

Episode 13 - Parenting with Your Teen Founders

 Tue, 7/14 6:45AM  36:58

SUMMARY KEYWORDS

kids, college, stephanie, parents, home, parenting, friends, thought, scoops, life, feel, learn, years, teen, live, good, youngest, house, older, read

SPEAKERS

Moira McCullough, Susan Borison, Stephanie Silverman



Moira McCullough 00:00

Welcome to the College Scoops podcast. I'm your host, Moira McCullough and today we are talking with Susan Borison and Stephanie Silverman founders of Your Teen Media, a leading resource for parenting teens.



Susan Borison 00:11

That's the thing I love most about parenting teenagers is that you can have the illusion of control in your life before then, and they, they shatter it to pieces like there is no control over this situation. And it's pretty humbling.



Moira McCullough 00:34

This is the College Scoops Podcast and I'm your host, Moira McCullough, we focus on everything college related from the admissions process to where to eat, stay and explore on and run campuses. Our guests include founders, educators, authors and experts in the college space. Join us as these experts share their knowledge, experiences and lessons learned to help you have stress free, informative and tasty college journeys. Whether it's your first or last child going to college, or you're just interested in going to a college

town for a game or meal, we've got you covered. If you haven't already, please subscribe to the College Scoops podcast to get the inside scoop on everything college related, and leave us a review. Thanks to all of our sponsors, partners and the entire college scoops ambassador team for helping us bring valuable content to our community. If you would like to support college scoops as a sponsor, please head over to patreon@patreon.com/collegescoops and sign up as a sustaining listener, insider or Deluxe sponsor. We have exclusive benefits for our members free ebooks and even a college scoops care package. Susan Borison and founded your teen media in 2007. To help parents of teenagers find support and advice during the turbulent years of raising teenagers. As the mother of five she knew that parenting teenagers was lonely and scary. Your Teen is a village that Lose as our kids get older prior to founding your team media Susan practice law and then had the opportunity to stay home with our growing family. During that time she was a dedicated volunteer at our children's school holding every role including share of fundraising and vice president eventually receiving an award for years of service. She has a BA from Brandeis University where she majored in psychology and did a year abroad in Israel. Her JD is from Case Western Reserve University School of Law. Stephanie Silverman an East Coast native is the co-founder and co-publisher of Your Tean Media. She earned a Bachelor of Science as a finance major at Miami University Oxford, Ohio, and began her career at Nbd bank in Detroit, Michigan, and their commercial bank loan officer training program. After seven years, Stephanie exited corporate America for 10 years and settled into managing the needs of three small stakeholders keeping her hand in banking, marketing and other short term projects for clients and meaningful community work in 2008, Stephanie and our business Partner founded your team media and produced its first product and niche publication for parents with a resounding we need this from the community. The company added a website, social media, live events, webinars, podcasts, custom publications, branded content and lead generation over the next decade. The brand is known and trusted for its award winning content and authentic voice giving like minded brands, a platform for sharing their stories and building their audience and brand. Thank you so much, Stephanie, and Susan, for joining us today on the College Scoops podcast.

 Susan Borison 03:34
Thanks for having us.

 Moira McCullough 03:36
Well, we're thrilled to have you here today because your team media is just an amazing resource for parents. So I am thrilled. And we invite you to here just to share your knowledge about Your Teen Media, how you got started, and can we just start off with

introducing yourselves and providing some insight on who you are and why you started Your Teen? Sure.

S

Susan Borison 03:57

So I'm Sue Borison. I am a mom of five, they all have flown. And they've all made their way back right now, which has been really interesting. So I went to law school, and then I had my kids and I stopped practicing, I had the opportunity to stop practicing, and stay home with them. And as they got older, I just felt like, you know, I'm not going back to law, what am I going to do? I had been an avid reader of parents magazine when my kids were little. And it felt like the exact right amount of information at the exact right time, like little tidbits of information, not a book on what was going on in my life, and not what I was worried about in 500 pages, but really like just a teeny snippet of information that could start my day off on the right foot. And as my kids got older, I just had this feeling like, Where are the resources? I mean, it's not a cumulative skill set. I don't know what's going on here. These kids, they're turning over by the minute and I don't know what to do. And so I lamented over and over again to my husband. There wasn't a resource. And when I was trying to figure out what what to do next, he was like, well just do that. So I just did that. And 13 years later, Stephanie and I have built something that we would have said no to in the beginning, because it's so overwhelming. I mean, we neither one of us had a media background before this. My favorite story is when the graphic designer called us up and said, We needed a table of contents for our first print issue. And I ran over to the local borders when there was a borders and sat on the floor with magazines to look at, like, why does it take on pendants

M

Moira McCullough 05:37

That it's so organic. I mean, it's one of those things that I that's how I founded College Scoops. I loved reading that story. And just hearing you found a gap. And you wanted to fill that and help give back to other parents who were struggling with the same uncertainty and questions. And Stephanie, you joined at the same time? Yeah,

S

Stephanie Silverman 05:55

Yes. So Sue had a business partner that they should work with at the beginning. And then she left for a variety of reasons, and I had Sue and I had met through a leadership course. And you know, we just hit it off out. I always say like every great marriage, we were friends first. So we built the business together. And I have three kids. I have one in grad school, one was a rising, Junior and undergrad, and then a rising senior who is going through the

college process right now.

M Moira McCullough 06:20

First of all, when I read both of yours, I've got five kids, oh my gosh, I don't even know what to say what five, I have three as well. And my, my youngest is a rising senior. So we're in the moment, shall I say? And I read something through one of the your backgrounds and BIOS and mentioning the importance of being coachable and being able to pivot in order to grow your business. And I was laughing because I thought, I feel like that applies to parenting right now, especially the past five months, with all of our kids flying back home and learning how to live, learn and work together.

S Susan Borison 06:51

I would say that it's not a question of whether it's like that you have literally no choice and actually life is like that. And you have no choice. That's the thing I love most about parenting teenagers is that you can have the illusion of control in your life before. And they, they shatter it to pieces like there is no control over the situation. And it's pretty humbling.

M Moira McCullough 07:17

And I think that you could take it at any stage of the parenting, you have different struggles when they're younger. And then I thought they got to a certain age and I thought, I've nailed it. I've got it down.

S Stephanie Silverman 07:27

Surprise.

M Moira McCullough 07:30

Exactly. And then I thought, okay, now they've learned to like live with other students live with other friends. They know that that garbage pail is full that one would want to take it out and throw it out. But I had a an interesting moment yesterday where I left a garbage bag at the front door and I thought, definitely somebody will take it. How did that end? I woke up this morning, and it's still there. So I thought, Okay, great. I'm going to quickly put two bags, guys, it's still there.



Susan Borison 07:56

Okay, so I want to just say something if you want advice, I do I'm gonna put myself in your camp. I live that way. I live that way and trying to come up with workarounds because the confrontation is so painful that like, I've taken laundry baskets and put all of their crap in it and put it in their rooms, and it lived there for the next two years. So I have spoken with experts, and they have said that there's something very passive aggressive about that approach that instead, what we need to do is sit down with our kids and talk about and frustrated because we start with an eye. Is there something that we can do as a family to change this right like to encourage them to be part of the solution because had your cartoons She's so funny, if you haven't seen her, you should check her out. So she had something about putting stuff on the steps, you know, and I do that? Yeah, I do it every day and I'm so awful. And like I have a 30 year old 30 years of putting stuff on the step you you would learn



Stephanie Silverman 08:51

how's that going.



Susan Borison 08:53

I mean, I am not a good student. I'm just not a good student either that I am just blissfully hopeful.



Moira McCullough 08:59

My husband looks Somebody when I suggest these things and he said, Are you serious? We're gonna get down to that level. And I said, No, I'm like, Oh, I'm saying I'm a grown up.



Susan Borison 09:08

Okay, but No, but seriously think about videotaping that one. Because it is so brilliant to take really fun. It just cuts the tension. When you sit down with that there, I think it's brilliant. I



Stephanie Silverman 09:19

don't know if we meant to get here, but you are getting to, you know, something, it's on our list, which has to do with parenting, which is maintaining a sense of humor. And I do think that, as Sue said, that goes a long way. And it does get cut the tension, and I think it

it's hilarious. I don't know if they will, but I think it's hilarious.

M Moira McCullough 09:34

Well, I think what I can do is then put on Tick tock, which would then even impress them even more. So

S Susan Borison 09:39

I'm gonna just say something that happens in my house. Tell me if this is universal. When my husband does, my husband does those things like my husband did a tic tac dance with my kids, and they posted it in two seconds and thought it was the funniest thing and when I suggested that I participate, they were horrified. What is it about being the mom that gives me No, there's no room For being part of this silly,

S Stephanie Silverman 10:01

so we had a friend graduate. And todos is this crazy dance like he's been doing for years with them. So we were in a parade of cars. And much to everyone's surprise, Todd jumped out of the car, blasted the music and did the dance in the street was a really good dancer.

S Susan Borison 10:16

Okay, I know it's rocking. He's a really good dancer.

S Stephanie Silverman 10:20

And it was hilarious. And they're laughing and they're posting and they're taking videos. And if I even like a song comes on, and I move like, I want to dance to it. Like, I think that noise I get

M Moira McCullough 10:34

with the look - truly when I go on your website in your team, I just start laughing because I think oh my gosh, I'm not alone. There.

S Susan Borison 10:44

That's our goal. Thank you. Yeah, I always say that as our goal. One of the real reasons for

starting this aside from me needing a project was that it's such a lonely time as a parent. And when your kid is little, who doesn't talk about the fact that they don't sleep at night or they're not toilet training, and there's no judgment attached to any of that. But when your kids hit adolescence, like, I am not telling you that they just said the F word to me, like, if you're gonna just look at me like I'm the worst parent and I already feel like a bad parent. So we needed a place to be able to share these stories where other people could in the comfort of their own home without any vulnerability, read it and go, that is happening in my house. How did you know I needed this article?

S

Stephanie Silverman 11:25

And you know, it's funny. So I don't even know if we've said this aloud. I mean, it came organically. And so when we're producing our print monitor prior to the print magazine, and I'm typically the last set of eyes on it, because the whole content team has seen it a million times. So I'm this fresh set of eyes that I can look at it as it's going through, when my youngest was a rising senior. And I remember there was a series of just three issues right in a row. So as she's entering eighth grade, and then you know, beginning of eighth or middle of eighth grade, and I kept saying Sue, like, Oh my god, every article, every article was unbelievable. And now it's funny cuz I look back I'm like, right? Because I was That new parent again, and first time with a girl. And I think that's different. I think I have two boys, two girls. And each article, it hits on the two things we hear the most about our content, which is one, I feel like you're living in my house. And the second is, I feel like you're living in my head. And those are great. I mean, we love when we hear that it's a great compliment, because we always say we tap into that worry space that mom may not have even articulated the word yet. And the story I always tell is, when my oldest was in, he's the one in grad school, he was in ninth grade. And every Friday night, I'd walk past the family room, and he's sitting on the couch. The joke was, there was like an Indian in the couch. I get home all the time. I hadn't even said it to my husband. And then up pops an article like on my feed from your teen. Like, why is my ninth grader home every weekend? I'm like, Oh my God, why is mine i? i read it's fascinating, right? It's just tapping into that headspace is, you know, I hadn't even said it. Right. But it was sitting in there. It was sitting in there. And we always say we don't write. We don't write our And headlines just for one. So is that

M

Moira McCullough 13:02

one of the favorite aspects of running your team is to hear those comments, or you were in the situation where you're like, Oh my gosh, this solves the need.

S Stephanie Silverman 13:12

Yeah, I think for me, yes. And I always go back to a story of, we had written an article about when you have addiction in your family, and how the conversation has to be different. This was probably one of the first times we hit address that it probably goes back eight years ago, I was in a local grocery store, and a mom whose boys match up to my boys and age stopped in his room, we couldn't get close to each other. And she stopped me in the eye on the grocery store. And she's like, I have to tell you, that article changed the conversation with my kids because they're dead, has addiction issues, you know, has been sober for however many years, etc. And she said, I made them both read it, and then we sat down and talked about it. And I was like, oh my god. So that was one where I thought wow, like that conversation. can really change lives. But you know, that was one where I remember it took my breath away.

M Moira McCullough 14:06

Those are the times that you because it's so challenging running your own business and trying to capture all this incredibly rich content that is valuable and timeless, because you can look at it from all different aspects. And then having that feedback and people commenting and saying, Oh my gosh, you helped me in the moment you change a relationship. You change my thought, because sometimes I'm so in the weeds of parenting, and you're trying to think, you know, no one else could feel like that. And we're so judgmental, as we just kind of described in the beginning. It allows a community what have been some of the most challenging aspects of running your team?

S Susan Borison 14:40

Pick. The most frustrating comment to me is when someone says, How come I didn't know about your team? like they'll they'll find it and their kids are older or they'll just happen upon it and realize that this has been out there for 13 plus years. That part of today, you know, there's this sense of access to everything right now. But there's also everything right now. And breaking through the noise and getting noticed is such a challenge. And we try over and over again. And we're very scrappy. And we try all different ways to reach people. But we want to be Kleenex in your house where you know, your kid hits adolescence, and like your friend sends you a subscription to the magazine or a link or pays for one of our webinars or something. Because they know that it'll make the landing easier and softer for you if you have access to all this great information it did for all of us. We had weekly meetings around my kitchen table for years. And one of the things we saw was that shedding this notion of perfection. So we would show up in the beginning, we didn't know each other so well. And everybody's just kind of talking about these articles in

the abstract. Like, well, if this happened to someone, and then over over time, it became Oh my God, I'm dealing with this right now. I totally want the following four questions answered, you know, or, or whatever it is, and it took down this bravado that we have to live with as moms where we know how to do this. We're getting it right all the time. And anything that looks to be flawed, we're going to hide, because that's not the Facebook world we live in today. We all acknowledge we're much better parents as a result of breaking down. Like, my favorite thing is to tell you when I screwed up, because I feel like I'm not embarrassed by it. I mean, I do good, and I do bad. And if I can't own it, and I can't share it, then there's no camaraderie anywhere around this.

S Stephanie Silverman 16:30

It's funny, and I think a bunch of experts have said it. I'm trying to think who just said it most recently toasts who were like, it's the most forgiving occupation parenting, because you get to keep trying, right? Every day every night. So you know, you're always Oh, and like, okay, that didn't go so well. Let me try the next one.

S Susan Borison 16:47

And the other piece of what Stephanie is saying is that a lot of us aren't so good at apologizing, and modeling that for our kids. So we know we're going to get it wrong, a good percentage of the time, and maybe we're going to have that epiphany in the middle of the night when we're tossing and turning, and the next day when we wake up and say to our kids, if we can be that person, I'm sorry, I don't like the way I handled this. What we do is we model that for our teenagers to be able to go through relationships like that throughout their lives. So it's a double thing. It's like pushing down that pride. If I'm not wrong, you're wrong, and then modeling it so that our kids can play in that same space also.

S Stephanie Silverman 17:25

Yeah, and I want to take off on that. So I think it's such an interesting comment, because I have had one of my children in particular has said to me, like, Oh, my God, it's so frustrating, like so and so she just can't apologize. I always say, I'm sorry, she cannot do it. And you as it is, right? Like you have to flex that muscle and get comfortable saying like, I'm sorry, like, I screwed up, or you're right. One of my favorites is my youngest would always say to me, come in, I start yelling at somebody. She's like, Why are you yelling at me? You're mad at him. are you yelling at me? And I'm like, I'm not mad at him. Give me 10 minutes and I'm like, Oh, she's so right. I was so mad at him and took it out. Nurse then going back to her thing, you were totally right.



Susan Borison 18:03

those families who have college age kids or adult kids who came home, there's like a cohort of us all sitting around complaining about how deeply challenging it is because we've let go, we've reclaimed our homes, and they walk back in with the headspace of it being their home access to all if they want to change something in the house they feel entitled to. I got a text for a friend yesterday saying how deeply challenging it is. And I wrote back from experience, just walk around saying you're sorry, doesn't matter. It does not matter. It actually like you don't have to be wrong to apologize to want to change the tone in your house. That's such an ego sublimation to say that at the end of the day, I don't have to be right for us to have a happy family life. It actually is from I will say from a many of the four months of kids being home not doing that and realizing that that's the power



Moira McCullough 19:00

take it a step further to not only apologizing because I think that, as you said, kind of breaks down the barriers and it shows that hey, listen, we're all vulnerable. No one's right. No one's wrong, and it's okay. It's not a sign of weakness to other things I say to my kids, if you want to cry cry, Stephanie, I have two boys and a daughter also. And that's one thing I kind of really impressed upon my boys. I'm like, it's okay. Like, if you're feeling really crappy, and it's just, it's okay. Emotional, and that is not a weakness, and go for it. The other thing is, it's funny my daughter was whenever she hangs up the phone, she always says, You know, I love you. And it could be that we were just saw each other, you know, 10 minutes ago, and a friend of hers said, Why do you say that all the time? And she's like, because that's what we do. And it's interesting, because then, you know, like, as you said, Susan, you're modeling behavior. And that comes through and especially when now you're all living and learning and working together. It's nice. I know. It's been challenging, but I also say Take the opportunity because I prefer that versus the quiet of a house when they all leave. I hope this isn't your case but my husband and I cried like spent a year crying when when my son was a senior we would look at each other and get teary and we've had for years just the three of us and he was part of our marriage Actually, I was the outsider. They were kind of like the duo. And and when we took him to college to drop them off, we were devastated. wept the whole way home like in silence, just devastated. And the next day we took a trip and never look back.



Stephanie Silverman 20:31

Well, then you got him back in March. So it really was pretty short lived.

S

Susan Borison 20:34

Yeah, but we were not jumping for joy. Yeah. No, no, I think everyone tells you that it's going to be fine. But we couldn't picture our lives without him being a daily part of it. And it turns out, we got to record in our marriage and and pick things we wanted to do together and rebuild there and it was and then we had to let go of it.

M

Moira McCullough 20:54

That's the difference between the oldest and youngest. I will say when I brought my oldest I saw all the parents quite upset, dropping their kids off. And I looked at my son Mark and I started laughing hysterically. And I said, Mark, I'm not crying. I love you very much. And I know you're going to thrive and I'm going to see and parents weekend in two months. Are you okay with me not crying. Because I'm so happy you're going to be starting your next adventure, and I still had two kids home. So maybe that's the

S

Susan Borison 21:20

Yeah, I cried with every kid and Stephanie didn't so maybe you're Yeah, you and Stephanie are more aligned. Yeah.

M

Moira McCullough 21:26

But I dropped my daughter off the year later that Stephanie I like lost it. I dropped her off by myself. And I actually jumped in the car to drive away because I could sense that we were both going to have a little bit of a cry fest and I thought, step on the gasket, get out of town. So it's different each kid is what it is. And you know, talk about it. Like you said, Call your kids up and say, you know, here's what I'm feeling. And that just makes it easier. I think.

S

Susan Borison 21:53

I would say the most common response from experts right now has been to treat yourself with kindness. And grace, there's such an intensity right now that you're going to feel every emotion in like five minutes, the way you respond to something, it is what it is like we're all just in really unusual times and we have to forgive ourselves be gentle on ourselves.

M**Moira McCullough 22:14**

I love that which leads kind of into like the main area that I wanted just to ask your advice for in terms of like, how do we raise our game in this new normal? Like, what are some ways that we can continue to thrive? colleges are now releasing, whether they're opening and different phases of it. So how can we continue to challenge ourselves and learn and grow in a healthy manner?

S**Susan Borison 22:36**

I mean, I think a lot of people are really concerned about the COVID slide. And what that looks like for these kids futures. I feel very comfortable with my college kid if he were to opt out of college right now, whether it was temporarily or turned out to be longer than that. I don't feel invested in the same way I might have with my older kids. Because I see like the opportunities be bored. And then the opportunity to come up with something creative is as good as it gets like to have an intrinsic desire to do something is something that we all live with. And I think formal education can often make it about the test they're taking. I asked a kid one time who wanted to take a class but didn't want to take it because it would definitely ruin his GPA. Like it was a hard teacher. And I said, Well, you have to decide, are you interested in learning for the sake of learning or and I would didn't say it with judgment. I just meant like, look at what your goal is. If you want another a on your transcript, then you go one direction. And if you're really passionate about learning the material, then you go the other direction. And I would say that that's the same thing right now, if you have a kid who's reading doesn't matter what they're reading, they're growing, right? Like there's just so many things happening right now where kids are just being extraordinarily creative. If they're passionate about Black Lives Matter. They just have to come up with some way to fundraise like, go run for something and raise money that way or do a big sale or If you want to do something else, I mean, planted garden and you learn so much my son decided to build a desk. Well if you think about it, it's such a like a Montessori concept. Whatever they take, they're learning so much more than that one thing they're doing, he built a desk in our garage, which is still sitting there because he didn't measure the doorways. But that's okay. It was not a such an expensive failing. But then he decided to have a garden. He wanted to raise garden. And so the first attempt failed, which is fantastic. Like what failing at that there's no consequences. And he's starting over. I see all of that.

M**Moira McCullough 24:34**

That experiential learning, I think our mindset was you had to be in a classroom to learn and I don't believe that I think that you can learn and take this opportunity to grow and,

and I love your point about you know, taking a class just for the class sake just for the grade sake versus taking something where you will learn something so much more about yourself and about it, maybe a hobby that now all of a sudden you might want to pursue photography.

S

Stephanie Silverman 24:57

Everything is free right now. You know You can take any course you can download any app every everybody's got, you know, pandemic pricing and COVID-19. Everything's free. So you wanted to try meditation, you want to try boxing, you want to try, like, I feel like it's funny. I was making some notes before our podcast I'd written down. It's a great excuse to try anything right now. Read, explore, stay curious. There are zero barriers right now.

S

Susan Borison 25:21

I remember saying to my kid, the worst thing you can tell me is you're bored. And over. I mean, it used to drive me insane, like all the things that are available to you. But as it turns out, for them, it can be a really good thing. It can ignite that curiosity, because for all of us, like you hit a point where you can't watch one more Netflix movie, and then it's like, what should I do? And you start thinking outside the box of what would make me happy right now, and that will live on with them for the rest of their lives, like how they solve that problem of being bored and finding something that nourishes them.

M

Moira McCullough 25:54

Now I'm going to age myself in terms. When we grew up, your parents said go outside at eight o'clock. Come back at dinnertime. And then if you missed it, you're out dinner was already done to your point with all the technology, everyone who wants instant gratification instant learning, and now we have an opportunity to kind of take a step back. And like you said, Stephanie, it is kind of an excuse to really take advantage of this and do what you want. Because expectations are, there are none.

S

Stephanie Silverman 26:21

Yeah, zero. I keep saying the world just hit pause. I say to my kids, if you don't take this opportunity,

M

Moira McCullough 26:27

Mm hmm. Then you're gonna look back and you're gonna say if only I had read that book, taken out that camera and learned how to focus you know, they're

S Stephanie Silverman 26:37
gonna say, taken out the garbage taken out. I was like, Oh, the garbage

M Moira McCullough 26:40
brought that back up. I thought I'd forgotten about it

S Susan Borison 26:43
So I have different energy kids. And one of them's always doing doing which is kind of my temperament and so I align with that more and one of them sits and really enjoys watching TV and movies and Netflix and everything. So I used to fight it. I used to think like you got to get up and do stuff, but It turns out that's her career. So that was her passion. That is her passion. People who have gamers for kids, there's an online school, and they have like, landmarks in Minecraft. So if your kid is gaming and you're worried it's they're just so deep in gaming, you could move them over just ever so slightly, and do a course where they can see some added benefits and maybe even see a future, right and doing gaming that's different than this. Like, I can't pull myself away for dinner.

M Moira McCullough 27:30
I was so rigid with not letting my kids go on games. We didn't have the Xbox, we didn't have anything and now they keep on saying Hmm, so and so my friend is now like a lead gamer and make it with kids to their again, they're so into instant gratification. Everything's a text by and it's a challenge for them to take in the moment and kind of let themselves free and think

S Susan Borison 27:52
all I can say to parents is first of all, you can't convince a teenager to do what you want to do but, but try and frame it in something that they Enjoy. So if your kid is really passionate about birds, and they have a bird feeder, so you know find a place where you can go birdwatch and bring your binoculars and and make an activity out of it and, and maybe even a game of like how many birds different birds did we see? Like, you know, just be imaginative and have your kid do it with you. You know, there's just so many ways to

engage your kid that isn't necessarily what you were hoping for. Like you're you're a rower and you dreamt of one day getting in doing something on the lake with your kid and they hate it. So let that one go. And find the thing as the as your kid what's what's the thing that excites you the most when you wake up in the morning and let's figure out a way can we take it outside is there some way like my kid loves movies, and we're going to try and watch a movie screening on to our house.

M

Moira McCullough 28:56

My younger son likes to work out and with the gyms closing rate in the beginning And we didn't have any piece of equipment because everything was on backorder so that home gym was truly a makeshift gym. You would have loved it. All of a sudden I see all my towels outside on the back porch. I see a cooler that is now his bench. And I see this bag, everything revolves around bags in my house that was really heavy. I couldn't move it and of course it was narrow door. And he had put all these water bottles and cans in it. And that's what he was using as weights. That's amazing. All of a sudden it was like Hey, he created this home gym with what we had.

S

Susan Borison 29:32

So the one the one thing that really worked was we set up in the beginning that everyone would cook one night of the week. And so it worked out great. But the kitchen Oh my like one of my kids made fried chicken with a Chipotle a sauce that was so delicious. I walked in the kitchen. It starts with a layer of grease. It has flour on top of it everywhere places that you can't figure out why it's there. And I thought like, I guess if I want them to cook, I'm going to have to live with this. So I'm always afraid when we have these conversations that someone's listening to it saying, Oh my God, look at all the things these people are doing that are working out. For everyone I say here that worked out there were 100 that were really tense and horrible moments. I would not say I reveled in this time, but there were moments I reveled in so I just want to be mindful of if you're listening and thinking, My house is a shitstorm and mind to

M

Moira McCullough 30:30

your advice to a student right now, if you had advice to a college student, what would it be?

S

Susan Borison 30:37

In terms of advice to my college kids? It's sparing I had someone tell me once that don't answer a question that hasn't been asked. And as your kids get older, like my youngest is going into his sophomore year of college. He found an apartment once the school said that you no longer can live on campus as a sophomore. So he and some friends found an apartment they took care of every aspect of it. He's planning what it's going to look like, we've had nothing to do with it. And he has, he has really managed his life. So do I want to step in and give him advice? Most definitely, I want to, I want to still have that little kid that I feel like I can say, Here's the schedule for tomorrow, we're gonna wake up and go to the zoo. And then we're going to get some ice cream that slips by you. It is elusive, and he's now owning his own life. So I don't really have advice for parents when it comes to their college kids other than if they asked you.

M

Moira McCullough 31:36

Great. Well, that's I think that's advice in and of itself from a parenting point of view. I think listening. I always like to ask What do you wish you knew before attending college now reflecting back I do a lot of that right now with two kids in college and one on the way I'm always in like, if only I had done XYZ

S

Stephanie Silverman 31:55

I think just the fact that there that there's gonna be ups and downs. I think that the narrative To be fed is Oh my god, it's the best four years of your life and oh my god, and they watch everything play out on social media. So they get to college. And they're sitting there with like, their, it's so much worse now, right with their, like missing feelings. And they're looking at their friends with the red solo cups having a great time and posting, you know, like, that's what it looks like. So I would say, just changing that narrative to, there's going to be a lot of ups and downs, I think you'll probably look back at it and say, Wow, that was great. But your people aren't waiting at the door. As you drive up and drop you off. Your people will be formed and they'll have to be found and discovered just like you're going to discover yourself. we've really tried here to message that and when I have conversations with friends, so she was my daughter, a rising senior, when I've talked to my friends whose kids are in college, particularly young women, and I'll make sure mine is cute. Oh, yeah, roommate problems. Like you know, those never work. Yeah, I mean, just like really like low It sounds kind of bad, but I just think I'd rather lower it. I think it's more honest. with men and women, it's totally different. So different, oh my god,

M

Moira McCullough 33:09

the messaging is a little bit different.

S

Susan Borison 33:11

So if I'm looking back to myself, as opposed to what I told my kids, I can't even begin to tell you how I lacked so much of what they go into college with today, like my four years of high school. I came home at whatever time school was over and I watched all my children, one life to live and then General Hospital. Now, I was not worried about building a resume for college. Like it just it wasn't the conversation. I applied to a few colleges. I actually found like a yearbook or something and I was like, Oh, I did get rejected to colleges. I had in my head a whole other story that I I got into where I wanted to go and I went, which was a lovely story much happier than getting rejected. And then I went to this college, and then I met my roommate on the first day of college, and we stayed with roommates and we're still in touch. And I met my husband in college. And I don't know there wasn't this whole. I know that there weren't laws of moments like life has. But the pressure that is on our kids today about college never entered my sphere. Like I didn't ever worry about was I gonna get into the college I wanted to go to now that I could have not gotten in, but I still just didn't have the conversation wasn't taking place around me. And there weren't college counselors and there was it just it wasn't a whole industry. You went to college, and I got out of college with a degree in psychology and I remember every job interview I went on, people said to me, why did you major in psychology, but I would still get a job offer like there were jobs. So I can't even begin to imagine the pressure that our kids feel today that we had. We didn't have we just didn't have to live with it.

M

Moira McCullough 34:55

I had the same feeling it was like you just went and you were taking advantage. To the moment and enjoying the moment you weren't thinking two years out three years out like internship already or,

S

Susan Borison 35:05

and my parents got in the car before I was ready for them to leave and drove off. And there was no cell phone. Right, right like so.

M

Moira McCullough 35:14

Calling every Sunday and if not, you'll hear from Ben. That's all I need from you. If you don't call in, we'll find you. Thanks so much, Susan and Stephanie, for joining us today.

Thank you, Susan and Stephanie for joining us today as we shared many laughs stories and insights into the life of a parent. With all the information circulating in the world today. It is sometimes hard to break through the noise and find the information or community you need during various parenting stages to learn from and grow with. It can be frustrating and challenging at times. However, life is a journey and there are many teachable moments along the way. We talked about ways to raise your game and the new normal physically, mentally, academically and socially. Kids need sleep, good eating habits and exercise. Be kind and forgiving. We are in this together. You can find all of our show notes and links to the helpful resources mentioned throughout our conversation on our website at Collegescoops.com/slashpodcast. You can learn more about Your Teen on their website at YourTeeMag.com on Instagram, Facebook, Twitter and Pinterest at [YourTeenMag](https://YourTeenMag.com). Please take a couple of minutes to rate review and subscribe to College Scoops. Thank you for listening to our College Scoops podcast. Our entire College Scoops team strives to make the college journey a little bit easier, less stressful, fun and tasty by sharing all the inside scoops we have curated along the way. We would love to hear from you about topics to cover and your ideas and everything college related. Reach out to us at Collegescoops.com or follow us on Instagram, Twitter and Facebook.