



**HARLAN COHEN'S**

**COLLEGE**

**LAUNCH NIGHT**

**SLIDES & REPLAY:**

[www.HarlanCohen.com/webinar04162020](http://www.HarlanCohen.com/webinar04162020)

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# Welcome Parents & Students

## Parent Tip:



**You can cry when you say good bye, but don't fall to the ground in hysterics and have to be taken away by ambulance....**



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# Ch Ch Ch Changes...

## The Latest

### How Will the Pandemic Change Higher Education?

VIEW ALL

Professors, administrators, and staff members on what the coronavirus will leave in its wake.



### Colleges Are Trying to Help Graduates in a Scrambled Job Market

VIEW ALL



### Why Room and Board Refunds Are a Tricky Calculation



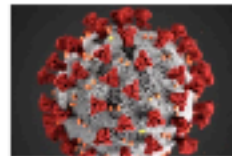
### Productivity and Happiness Under Sustained Disaster Conditions



### Faculty Members Fear Pandemic Will Weaken Their Ranks



### How Much Federal Stimulus Money Will Your College Get?



### Coronavirus Hits Campus: Complete Coverage

#### LATEST NEWS

##### RESEARCH

Colleges That Humanized Lab Animals to Protect Employees From Covid-19 Face an Onslaught of Criticism.

##### FINANCE

Canceled and Altered Summer Programs Will Cost Colleges Hundreds of Millions

##### TEACHING

'Don't Worry About the Class': How One Professor Responded to a Student With Covid-19 Symptoms

##### TEACHING

How to Reconnect With Students and

**T**here's a story the president of Claremont McKenna College used to tell to describe what makes his college special. It goes like this: A prospective student chatted with her host student in the lobby of a campus building. In just 30 minutes, 17 people interrupted their conversation.

The anecdote showcased the college's warmth, its connectedness. A student is one point in an ever-growing web, with countless lines extending outward — to peers, to professors, to alumni, and beyond.

But as the novel coronavirus took hold, the president, Hiram Chodush, saw the story in a new light. Seventeen students in 30 minutes. Every two minutes, an interaction. Say one person tested positive for the virus. How fast might the disease work through the web?



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## Test Optional

The screenshot shows the Inside Higher Ed website. At the top, there is a navigation bar with 'INSIDE HIGHER ED' in a large orange box. Below it, there are links for 'News & Views', 'Careers', 'Events', 'Reports & Data', 'Admissions', 'Digital Learning', 'Fund-Raising', and 'Diversity'. A main banner for a 'Webcast 2020 Survey of College and University Presidents' is visible, with a 'REGISTER NOW' button. The main article is titled 'Coronavirus Drives Colleges to Test Optional' by Scott Jaschik, dated March 30, 2020. The article text discusses how colleges are dropping SAT or ACT requirements, waiving fees, and extending deadlines. It mentions that at least 17 colleges have dropped the SAT or ACT in recent weeks. A quote from Queens University is included: 'This is a one-year adoption of the policy,' said Kelly Walker, associate vice president for enrollment and dean of admissions. 'But we will review it next spring. We are responding to the shifting landscape with juniors in high school not able to access testing, and we wanted to be flexible.' To the right of the article, there are several promotional boxes for 'INSIDE HIGHER ED EVENTS', 'THE SEARCH FOR NATIONAL COLLEGE PRIZES', and 'INSIDE HIGHER ED CAREERS'.





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## Who is going test optional?

**FairTest**  
The National Center for Fair and Open Testing

Sign up for Email List | Sign up Weekly News Updates | About FairTest | Contact Us

Home Public School College Admissions Newsletter Fact Sheets Ad Now News Other Resources

**1,130+ Accredited 4-Year Colleges and Universities with ACT/SAT-Optional Policies (for Fall 2021 Admission)**  
Current as of April 15, 2020  
Support Test-Optional Admissions

We can help encourage even more colleges and universities to treat applicants as "More Than a Score." Your financial support will allow FairTest to promote test-optional policies at more conferences of admissions policy-makers, reach out to additional higher education leaders and distribute copies of this list to counselors and student advocacy groups. Thank you!

**Donate to FairTest**

**NOTE:** This list includes institutions that are "test optional," "test flexible" or otherwise de-emphasize the use of standardized tests by making admissions decisions — without using ACT or SAT scores — for all or many applicants who recently graduated from U.S. high schools.

As the indicators indicate, some schools exempt students who meet minimum grade-point average or class rank criteria; others require SAT or ACT scores but use them only for placement purposes. Please check with the schools' admissions office for details.

**International applicants should refer to this list:** [compiled by Sarah Loring de Cards.](#)

The list is organized alphabetically by school — in part by state, [click here.](#) For a print-formatted PDF file [click here.](#) Several supplemental files are also available:

- Chronology of schools adopting test-optional policies since 2005
- Colleges and Universities Temporarily Waiving ACT/SAT Scores for Fall 2020 Admission ONLY
- List of 425+ test-optional and test-flexible schools ranked in the top tiers of their respective categories
- Comparison of number of high school graduates who had taken the ACT and SAT annually over the past 30 years

**Sources:** College Board 2018 College Handbook; U.S. News & World Report Best Colleges 2020; U.S. Department of Education Integrated Postsecondary Education Data System (IPEDS), admissions office websites, and news reports.

**Note:** Schools with website "Net Link" have paid a modest fee for this service. Listing does not imply endorsement. If your institution would like to participate in their "Net Link" program, please contact FairTest at (877) 477-8782 or by clicking **CONTACT US** at the top of this page.

**1,130+ Accredited 4-Year Colleges and Universities with ACT/SAT-Optional Policies (for Fall 2021 Admission)**  
See the searchable database of schools.  
[Find out why and how schools go "Test Optional."](#)

**What's New at FairTest**

- Colleges And Universities Temporarily Waiving ACT/SAT Requirements For 2020 Admissions Only
- Action Alert! Cancel ALL State K-12 Exams Now — Testing Resistance & Reform News, March 15-24, 2020
- States Must Apply for Federal Testing Waivers, Eliminate All Other Testing Requirements

[Read more](#)

**Members of the Media:**  
Contact Robert Schaeffer at (202) 362-6773 or FairTest at (877) 477-8782

**Social Media:**

Yonkers University*	Greenville	PA
Yuba Mountain Community College	Belmont	MO
Yukon College†	Silverdale	NY
Yukon Institute/University	Murphy Falls	-
United States University	Oshtemo	-
United Theological Seminary	Brooklyn	NY
United States Technical College	Bismarck	ND
UNM College	Albany	NE
Universidad Adolfo Ibáñez Prácticas	Mayaguez	PR
Universidad del Este	Carrollton	PR
University of Advancing Technology	Warren	RI
University of Alaska, Anchorage <sup>1</sup>	Anchorage	AK
University of Alaska, Fairbanks <sup>2</sup>	Fairbanks	AK
University of Alaska, Southeast	Juneau	AK
University of Alaska Valley	Lawson	CA
University of Arkansas	Tucson	AZ
University of Arkansas at Fort Smith	Fort Smith	AR
University of Arkansas at Monticello <sup>1</sup>	Monticello	AR
University of Arkansas for Medical Sciences	Little Rock	AR
University of Atlanta	Atlanta	-
University of Bridgeport	Bridgeport	CT
University of California Berkeley	Berkeley	CA
University of California Davis	Davis	CA
University of California Irvine	Irvine	CA
University of California Los Angeles	Los Angeles	CA
University of California Merced	Merced	CA
University of California Riverside	Riverside	CA
University of California San Diego	San Diego	CA
University of California Santa Barbara	Santa Barbara	CA
University of California Santa Cruz	Santa Cruz	CA
University of Central Oklahoma <sup>2</sup>	Edmond	OK
University of Charleston <sup>4</sup>	Charleston	WV
University of Chicago	Chicago	IL
University of Cincinnati Blue Ash College	Blue Ash	OH
University of Cincinnati Clermont College	Wesley	OH
University of Colorado <sup>2</sup>	Norwell	CO



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# Deadlines Changed



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PEACE  
TODAY**

www.acceptgroup.org  
Leaders@acceptgroup.org  
504-356-3796

## Colleges That Have Changed Deposit Deadline to June 1, 2020 or Later

Updated April 13, 2020, 12 pm central  
Email updates/additions to leaders@acceptgroup.org

Agnes Scott College (GA)	Caldwell University (NJ)
Albertus Magnus College (CT)	California College of the Arts (CA)
Albright College (PA)	California Lutheran University (CA)
Alfred University (NY)	California State University, Channel Islands (CA)
Alma College (MI)	California State University, Chico (CA)
Alvernia University (PA)	California State University, Dominguez Hills (CA)
Alverno College (WI)	California State University, Humboldt (CA)
The American University of Paris	California State University, Pomona (CA)
Anna Maria College (MA)	California State University, San Bernardino (CA)
Arcadia University (PA)	California State University, San Francisco (CA)
Assumption College (MA)	California State University, San Marcos (CA)
Augusta University (GA)	Calvin College (MI)
Augustana College (IL)	Capital University (OH)
Austin College (TX)	Carlow University (PA)
Averett University (VA)	Carroll University (WI)
Baldwin Wallace University (OH)	Cedarville University (OH)
Ball State University (IN)	Centenary College of Louisiana (LA)
Bay Path University (MA)	Central College (IA)
Baylor University (TX)	Central State University (OH)
Becker College (MA)	Centre College (KY)
Bellarmine University (KY)	Chaminade University of Honolulu (HI)
Beloit College (WI)	Chestnut Hill College (MA)
Bennington College (VT)	The Citadel (SC)
Biola University (CA)	Clark Atlanta University (GA)
Birmingham-Southern College (AL)	Clark University (MA)
Bishop's University (QC)	Clarkson University (NY)
Boise State University (ID)	Cleary University (MI)
Bradley University (IL)	Cleveland Institute of Art (OH)
Bridgewater College (VA)	Cleveland State University (OH)
Buena Vista University (IA)	Coastal Carolina University (SC)
Butler University (IN)	Colby-Sawyer College (NH)
Bryan College (TN)	College of Idaho (ID)
The Catholic University of America (DC)	

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College of Mount Saint Vincent (NY)	Erskine College (SC)
College of Saint Benedict (MN) and Saint John's University (MN)	Ferrum College (VA)
College of Saint Elizabeth (NJ)	Fitchburg State University (MA)
College of Saint Rose (NY)	Framingham State University (MA)
College of St. Scholastica (MN)	George Mason University (VA)
The College of Wooster (OH)	Georgian Court University (NJ)
College of the Atlantic (ME)	Gonzaga University (WA)
Colorado State University (CO)	Goucher College (MD)
Columbia College (IL)	Grand Valley State University (MI)
Columbia College (SC)	Hamline University (MN)
Columbus College of Art & Design (OH)	Hanover College (IN)
Connecticut College (CT)	Heidelberg University (OH)
Concordia College (MN)	Hendrix College (AR)
Concordia University Chicago (IL)	Hilbert College (NY)
Concordia University (MN)	Hofstra University (NY)
Converse College (SC)	Hollins College (VA)
The Cooper Union (NY)	Hood College (MD)
Cornell College (IA)	Hunter College (NY)
Creighton University (NE)	Illinois College
CUNY Queens College (NY)	Illinois State University (IL)
D'Youville College (NY)	Illinois Wesleyan University (IL)
Dean College (MA)	Indiana University Bloomington (IN)
Defiance College (OH)	Indiana University, South Bend (IN)
DePaul University (IL)	Indiana University of Pennsylvania (PA)
DePauw University (IN)	Indiana Wesleyan University (IN)
Dominican University (IL)	Iowa State University (IA)
Dominican University of California (CA)	Ithaca College (NY)
Drake University (IA)	IUPUI (IN)
Drury University (MO)	Jacksonville University (FL)
Earlham College (IN)	John Carroll University (OH)
Eastern Mennonite University (VA)	Johnson & Wales University, Charlotte (NC)
Eastern Washington University (WA)	Johnson & Wales University, Providence (RI)
Elizabethtown College (PA)	Juniata College (PA)
Elmhurst College (IL)	Kean University (NJ)
Emerson College (MA)	Kent State University (OH)
Emmanuel College (MA)	Kettering University (MI)
	Knox College (IL)

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lege (IL)	Molloy College (NY)
rsity (WI)	Monmouth College (IL)
ge (VT)	Montclair State University (NJ)
nological University (MI)	Moravian College (PA)
rsity (WI)	Mount Mercy University (NE)
ge (NY)	Mount St. Joseph University (OH)
College (PA)	Mount St Mary's University (MD)
ollege (OR)	Muhlenberg College (PA)
(OR)	Multnomah University (OR)
iversity (PA)	Nazareth College (NY)
cago (IL)	Neumann University (PA)
yland (MD)	New York Institute of Technology (NY)
Orleans (LA)	The New School (NY)
(IA)	Nichols College (MA)
ge (PA)	North Central College (IL)
(R)	Northern Arizona University (AZ)
ege (MN)	Ohio University (OH)
ity (OH)	Ohio Northern University (OH)
niversity (VA)	Ohio Wesleyan University (OH)
iversity (VA)	Oklahoma City University (OK)
hattan College (NY)	Oklahoma State University (OK)
rsity (MO)	Oregon State University (OR)
Coll of Art and Design (MA)	Otis College of Art and Design (CA)
Coll of Liberal Arts (MA)	Pace University (NY) (excluding Performing Arts majors)
je (MD)	Pacific Lutheran University (WA)
iversity (IL)	Pacific Northwest College of Art (OR)
NY	Paul Smith's College (NY)
iversity (PA)	Pennsylvania State, University Park (PA)
y (OH)	Pepperdine University (CA)
nological University (MI)	Point Loma Nazarene Univ (CA)
ity (IL)	Point Park University (PA)
(TN)	Presbyterian College (SC)
A)	Purchase College, SUNY (NY)
lege of Art and Design (MN)	Purdue University (IN)
iversity (PA)	Queens University of Charlotte (NC)
niversity (MO)	Quincy University (IL)
(CT)	

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<https://www.acceptgroup.org/extended-deadlines>



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## Virtual Campus Tours

admissions.wustl.edu/news/updates/covid-19/

Washington University in St. Louis

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Academics | Life at WashU | Cost & Aid | Visit Us Virtually | How to Apply

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WASHU PATHWAY | REQUEST INFORMATION | CONTACT US

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Academics | Life at WashU | Cost & Aid | Visit Us | How to Apply

**Campus Visits**

Join us for a 60-minute virtual information session where we'll introduce you to WashU—including academics, financial aid, and more. We will have plenty of time for Q&A, so bring your questions! Then we'll transition to a 30-minute student panel where you'll hear firsthand from our student interns about life at WashU!

Contact our Visit Experience Coordinators at (800) 638-0700 or (314) 525-6000, Monday through Friday, 8:30 a.m. to 5:30 p.m., Central Time if you need assistance.

Contact our Special Group Visit Coordinator directly at (800) 638-0700 or (314) 935-6000 or by email at [groupvisit@wustl.edu](mailto:groupvisit@wustl.edu) if your group would like to schedule a visit.

[Learn more about the our response to COVID-19 and the university's interim policy on visitors.](#)

Visit Us Virtually

# Ch Ch Ch Changes...

## Virtual College Fair

**STRIVE SCAN** Virtual College Fairs High School Fairs Help

### STRIVE VIRTUAL COLLEGE EXPLORATION WEEK

Monday, April 20 – Thursday, April 23, 2020

Four full days of virtual presentations for juniors to explore college opportunities

*Free for students*

- Hear from Admissions Officers**  
Experienced college admission officers will share tips on what you need to know
- Gain Important College Knowledge**  
Choose from 10 different presentations on a variety of important topics
- 300+ Colleges and Universities**  
Hundreds of colleges from 40+ states and 10 countries will be participating

Session	Topic	Registration	Start Time (Central Time)	End Time
1	Tips for Applying to Arts Colleges	STUDENT REGISTRATION	April 20, 2020	9:00am - 9:00am
2	2 Year Opportunities with Community College in Your Area	STUDENT REGISTRATION	April 20, 2020	9:00am - 9:00am
3	Top 100 of 2019 - To Submit Flexion and 100 Optional Quest...	STUDENT REGISTRATION	April 20, 2020	10:00am - 10:00am
4	Keeping 1 month like College: From Search to Rejection Day	STUDENT REGISTRATION	April 20, 2020	10:00am - 10:00am
5	Arizona State University Collaboration	STUDENT REGISTRATION	April 20, 2020	11:00am - 11:00am
6	THE ROAD TO SUCCESS: 1000000+ HIGHER EDUCATION REVIEW	STUDENT REGISTRATION	April 20, 2020	11:00am - 11:00am
7	Colleges More Than Just Lectured Classes - How We Get You...	STUDENT REGISTRATION	April 20, 2020	12:00pm - 12:00pm
8	Free and Open Large Public Research, Small Private Liberal A...	STUDENT REGISTRATION	April 20, 2020	12:00pm - 12:00pm
9	Choosing A College That Fits	STUDENT REGISTRATION	April 20, 2020	1:00pm - 1:00pm
10	the money part	STUDENT REGISTRATION	April 20, 2020	1:00pm - 1:00pm

<https://www.strivescan.com/virtual/>



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# Virtual Admitted Student Events

## MEET THE CLASS OF 2024

**WELCOME #BU2024!**



24 Questions with a Boston University Student - Decision Day 2020

**WAYS TO CONNECT**

- Join the conversation in the [Class of 2024 Facebook group](#), connect with other BU first-year students in your area, or even find your future roommate.
- Chat with your classmates using the #BU2024 tag on Twitter and Instagram.
- Attend [Admitted Student Virtual Events](#) this spring.
- Discover the diversity of our community and all the opportunities that await you at BU.
- Check out some of the [incredible accomplishments](#) of your future classmates!

**Academic Profile**

### Admitted Students

- Next Steps Checklists
- Meet the Class of 2024

## ADMITTED STUDENT EVENTS

Congratulations and welcome to Boston University! We are thrilled to share the BU experience with you through interactive online events just for students admitted to BU. During these events, you will get an overview of all the opportunities available to BU students and answers to your questions about life at BU. We offer events tailored to first-year students, transfer students, about financial assistance, and more.

### Upcoming Events

**ADMISSIONS EVENTS FOR FIRST-YEAR STUDENTS**

Preview life as a BU student and ask questions of current students and Admissions staff. These events are a great addition to your school or college Open House programs.

<b>ADMITTED STUDENTS CLASS OF 2024</b> APRIL 21, 2020 12:00 TO 1:00 P.M. EASTERN TIME	<b>ADMITTED STUDENT'S CLASS OF 2024</b> APRIL 21, 2020 4:00 TO 5:30 P.M. EASTERN TIME
<b>ADMITTED STUDENTS CLASS OF 2024</b> APRIL 22, 2020 8:00 TO 9:00 A.M. EASTERN TIME	<b>ADMITTED STUDENT'S CLASS OF 2024</b> APRIL 21, 2020 4:00 TO 5:30 P.M. EASTERN TIME
<b>ADMITTED STUDENTS CLASS OF 2024</b> APRIL 23, 2020 8:00 TO 9:00 A.M. EASTERN TIME	<b>ADMITTED STUDENT'S CLASS OF 2024</b> MAY 1, 2020 8:40 TO 9:00 A.M. EASTERN TIME
<b>ADMITTED STUDENTS CLASS OF 2024</b> APRIL 27, 2020 8:00 TO 9:00 A.M. EASTERN TIME	<b>INTERNATIONAL STUDENTS &amp; SCHOLARSHIP OFFICE</b> VISA APPLICATION PROCESS MAY 7, 2020 10:00 TO 11:00 A.M. EASTERN TIME

[READ LESS](#)





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# Where It All Starts

# IT ALL STARTS BY DREAMING



# B I G



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# Where It All Starts

COVID-19 | 25,465 views | MAR 30, 2020, 09:17pm EDT

## Five Ways COVID-19 Will Impact Fall College Enrollments



**Derek Newton** Contributor

Education

7 writes about education, schools and higher education



CAMBRIDGE, MASSACHUSETTS - MARCH 23: THE HENRY LIPSON LIBRARY  
GETTY IMAGES

A “**cascade**” of over-admissions is coming. “Schools are going to have unexpected yield for this class,” John Katzman, the founder and CEO of **Noodle Partners** told me. Noodle works with colleges to build innovative learning programs and part of that is advising colleges on student recruitment and retention.

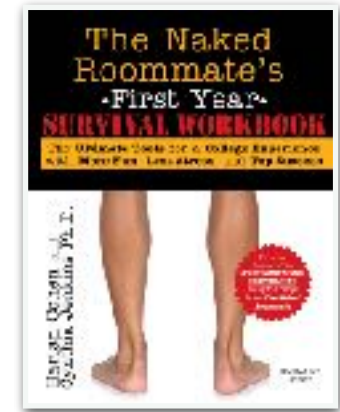
An unexpected yield means it will be almost impossible to calculate what percentage of students a school accepts will actually show up in the fall. “As a result,” Katzman said, “schools will over-accept. And that will have a weird cascading effect all the way down. If the first tier schools take extra students, they can put them someplace, but the less prestigious ones will have a problem.”

# Quick Intro

## WHO AM I? Author



OVERVIEW	EDUCATION
<b>1</b> <b>MEMORABLE</b> , by Jay Greenberg (Doubleday) The author of "Best for Kids" covers every aspect of preparation for college. The 100 best of the University of Wisconsin. <a href="#">Buy Now</a>	<b>1</b> <b>MEMORABLE</b> , by Jay Greenberg (Doubleday) The author of "Best for Kids" covers every aspect of preparation for college. The 100 best of the University of Wisconsin. <a href="#">Buy Now</a>
<b>2</b> <b>VERY GOOD LIVES</b> , by J. J. Vanberg, John B. Brown, J. E. Donnelly (Harvard Business School Press) A collection of 100 lives of successful entrepreneurs. <a href="#">Buy Now</a>	<b>2</b> <b>VERY GOOD LIVES</b> , by J. J. Vanberg, John B. Brown, J. E. Donnelly (Harvard Business School Press) A collection of 100 lives of successful entrepreneurs. <a href="#">Buy Now</a>
<b>3</b> <b>BY THE WAY, YES I AM</b> , by Wiley Post & Tony Fuchs (HarperCollins) The Post-Fuchs worked space department, along with other astronauts. <a href="#">Buy Now</a>	<b>3</b> <b>BY THE WAY, YES I AM</b> , by Wiley Post & Tony Fuchs (HarperCollins) The Post-Fuchs worked space department, along with other astronauts. <a href="#">Buy Now</a>
<b>4</b> <b>HOW TO FIND A FUTURE LEAD &amp; FOLLOWER</b> , by Thomas C. Brown, Jr. (Harvard Business School Press) A collection of 100 lives of successful entrepreneurs. <a href="#">Buy Now</a>	<b>4</b> <b>HOW TO FIND A FUTURE LEAD &amp; FOLLOWER</b> , by Thomas C. Brown, Jr. (Harvard Business School Press) A collection of 100 lives of successful entrepreneurs. <a href="#">Buy Now</a>
<b>5</b> <b>THE NAKED ROOMMATE</b> , by Harlan Cohen (Harvard Business School Press) A collection of 100 lives of successful entrepreneurs. <a href="#">Buy Now</a>	<b>5</b> <b>THE NAKED ROOMMATE</b> , by Harlan Cohen (Harvard Business School Press) A collection of 100 lives of successful entrepreneurs. <a href="#">Buy Now</a>





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## Quick Intro

# WHO AM I? Speaker







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## Quick Intro

# I've visited over 500 schools...





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## Quick Intro

# I'm also a father...





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# My College Story

- ▶ **I wanted a BIG school**
- ▶ **I wanted to be close to my high school girlfriend**
- ▶ **I didn't want to know people**





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# My College Story

## **X** Roommate was not my friend





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# My College Story

**X Didn't get into a fraternity**





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# My College Story

**My girlfriend...**



**shot the LDR puppy**





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# My College Story

## THE PROBLEM.... NO ONE TOLD ME COLLEGE COULD BE UNCOMFORTABLE.





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# My College Story



**IT CAN STORM IN COLLEGE**  
There can be... **SOCIAL,**  
**EMOTIONAL, PHYSICAL**  
**FINANCIAL, and ACADEMIC**  
**STORMS.**



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# My College Story

**I was depressed, anxious, and felt like a failure...**





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# My College Story



INDIANA UNIVERSITY BLOOMINGTON

[ABOUT](#)

[ADMISSIONS](#)

[ACADEMICS](#)

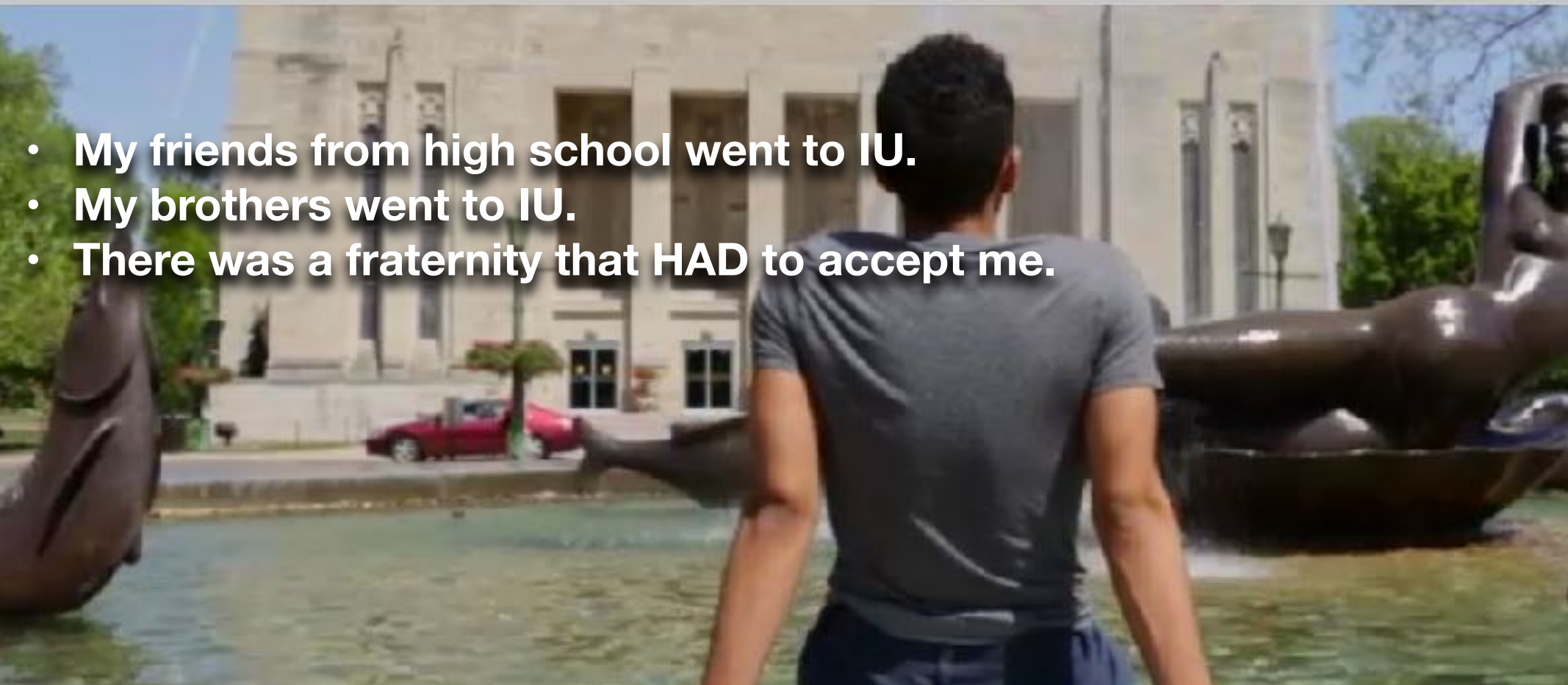
[RESEARCH](#)

[HOOSIER LIFE](#)

[YOUR FUTURE](#)

[ALUMNI & G](#)

- My friends from high school went to IU.
- My brothers went to IU.
- There was a fraternity that HAD to accept me.





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# My College Story

## It took me a good year to get comfortable with the uncomfortable...

- I found my places
- I found my people
- I found my patience



# The Facts & Stats

**If you don't know what's coming...**

**It's easy to panic, get lost, give up,  
or lose control.**



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# The Facts & Stats





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# The Facts & Stats

And this is what happens to millions of first year students.

APPROXIMATELY  
**1 IN 4**  
1ST YEAR STUDENTS  
WILL TRANSFER  
SOURCE: ACT INC

**36.7% OF**  
COLLEGE STUDENTS  
FELT SO DEPRESSED  
IT WAS HARD TO FUNCTION  
SOURCE: ACHA-NCHA EXECUTIVE SUMMARY

**66% OF**  
1ST YEAR STUDENTS  
ARE LONELY  
OR HOMESICK  
SOURCE: HIGHER EDUCATION RESEARCH INSTITUTE, UCLA



# If you don't know what's coming...

## It's easy to panic, get lost, give up, or lose control.

### H. Mental Health

Students reported experiencing the following within the last 12 months:

2019

#### Felt things were hopeless

	Percent (%)	Male	Female	Total
No, never	34.2	23.3	26.3	26.3
No, not last 12 months	17.9	18.1	17.9	17.9
Yes, last 2 weeks	18.3	22.6	21.8	21.8
Yes, last 30 days	8.8	11.7	10.9	10.9
Yes, in last 12 months	20.7	24.3	23.2	23.2
<i>Any time within the last 12 months</i>	47.9	58.6	55.9	55.9

#### Felt overwhelmed by all you had to do

	Percent (%)	Male	Female	Total
No, never	14.8	5.2	8.2	8.2
No, not last 12 months	6.9	3.2	4.3	4.3
Yes, last 2 weeks	41.7	58.2	53.3	53.3
Yes, last 30 days	13.3	16.2	15.9	15.9
Yes, in last 12 months	21.4	17.1	18.2	18.2
<i>Any time within the last 12 months</i>	78.4	91.5	87.4	87.4

#### Felt exhausted (not from physical activity)

	Percent (%)	Male	Female	Total
No, never	16.7	7.1	10.1	10.1
No, not last 12 months	7.3	4.3	8.2	8.2
Yes, last 2 weeks	42.6	57.0	52.8	52.8
Yes, last 30 days	15.5	15.9	15.6	15.6
Yes, in last 12 months	18.1	15.8	16.4	16.4
<i>Any time within the last 12 months</i>	76.0	88.6	84.7	84.7

#### Felt very lonely

	Percent (%)	Male	Female	Total
No, never	24.4	15.4	18.0	18.0
No, not last 12 months	17.6	16.3	16.3	16.3
Yes, last 2 weeks	24.2	30.1	28.8	28.8
Yes, last 30 days	11.3	14.9	13.8	13.8
Yes, in last 12 months	22.5	23.4	23.0	23.0
<i>Any time within the last 12 months</i>	58.0	68.4	65.6	65.6

### H. Mental Health

Students reported experiencing the following within the last 12 months:

2011

#### Felt things were hopeless

	Percent (%)	Male	Female	Total
No, never	42.2	30.7	34.5	34.5
No, not last 12 months	19.9	20.7	20.4	20.4
Yes, last 2 weeks	14.1	17.4	16.4	16.4
Yes, last 30 days	6.6	9.8	8.8	8.8
Yes, in last 12 months	17.0	21.5	20.0	20.0
<i>Any time within the last 12 months</i>	37.8	48.6	45.2	45.2

#### Felt overwhelmed by all you had to do

	Percent (%)	Male	Female	Total
No, never	15.9	5.5	9.0	9.0
No, not last 12 months	7.7	3.6	4.9	4.9
Yes, last 2 weeks	42.7	58.8	53.5	53.5
Yes, last 30 days	15.9	17.3	16.9	16.9
Yes, in last 12 months	17.7	14.9	15.8	15.8
<i>Any time within the last 12 months</i>	76.4	91.0	86.1	86.1

#### Felt exhausted (not from physical activity)

	Percent (%)	Male	Female	Total
No, never	19.1	8.5	12.0	12.0
No, not last 12 months	9.0	5.3	6.5	6.5
Yes, last 2 weeks	42.3	55.5	51.2	51.2
Yes, last 30 days	15.5	16.8	16.3	16.3
Yes, in last 12 months	14.1	15.9	13.9	13.9
<i>Any time within the last 12 months</i>	71.9	86.2	81.4	81.4

#### Felt very lonely

	Percent (%)	Male	Female	Total
No, never	30.6	19.5	23.1	23.1
No, not last 12 months	20.7	19.2	19.7	19.7
Yes, last 2 weeks	20.0	25.7	23.9	23.9
Yes, last 30 days	10.9	15.1	13.7	13.7
Yes, in last 12 months	17.9	20.5	19.6	19.6
<i>Any time within the last 12 months</i>	48.8	61.3	57.2	57.2



FEBRUARY 20, 2019



# Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers

*For boys and girls, day-to-day experiences and future aspirations vary in key ways*

BY JULIANA PEREZ, HEBERTZ AND NIKHIL DIXIT



(Getty Images)

Anxiety and depression are **on the rise** among America's youth and, whether they

**Anxiety and depression top list of problems teens see among their peers**

### REPORT MATERIALS

- Complete Report
- Infographic
- Table of Contents

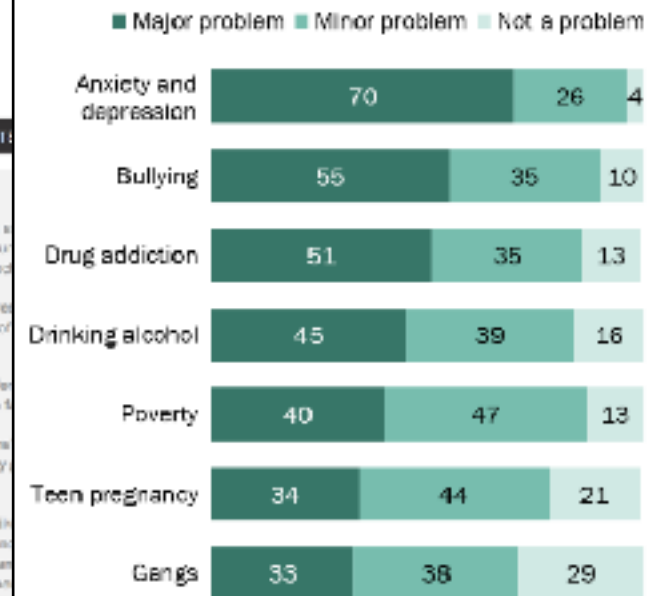
### TABLE OF CONTENTS

- Overview
  - A majority of teens expect to attend a four-year college after high school
  - Having a job or some form of income is at the top of long-term goals
  - Academics are at the top of pressures teens face
  - In some ways, teens' experiences vary by income
  - Parents are more likely to be involved with their teens than to pay the same for parents

- Author Biographies
- Methodology

## Anxiety and depression top list of problems teens see among their peers

% of teens saying each of the following is a \_\_\_ among people their age in the community where they live



Note: Share of respondents who didn't offer an answer not shown. Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

PEW RESEARCH CENTER

# SEARCH SELECTION TRANSITION

**TRANSITION IS HIGH STAKES, EMOTIONAL, AND INTENSE**



## The Five BIG Transitions

**College is a BIG transition...**

**SEPPAR**

**Social  
Transition**

**Emotional  
Transition**

**Physical  
Transition**

**Financial  
Transition**

**Professional  
Transition**

**Yes, the world's worst acronym**



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Get Comfortable...

# **RULE #1**

## **Get comfortable with the uncomfortable**



Practice uncomfortable



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# THE 90/10 RULE

# 90/10 RULE

**Life is 90%  
amazing**

**10% difficult  
(or a bunch of BS)**



**The secret...NEVER let the 10% take up  
100% of your time!**



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Embrace The Truth...

# EMBRACE THE Universal Rejection Truth



The **URT** says that not everyone and everything will respond to you the way you want everyone and everything to respond.

## What Makes You Uncomfortable

# The Universal Rejection Truth Gives Us Somewhere to Go

When something doesn't go as planned we can ask three questions:

1. Am I the problem?



Is the problem you,  
someone else,  
or something else?



Is it the problem  
The Universal Rejection Truth?

# THE URT



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# Invite Opportunity



**Invite opportunity into your life.  
Give the world permission to  
respond freely.**

## Rule #2: Identify What You Want

# Rule #2: Identify what you want

Think friends,  
relationships,  
experiences...

Where will  
you spend  
your time?



Think finances  
campus jobs,  
making money...

What did you  
love to do in  
high school?

What would  
you love to do  
in college?



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## What Excites You or Makes You Nervous?

# What excites you? What makes you nervous?



**Making new friends?  
Dating? Homesickness?  
Greek life?**

**Drinking? Partying?  
Staying safe?**



**Paying for  
college?**



**Roommates?  
Being far away from home?**



**Life inside  
the classroom?**

## RULE 3: People, Places, Patience

### Rule #3: Think People, Places, Patience



#### **PEOPLE:**

Find Your 5 people

#### **PLACES:**

Find Your 3 places



#### **PATIENCE:**

Give it a  
couple  
semesters





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# Find Your Three Places

## Find Your Three Places

Think clubs, activities, or organizations where you can...

- \* SWEAT
- \* PLAY
- \* PRAY
- \* LIVE
- \* LEARN
- \* LEAD
- \* LOVE
- \* WORK





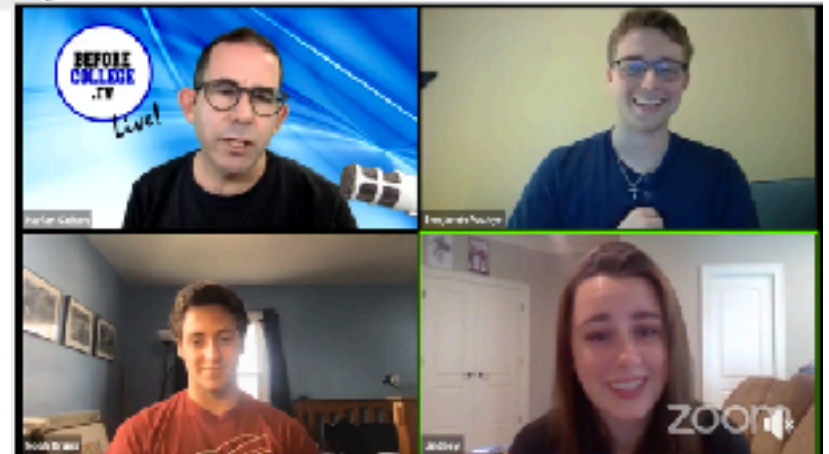
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# Find Your Three Places

# Find Your Three Places

## Summer Programs / Fall Transition Events

The screenshot shows the Elon University website. At the top is the ELON UNIVERSITY logo and navigation menu. Below the logo is a COVID-19 notice. The main heading is "First-Year Summer Experiences". On the left is a sidebar with a "First-Year Experience Programming" menu. The main content area has a heading "Want to start your Elon experience before you arrive on campus?" followed by a paragraph about FSE programs, a "Register Now" button, and a list of four leadership sessions with expandable arrows.

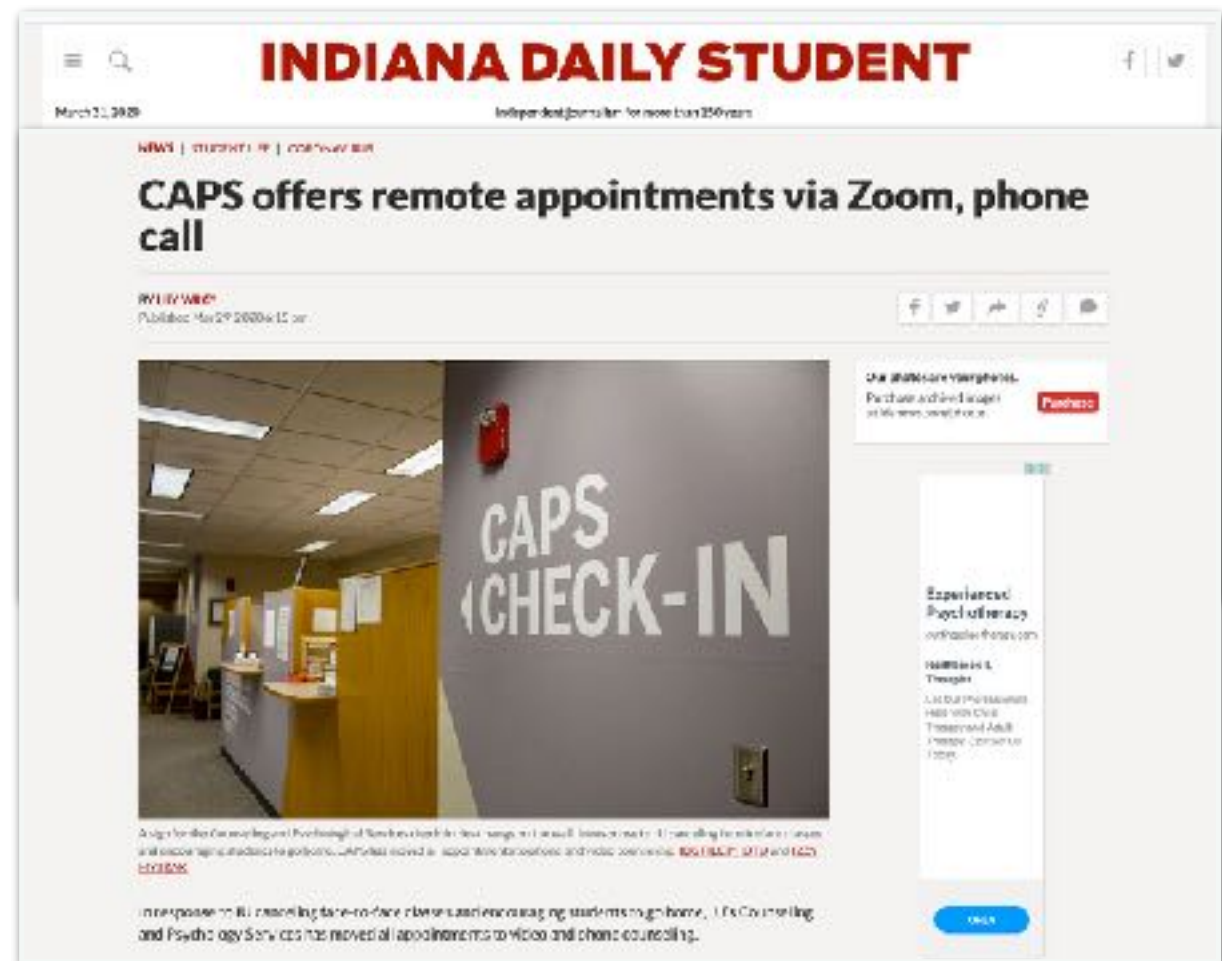




# Find Your Three Places

## Places

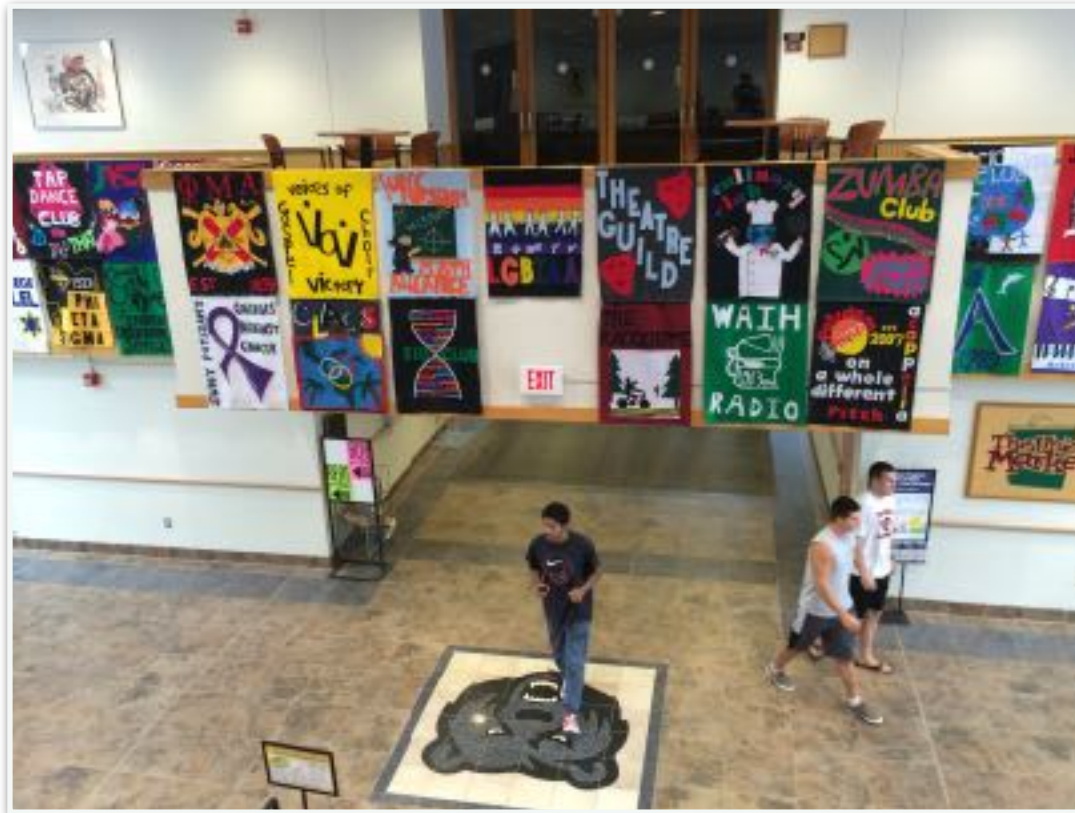
- **Counseling Services**
- **Student Orgs**
- **Intramural / Club Sports**
- **Work Study Jobs**
- **Greek Life**
- **Performing Arts**
- **Campus Media**
- **Multiculture Center**





## Why Three Places

# Why three places?



\* **ALWAYS**  
somewhere to go

\* **ALWAYS**  
something to do

\* **ALWAYS**  
have options

**SUGGESTIONS:** Your child should identify his or her places before arriving on campus



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# Find Your Five People





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# Three Types of People

## PEOPLE WHO VOLUNTEER



## PEOPLE YOU ENLIST



## PEOPLE WHO ARE PAID



### Who are some of these people?

- Orientation leaders - peer mentor - professors - spiritual leaders
- residence life staff - counselors - coaches - captains - advisors
- student ambassadors - leaders of orgs - therapists - specialists
- students - professional staff, tutors - teaching assistants - grads
- high school mentors - friends - siblings



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# People, Places, Patience

## Why five people?

- \* You can **ALWAYS** find help
- \* You will **NEVER** be alone
- \* You will always have options





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# Patience

**Patience:  
How long will it  
take to get what  
you want?**





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# Patience

## The Truth...

It takes a good year (or two) to find your people, find your places, and get where you want to go. When you get impatient, DO NOT panic... Instead, think PEOPLE, PLACES, and PATIENCE.

It takes time for reality to reach expectations...

## Tell Your Story As If...

**NOW: Tell your story as if it's  
already happened...**

It's May 2021  
here's what  
happened my  
first year in  
college...





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# Story Telling

What's your story?

**SOCIAL STORY**

**EMOTIONAL STORY**

**PHYSICAL STORY**

**FINANCIAL STORY**

**ACADEMIC STORY**

# Tell Your Story...

Tell your story as if...

It's May 1, 2021 and I had the most incredible year ever! I reached my goals and accomplished (Fill in Outcome). The most challenging part was (Fill In). I got through it by leaning on (Person #1), (Person #2), and (Person #3) for answers and support. I found people to help me find answers at (Place #1), (Place #2), and (Place #3). It took me (Fill in Time) to get where I wanted to go. I'm so grateful and proud of myself and my accomplishments.





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# Warning!!!

## Don't get fooled by the snaps, posts, and photos...

**ESPN W**    **NEWS & COMMENTARY**    **ATHLETE'S LIFE**    **WIN ACTION**

### Emma Sullivan, below in the white shirt

(Click and slide the arrow to the left to reveal Emma's thoughts at this moment.)



This picture makes it seem as if I'm really comfortable and happy at Boston College -- just loving college life. This was during my first two months of freshman year, before one of the Saturday football games. But the part you can't see is how anytime I went home, or anytime I talked to my mom, I would just cry for hours. That first year was hard. I liked BC and the friends I was making; I just really missed home, missed the life I had there. I was just not used to all the changes.

[espn.go.com/esprw/athletes-life/article/12779819/madison-holleran-friends-share-their-unfiltered-life-stories](http://espn.go.com/esprw/athletes-life/article/12779819/madison-holleran-friends-share-their-unfiltered-life-stories)



# 5 Simple Rules For Parents

## 5 Simple Rules

1. Get Comfortable with the Uncomfortable
2. DON'T PANIC!  
People, Places, and Patience
3. Their struggles belong to them...  
Their victories belong to you!
4. Apply the 24-Hour Rule
5. Practice asking:  
What do you think you should do?

**HARLAN COHEN'S**  
**Five Simple Rules for Parents**

- 1. GET COMFORTABLE WITH THE UNCOMFORTABLE**  
Both you and your child will get uncomfortable. Fighting it only creates more stress. Facing it allows you to guide, support and help your child (and yourself).
- 2. DON'T PANIC! THINK PEOPLE, PLACES AND PATIENCE!**  
Who are your 5 people? Where are your 3 places? How long will it take for expectations to meet reality? You and your child need people, places, and patience.
- 3. THEIR STRUGGLES BELONG TO THEM, THEIR VICTORIES BELONG TO YOU.**  
Give your child space and time to struggle. Let them practice. Better to have them struggle down the hall than across the country. (Oh, and their victories belong to them too!)
- 4. APPLY THE 24 HOUR RULE.**  
When they text, call, or ask for help, give them 24 hours. Either the problem will still be there 24 hours later, or they will have solved the problem.
- 5. ASK: WHAT DO YOU THINK YOU SHOULD DO?**  
After you ask the question, give them 24 hours to answer it. Let them struggle. Direct them to people and places. Be patient. Allow them to get comfortable with the uncomfortable.

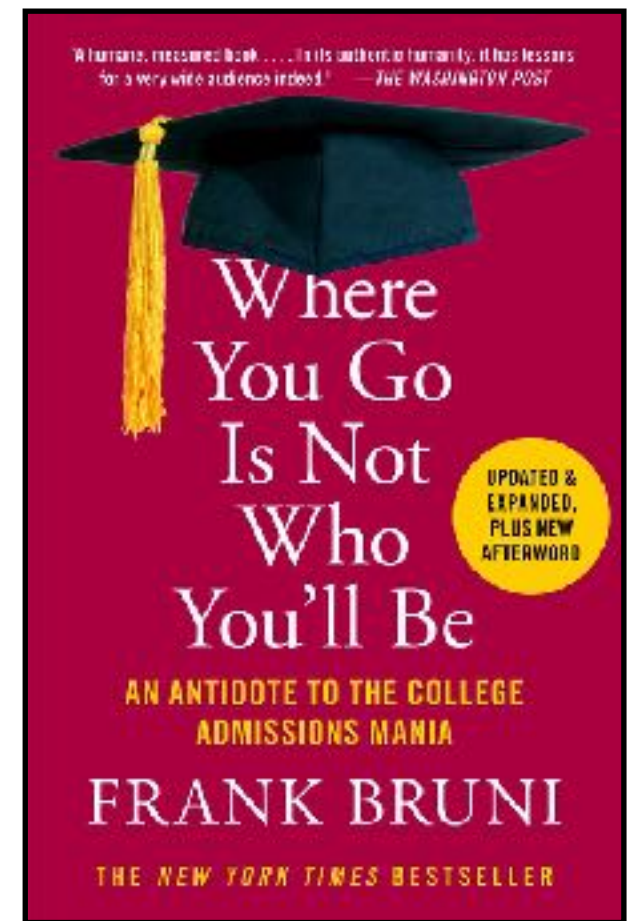
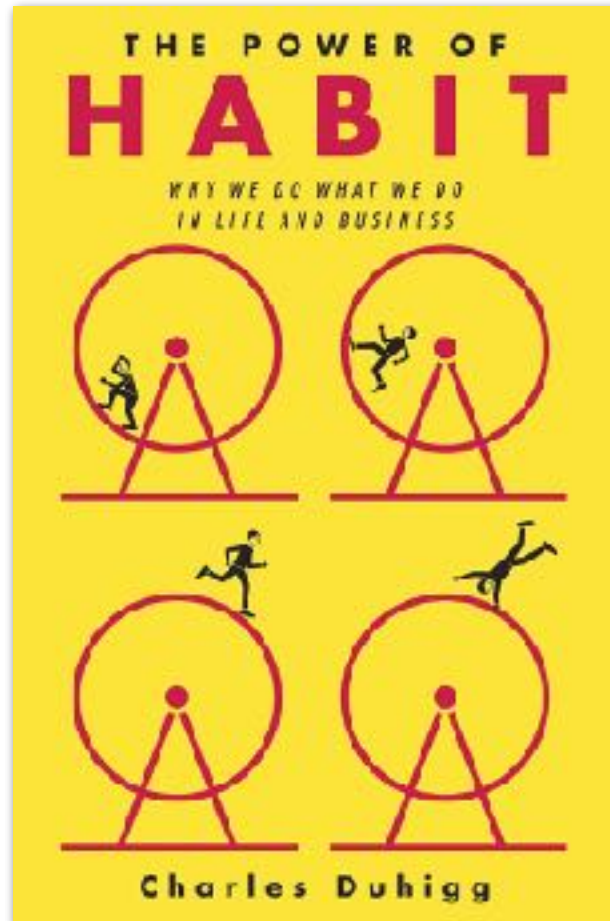
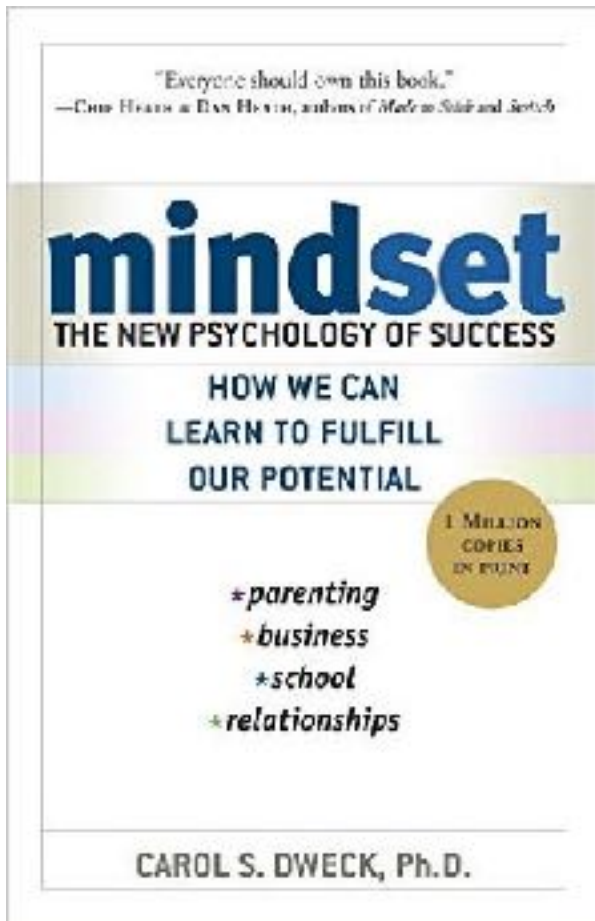
[HarlanCohen.com](http://HarlanCohen.com)



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## Books to check out...

# Book recommendations:





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# Homework for Students

## Assignment:

- What do you want?
- Get comfortable with the uncomfortable
- Think People, Places, Patience
- Tell your story as if it's already happened
- Reach out to me if you need help along the way...



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# 5 Questions To Ask On Tour

## 5 Questions To Ask On Your Virtual Tour

**5 Simple Questions You NEED to Ask On Your College Tour**

SCHOOL: \_\_\_\_\_  
TOUR GUIDE'S NAME: \_\_\_\_\_

Why did you choose this school and what are three other schools you were considering?  
\_\_\_\_\_

Where are the three places you found your closest friends on campus?  
\_\_\_\_\_

Who are the five people who helped you the most during your first year in college and how did they help you?  
\_\_\_\_\_

What was your most uncomfortable experience your first year in college and how did you get through it?  
\_\_\_\_\_

Can I stay in touch with you as I continue my search? **Yes or No**  
Contact info (email, social media, etc):  
\_\_\_\_\_

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FOR PARENTS, HIGH SCHOOL SENIORS AND JUNIORS  
HOW TO PREPARE, PLAN AND NAVIGATE THE  
BIG COLLEGE TRANSITION AHEAD

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NIGHT \$5,000 SCHOLARSHIP!**


At College Ave Student Loans, we know paying for college can be stressful.  
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<https://collegeave.site/college-success-night-scholarship>



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YouTube creator talks about college parties

31 views · 2 weeks ago



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11 views · 4 hours ago



College Talk Now creator talks about dating


11 views · 1 week ago



Finding peace in a world we don't control


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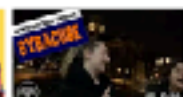
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Why is your life complicated

9 views · 1 month ago





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[www.BestFirstYear.com](http://www.BestFirstYear.com)



**Watch: 5 Simple Rules For College Parents**  
Visit: [www.BestFirstYear.com](http://www.BestFirstYear.com)

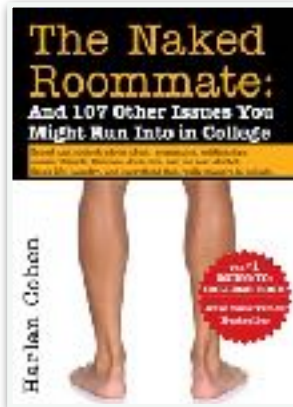


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And The Winner Is...

# 5 Winners of Books

Winner of The Naked Roommate Books



**Theresa St. Laurent**

**Amanda Sanacore**

**Katherine Pascua**



**Valerie McCourt**

**Olivia Stangler**



**HARLAN COHEN'S**

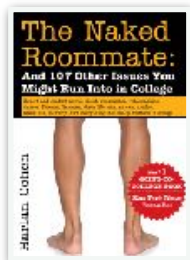
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