***“Today’s college student”***

*“There is nothing inherently wrong with the capabilities today’s young have grown to acquire. It’s just that they are not the skills most suited to identifying and removing mental stumbling blocks to happiness. And they may even foster them. Without well-oiled skills in reflection and the development of some mental discipline, there is no core sense of self to call on in a crisis, and it is easy to be overwhelmed by emotion. Given their impatience and intolerance for imperfection, they are sitting ducks for turning to alcohol, medication, or even cutting rather than navigating a tide of disappointment with self-analysis or confidence in their own brainpower to see them through.”*

Marano, Hara Estroff. *A Nation of Wimps: the High Cost of Invasive Parenting*. New York: Broadway, 2008. Print.