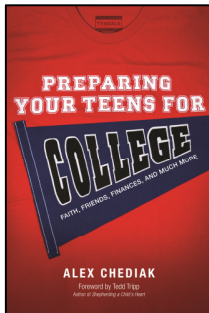




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Author of *Thriving at College* Helps Parents Prepare Teens to Navigate College Years



(Carol Stream, IL) Recent studies show that nearly half of those who enroll at a four-year college will not complete their degree. At a time when college has never been more expensive, too many students are failing.

Dr. Alex Chediak believes that three factors are essential for teenagers to not only survive but to thrive in a college environment: character, a strong faith, and a willingness to delay gratification. In his new book *Preparing Your Teens for College: Faith, Finances, Friendships, and Much More*, Chediak explains how parents are the ones best equipped to help their teens prepare to navigate the challenges.

“Training matters,” comments the author. “Not just what we professors do on campus but what parents do before their teens ever get to us. Thriving at college begins in the home. What parents model and impart to their teens, day in and day out, makes a huge difference.”

In *Preparing Your Teens for College*, Chediak covers all the hot-button issues: studying, grades, choosing a major, friendships, dating, what to look for in a college (and how to pay for it), God, and more.

“Each of these topics is the subject of countless books in recent years,” he explains. “And while there may be disagreement on the best remedies for spiritually apostate, professionally wandering, or developmentally stunted twentysomethings, there’s strong agreement on what can mitigate these ailments: godly, involved parents who intentionally and wisely invest in their children at all stages, but particularly in the teen years. There’s no doubt about it—what you and I do as parents, before our teens leave home, has the greatest likelihood of preventing these kinds of decline.”

About the Author—Alex Chediak is an author, speaker, and professor of engineering and physics at California Baptist University. Alex has been involved in mentoring students for many years. He has published numerous articles in *Boundless* (Focus on the Family), *Trak* (God’s World News), and *Christian College Guide* (Christianity Today). He is the bestselling author of *Thriving at College* (Tyndale House, 2011). Alex and his wife, Marni, live with their three children in Riverside, California.

Alex Chediak is available for interviews to promote the March release of *Preparing Your Teens for College*.

Preparing Your Teens for College * ISBN 978-1-4143-8312-5, US \$15.99 * Religion/Christian Life/Social Issues* Softcover * March 2014

MEDIA QUESTIONS FOR ALEX CHEDIAK

Author of *Preparing Your Teens for College*
(March 2014 release from Tyndale House)

- (1) How can parents prepare teens for college responsibilities? Is there an area where they typically fall short?
- (2) Why is college so expensive these days? At these prices, is it really worth it? If someone doesn't go to college, what other options do they have?
- (3) Parents want their kids to grow up into the high expectations they have for them, but how can they avoid becoming "helicopter parents" or "tiger moms"?
- (4) What advice do you have for a parent whose teenager wants to attend a different church or simply wants to stop attending altogether?
- (5) Classroom discussions at secular universities (and even public high schools) can be fairly one-sided. Does holding Christian convictions require that students *always* make a public defense for their faith?
- (6) How can students find other Christians to befriend at large secular universities?
- (7) How do parents and youth leaders navigate technologies that provide anonymity and new ways for teens to encounter sexually charged material?
- (8) How can parents help their teenagers understand in practical terms how much college really costs?
- (9) With the Internet blurring the lines between collaboration and cheating, making plagiarism easier than ever, how do parents help their children understand that it's wrong?
- (10) What about massive open online courses (MOOCs)? Do these have the potential to dramatically lower tuition, perhaps even eliminating the need for colleges?
- (11) What if a young woman really wants to be a stay-at-home mother and wife? How should that desire impact her college decision?

Q & A with Alex Chediak

1. What is *Preparing Your Teens for College* about?

Preparing Your Teens for College is about getting teens ready to leave the home and enter the adult world with the faith, character and maturity to be successful. It's about training them not just for college but for the totality of their lives.

You don't have to look far to see that many teens are having a tough go at it. In school, their teachers will tell you about short attention spans and superficial interests crowding out their appetite and even capacity for learning. Out of school, even part-time jobs are hard to come by, depriving them of the chance to develop a work ethic, build skills and earn money. At home, one in three is being raised without the love, protection and security of a father. After high school, the link between higher education and professional success has never been stronger—and higher education has never been more expensive—yet the United States now has the highest college dropout rate in the industrialized world: 44 percent of those who enter a four-year college will not graduate in six years, and 71 percent of those who start two-year degrees will not finish them within three years.

The message of *Preparing Your Teens for College* is that thriving at college begins before they get there—with what you do as moms, dads, youth pastors, mentors and guidance counselors. Academic and professional success flows from character and maturity. And as Christians we know that character and maturity flow from a God-mastered life, from the heart of a person who has bowed the knee to the Lord Jesus Christ. *Preparing Your Teens for College* is about helping you raise teens who understand the biblical message and are committed to putting away childishness, embracing responsibility, pursuing godly relationships, practicing moral purity, and honoring God in school, at work and in their recreation and use of money. If that describes the kind of teen that you want to see leave your home someday, then this book is for you.

2. Why did you write *Preparing Your Teens for College*?

Three years ago I published a book called *Thriving at College*. It was about how students could get the most out of the college experience. But I soon learned that *parents* were hungry for information about how they could get their children *ready* for college. This came up in radio interviews, and I was asked to deliver workshops and write articles on the topic. I was also noticing that students who came from homes in which their parents were intentional and involved in their lives, those students were more successful than others, even more successful than those who looked better on paper (test scores, past grades) but whose parents hadn't helped them develop habits of personal responsibility and faithfulness. I became increasingly convinced that thriving at college begins in the home. All these factors led me to write *Preparing Your Teens for College*.

3. *Preparing Your Teens for College* has a lot of content. Walk us through it.

Preparing Your Teens for College is a comprehensive survival manual on getting teens ready for whatever comes after high school. I tried to cover the gamut of issues that parents need to consider. The book is broken up into six sections: Character, Faith, Relationships, Finances, Academics and the College Decision itself. I talk about training teens to take initiative, accept correction, delay gratification and be firm in their Christian convictions while gracious towards those with other beliefs. I write about the importance of establishing faith-sustaining friendships and how teens can be discerning in their friendships. There's a chapter on the importance of purity and intentionality with the opposite sex. I discuss how to help teens manage their money and practice financial stewardship so that they can avoid the pitfalls of consumer debt and excessive student loan debt. And there are several chapters on teaching teens to work unto the Lord and use their high school years to discover and nurture their academic talents and interests, all of which lead up to making an informed decision on whether to pursue a four-year college, a two-year college, or some other form of post-high school training.

The chapters have a few different kinds of special features that I'm really excited about. First of all, there are practical sidebars, tips, and links to other resources for studying specific topics in more detail. Second, I had a team of parents and pastors who were kind enough to read the book while I was writing it. They supplied testimonies from the lives of real teens, which speak to the principles in the book. Each chapter has one of these testimonies. They also provided specific questions that they thought a book like this should answer. Each chapter contains one of their questions along with my answer.