

Helicopter Parent Quiz

Directions: Answer always, sometimes, or never to the following statements.

1. Do you talk (cell, instant message, email) with your college student at least once a day?
 - A. Always
 - B. Sometimes
 - C. Never

2. Do you take care of all your child's expenses, including cell phone, car, insurance, etc.?
 - A. Always
 - B. Sometimes
 - C. Never

3. Do you come rushing to the aid of your child -- whether you're asked to get involved or not?
 - A. Always
 - B. Sometimes
 - C. Never

4. Have you talked with your child's professors about a problem s/he is (or was) having in the class?
 - A. Always
 - B. Sometimes
 - C. Never

5. Have you called the college's administrators at least once to complain about the dorm, roommate, or meal plan issues?
 - A. Always
 - B. Sometimes
 - C. Never

6. Do you ask for copies of your child's syllabi so you can keep up with is/her progress in the course?
 - A. Always
 - B. Sometimes
 - C. Never

7. Do you feel heavily invested in your child's college success?
 - A. Always
 - B. Sometimes
 - C. Never

8. Have you painstakingly planned your child's life -- from first play date to first day of college -- and maybe even career?
 - A. Always
 - B. Sometimes
 - C. Never

9. Do you consider yourself your child's best friend?
- A. Always
 - B. Sometimes
 - C. Never
10. Would you (or have you) considered calling your child's employer to complain to his/her boss about an unfair situation?
- A. Always
 - B. Sometimes
 - C. Never
11. Do you feel bad about yourself when (if) your child does not do well?
- A. Always
 - B. Sometimes
 - C. Never
12. Do you defend your child's actions even when it is clear s/he was the one who misbehaved?
- A. Always
 - B. Sometimes
 - C. Never
13. Do you micromanage every aspect of your child's life?
- A. Always
 - B. Sometimes
 - C. Never
14. Did you compile the list -- or even choose -- the college your child attends?
- A. Yes
 - B. No
15. Are you a Baby Boomer (born 1946-64) parent with a Gen Y kid (born 1982-1995)?
- A. Yes
 - B. No

Scoring:

For every **Always** or **Yes** response, give yourself 5 points. For every **Sometimes** response, give yourself 3 points. For every **Never** or **No** response, give yourself 0 points.

Add up the points and use our guide to determine your helicopter parent status:

60-75 pts. Dangerous Territory. Your low-flying tactics are raising major dust clouds that could hinder the growth of your college student. You need to pull up and gain altitude by letting your student make some of his or her own decisions.

45-59 pts. Overly Involved. You swoop down too close occasionally, but at least allow your child to make some of his or her own decisions. Still, try to fly a little higher and let your child live his or her life.

30-44 pts. Involved. Your status is that of a concerned parent who is probably involved at just the right level with your child's life. To be sure, ask your child about your role and how you could work together to improve it.

Under 30 pts. Grounded. Not necessarily a bad place to be, but you might be a bit too hands-off with your child. College students want and need counsel and advice, so consider asking your child how you could be a bit more involved in his or her life.