

*Discussion Guide***Part 5**

1. Most parents don't have a strategy for their son/daughter through these years. How can you "lean in" to the desire for adventure and independence to create a strategy for helping him/her grow into adulthood? (Hint: Look at the Transition Parent Transition Experiences – found at [transitstudents.org/parents](http://transitstudents.org/parents))
2. Using the Transit Calendar of Events, brainstorm a few times when you can intentionally create memories with your son or daughter.

**Part 6**

1. When was the last time you had a meaningful talk with your son/daughter? What might be an ideal time to get him/her to open up?
2. How can we create planned time together in our schedules? What needs to go, and what needs to stay?
3. What are some ways to spend time together? (Example: one-on-one Waffle House breakfast every Friday).

**Part 7**

1. Start to build your philosophy of your student's communication. When does he/she tend to talk? If you have more than one student, are they different? How?
2. Have you ever considered that you can play different roles? Do you have examples of when you played the wrong role? How can you adjust in the future?
3. How are you about asking questions? What messages are you communicating by the questions you're asking? What should you be more interested in discussing?

**Part 8**

1. What words do your students use to "set you off"?
2. What were land mines for you growing up? What are some other you experience now?
3. Do you hide emotions from your kids? When? Why?
4. What parts of your story have you held back from your son/daughter?
5. Are there parts that might be helpful for him/her to know in order to better understand himself/herself and you?

