

College Essay Guide for Parents:

5 Ways to Guide, Encourage, and Support Your Teen

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1

Understand It's Their Process.

It is their essay to write, not yours. Support your student by being encouraging, listening, and helping them find the right resources. Students shut down when they feel judged or criticized.



2

Get Them Support.

Managing the Common App essay along with supplementals can be a real challenge for a teenager. Writing specialists and educational consultants can help your student navigate this complex process.



3

This Type of Writing is Different.

Students are mostly trained to write literary analysis, not reflective personal narrative essays. Selecting a prompt, brainstorming, drafting, and constructing narrative essay is different than the type of writing they've been doing in school.



4

Deadlines are Important.

Writing specialists and consultants can also set a timeline and deadlines for your student. This is essential in order to move through the process and not get bogged down, especially once school starts in the fall.



5

Start Early.

If your student is a rising senior, the best time to start on the Common App essay is either in the spring or summer before August. This will give you time and material to approach your supplementals and reduce overall stress.