handling the Roller Coaster Emotions of the College Application Process* ([www.holdontoyourhat.org](http://www.holdontoyourhat.org)), takes on the “roller coaster” emotions many parents and students feel as admission rates, especially for the top colleges, have plummeted, while *uncertainty* has increased. The book describes the emotional stages of the process and teaches students and parents the emotional skills they need to handle the stress with resilience and calm.