The Harvard and Yale Clubs of Georgia present

Hold Onto Your Hat!

Handling the *Roller Coaster* Emotions of the College Application Process
www.holdontoyourhat.org
Learn the Emotional Skills You Need to Get through this Stressful Time!

7 P.M.
October 17, 2013
Lovett School Theater
Open to the Public at No Charge

About the Speaker

Barbara Long, M.D., Ph.D. (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) 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). Her most recent book, *Hold Onto Your Hat!—Handling the Roller Coaster Emotions of the College Application Process* (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.