

Holly Schiffrin

Professor at University of Mary Washington

Fredericksburg, VA, US

Dr. Schiffrin is an internationally known expert on intensive and helicopter parenting.

Biography

A New Jersey mother routinely questions her 20-year-old's professor about her son's grades; a Virginia couple repeatedly allows their young children to walk home from the playground unsupervised. Are these parents out of line? Too involved or too detached? Holly Schiffrin, professor of psychology at the University of Mary Washington, says extreme forms of parenting are unhealthy. An expert on intensive and helicopter parenting, Dr. Schiffrin says that over-controlling parents send an unintentional message to children that they can't handle problems on their own. Free-range parenting, on the other hand, may put children in situations that they aren't equipped to handle. A developmental psychologist, Dr. Schiffrin is co-author of *Balancing the Big Stuff: Finding Happiness in Work, Family, and Life*, as well as a chapter in *Intensive Mothering: The Cultural Contradictions of Modern Motherhood*. Her research on helicopter parenting published in the *Journal of Child and Family Studies*--with colleagues and students at the University of Mary Washington--has garnered international media attention, including *The New York Times*, *The Guardian*, *Real Simple* magazine, and *Time* magazine. Her scholarly research has been published in the *Journal of Happiness Studies*, the *Journal of Positive Psychology*, *Cyberpsychology and Behavior*, the *Journal of Development & Behavioral Pediatrics*, and *Research in Development Disabilities*.

Industry Expertise

Training and Development, Education/Learning, Public Policy, Program Development, Research

Areas of Expertise

Emerging Adulthood, Helicopter Parenting, Positive Psychology, Infant and Child Development, Intensive Parenting

Affiliations

Virginia Association for Psychological Science : President-Elect, American Association for Psychological Science : Member, Society for the Teaching of Psychology : Member, Society for Research in Child Development : Member, International Positive Psychology Association : Member

Event Appearances

The Effects of Maternal and Paternal Helicopter Parenting on the Self-determination and Prosocial Behavior of Emerging Adults - 2020
32nd APS Annual Convention

The Effect of Maternal and Paternal Caregivers? Failure Mindset and Helicopter Parenting on Emerging Adults? Intelligence Mindset - 2020
32nd APS Annual Convention

Positive Psychology: The Science of Being Happier - 2019
Virginia Recreational Sports Association

Teaching outside of the academy: The development and assessment of a parent education conference - 2019
National Institute on the Teaching of Psychology

Consolidated Helicopter Parenting Scale (CHPS) and its Relationship to Intelligence Mindsets - 2018
Association for Psychological Science Convention

The Effects of Maternal and Paternal Helicopter Parenting on the Self-determination and Well-being of Emerging Adults - 2018
Association for Psychological Science Convention

Growth Mindset and Positive Expectations about the Future: The Relationships Among Mindset, Self-Efficacy, Self-Compassion, and Optimism - 2017
Association for Psychological Science Convention

Can the way we think lead to more success? The role of positive and negative monitoring on cognitive task performance - 2016
Association for Psychological Science Convention

Musings on inspiration: Inducing inspiration, increasing donations to charity - 2016
Association for Psychological Science Convention

Education

University of Miami
Ph.D. Applied Developmental Psychology

University of Miami
M.Sc. Applied Developmental Psychology

University of Mary Washington
B.Sc. Psychology

Accomplishments

Distinguished Graduate in Residence

Awarded by the University of Mary Washington.

Kirk Danhour Memorial Award

Awarded by the University of Miami for an outstanding graduate psychology student.

Jepson Fellowship

Awarded by the University of Mary Washington.

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