

# Mindful Continuing Education

## Examining the Impact of Over-Involved Parenting

### Abstract

**1. Helicopter parenting is the colloquial term that refers to an over-intrusive pattern of parenting that results in a style both high in behavioral control and levels of warmth and support, and low in:**

- A. Competency enhancement
  - B. Autonomy-granting
  - C. Promotion of long-term security
  - D. Encouragement of emotional independence
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### Helicopter Parenting and Parent-Child Attachment

**2. Millennial college students live in a time where many parents expect timely and frequent communication, and although they may feel pressure to always make the “right” decision, they are often unprepared to do so having so much of their lives structured in the past, so they then have to turn back to their parents for advice.**

- A. True
  - B. False
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### School Engagement

**3. A study of 438 undergraduate students revealed that one of the positive aspects of “helicopter” parenting was that it was associated with higher levels of student school engagement, as demonstrated by the amount of time and effort in they put into their studies and other academically purposeful activities.**

- A. True
  - B. False
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**4. The expectation that students should receive certain positive school-related outcomes such as high grades or sympathy for absences without taking responsibility for these outcomes is known as:**

- A. Academic privilege
- B. Academic compensation

- C. Academic dispensation
  - D. Academic entitlement
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**5. The Overparenting measure, developed by Segrin et al. (2012) is designed to evaluate each of the following EXCEPT:**

- A. Offering advice, problem solving for the child, and providing tangible assistance
  - B. Protecting the child from risk, monitoring, and removing obstacles
  - C. Facilitation of independence and self-determination
  - D. Management of the child's emotions and moods
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## **Results**

**6. A recent study addressing helicopter parenting, perceived parent-child attachment, and college factors associated with each among 91 undergraduate students currently attending a four-year college resulted in which of the following findings?**

- A. Overall parental attachment was negatively correlated with the 10-item scale of helicopter parenting, such that students who reported high perceived helicopter parenting also reported low overall feelings of attachment to their parent.
  - B. Helicopter parenting was positively correlated with advice/affect management, but there was no significant correlation with self-direction and tangible assistance
  - C. A positive correlation between GPA and the 10-item helicopter parenting scale was found
  - D. Significant negative correlations were found between helicopter parenting variables, drinking behavior, and attachment
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## **Discussion**

**7. Based on the study, when associated with school engagement, child self-direction, though not significant, appears to have a negative correlation, while parents as facilitators of independence is positively correlated with school engagement.**

- A. True
  - B. False
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**8. One significant study finding was that perceived helicopter parenting and attachment often vary between students and parents, and differences in perceptions can negatively impact the parent-child relationship.**

- A. True
  - B. False
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