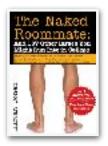


SLIDES & REPLAY: www.HarlanCohen.com/webinar623







Enter for a chance to win a \$2,500 Scholarship https://collegeave.site/harlan-2500-scholarship







HelpMeHarlan



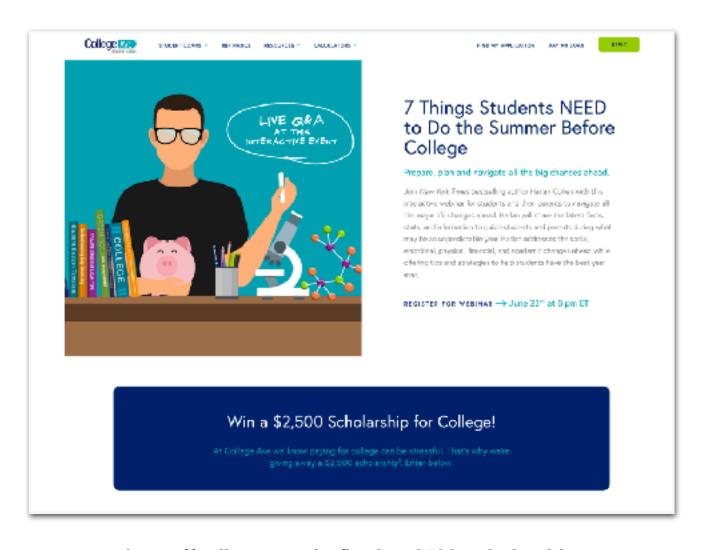


@HarlanCohen

www.HarlanCohen.com



\$2,500 Scholarship



https://collegeave.site/harlan-2500-scholarship



Ch Ch Changes...

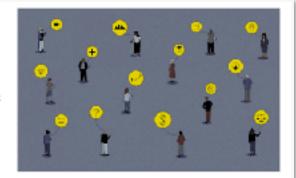
Corosavirus

The Latest

The Great Reopening Debate

₽FRENESH

Professors, administrators, students, and staff on the most consequential question facing the sector.





Being a Black Academic in America

- PROMINE



Low-Income Students Are Disproportionately Hurt by the Pandemie. Here's a Glimpse of the Toll.



A Searchable List of Colleges' Plans to Reopen This Fall

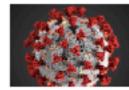


Who Gets to Teach Remotely? Decisions Are Getting Personal



Pandemic Pedagogy and the Limits of Compassion

CINE SEE



Coronavirus Hits Campus: Complete Coverage

Colleges and the coronavirus: Amherst College orders tents for possible outdoor classes during fall semester

Undefed Jun 23, 3030; Pesser Jun 33, 2030







By Jim Russell | Special to The Resublican

AMHERST — Amherst College has ordered 20 tents as a certifigency plan to hold fall semester classes outdoors amid the coronavirus gasdemic — if students return to campus, President Eiddy Martin said in an update to the campus community this month.

The fall semester will begin Aug. 24, but the college has not decided whether to hold classes in person or remotely, or whether students will return to campus. A final decision is expected no later than July, Martin's message said.



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 hoststudent in the lobby of a campus building. In just 30 minutes, 17 people interrupted their conversation.

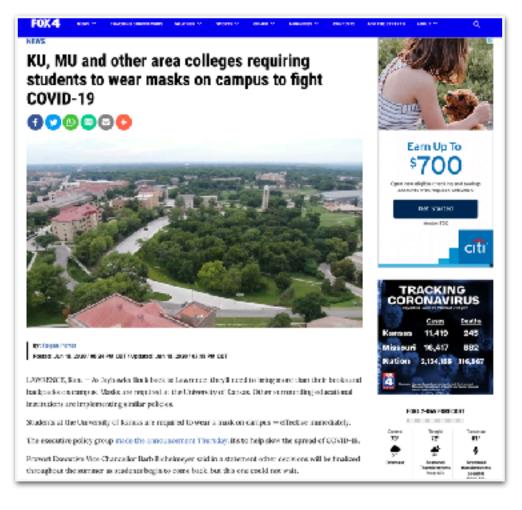
The anecdote showcased the college's warmth, its connectedness. A student is one point in an ever-growing web, with courtless lines extending outward — to peers, to professors, to alumni, and beyond.

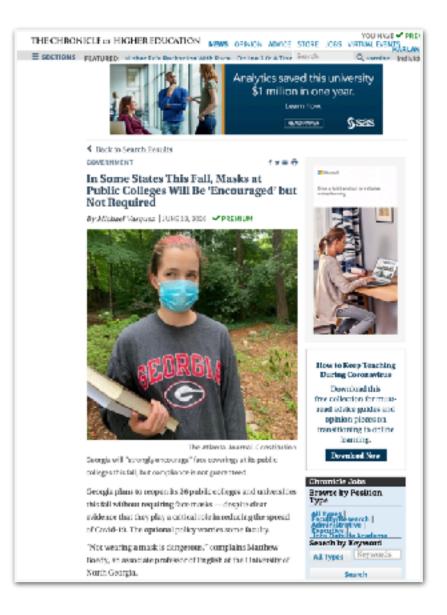
But as the novel coronavirus took hold, the president, Hiram Chodosh, saw the story in a new light. Seventeen students in 30 minutes. Every two minutes, an interaction 3ay one person tested positive for the virus. How fast might the disease work through the web?



Ch Ch Ch Changes...

Mask or No Mask



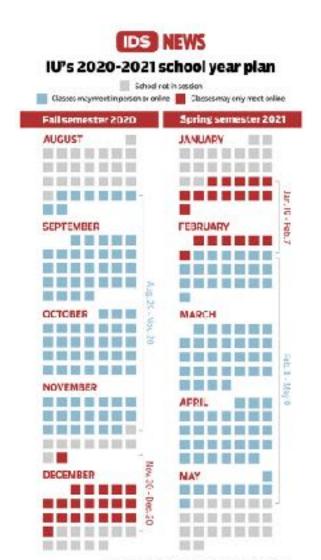




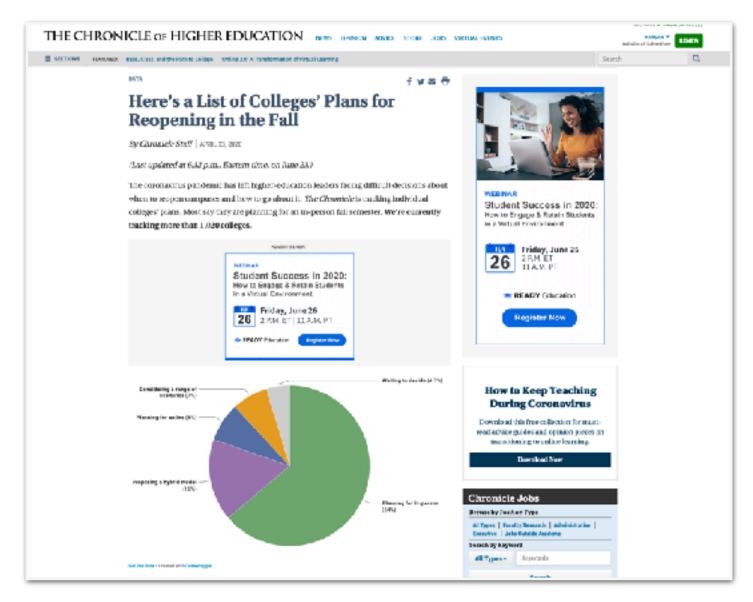
Ch Ch Ch Changes...

The Plan...





The Plan...





Ch Ch Ch Changes...

Pre-Orientation Changes...

The Harvard Crimson

August Pre-Orientation Programs Will Not Proceed as Usual Due to Coronavirus









Members of the FOP Steering Committee host a meeting in 2015. By Bridget R Irvine

By Sydnie M. Cobb and Dedan J. Knieriem, Crimson Staff Writers April 23, 2020

Like much of the College's programming, freshman pre-orientation programs aimed at helping incoming members of the Class of 2024 adjust to college life will not occur as normal due to the unpredictable patterns of the coronavirus.

RELATED ARTICLES

Harvard College Pilots Pre-Orientation Leadership Institute

Admitted Students Weigh Pros and Cons of Taking Gap Years Amid Fall Semester

Like much of the College's programming, freshman pre-orientation programs aimed at helping incoming members of the Class of 2024 adjust to college life will not occur as normal due to the unpredictable patterns of the coronavirus.

- 1. FBI Launches Investigation into Racist Email Sent to Thousands of Harvard Affiliates
- 2. An Open Letter to the Ballet Community
- 3. Justin Bieber's 'Yummy' Music Video is Three Minutes of Revulsion
- Who Can Be 'Racist'?
- 5. What the Hell Happened: Fans Call for Ezra Miller to be Fired over 'Choking' Scandal

This year is different...



===== The moving walkway is CLOSED ======



Where It All Starts

IT ALL STARTS BY DREAMING



B G

#1 WANT SOMETHING



College is a

BIG

transition...





Social Transition

Emotional Transition

Physical Transition

Financial Transition

Academic Transition

Yes, the world's worst acronym

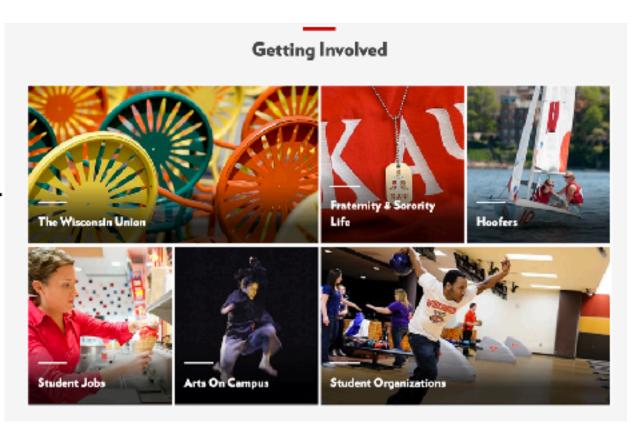
Forget being wanted...



Focus on what YOU want:

Think friends, relationships, experiences...

Where will you spend your time?



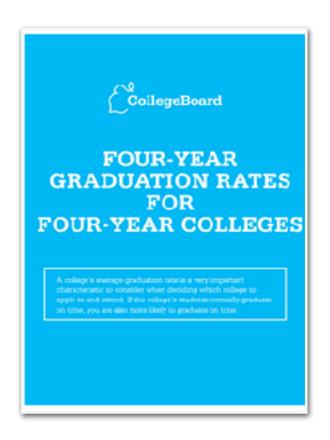
What did you love to do in high school?

What looks fun?

Think finances campus jobs, making money...

What would you love to do in college?

Want to graduate in four years?



Connecticut			
College Name	Grad Rate	College Name	Grad Rate
Yale University	90	University of Hartford	48
Weeleyen University	88	Albertus Magnus College	39
Connecticut College	83	University of New Haven	37
Trinity Ocilege	90	University of Saint Joseph	85
Fairfield University	79	Eastern Connecticut State University	31
United States Coast Guard Academy	78	University of Bridgeport	22
Quinciple: University	70	Wastern Connecticut State University	15
University of Connecticut	63	Central Connecticut State University	15
Sacred Beart University	59	Southern Connecticut State University	11

Delaware			
College Name	Grad Rate	College Name	Grad Rate
University of Delaware	63	Delaware State University	18
Wesley College	20	Wilmington University	17

District of Columbia			
College Name	Grad Rate	College Name	Grad Rate
Georgetown University	89	Howerd University	46
George Washington University	76	Trinity Washington University	24
American University	73	Gaillaudist University	Đ
Catholic University of America	82	University of the District of Columbia	3

Florida			
College Name	Grad Rate	College Name	Grad Rate
University of Miami	96	University of Tampa	45
Rollins College	80	Palm Beach Atlantic University	41.
Eckerd Cellege	59	Florida Institute of Technology	41
University of Florida	98	Florida Southern Gollege	29
Stetson University	53	Charwater Christian College	33
New College of Florida	50	University of Central Florida	94
Florida State University	48	Johnson & Wales University: North Miami	32
Flagler College	96	Southeastern University	33



What makes you nervous?

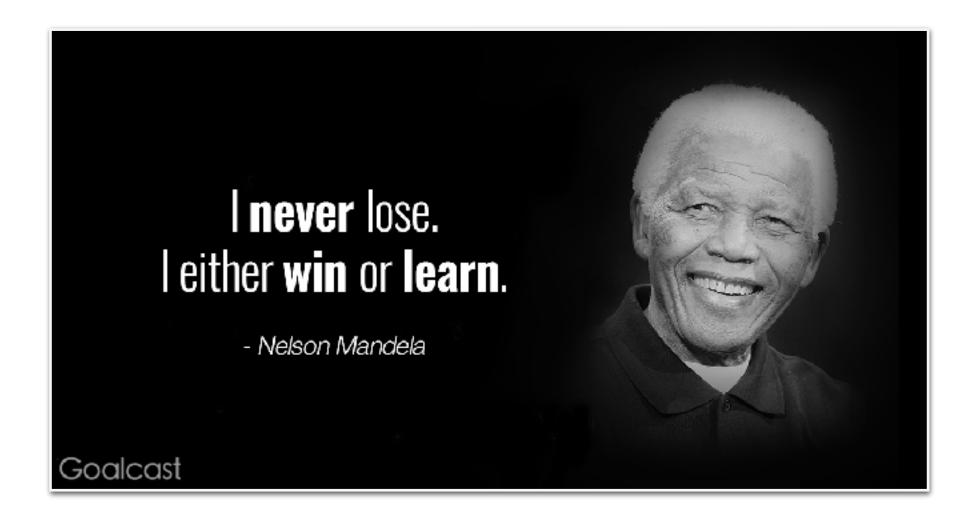


Paying for college?
Academics?

Making friends?
Weekends?
Staying safe?

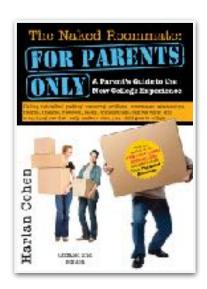


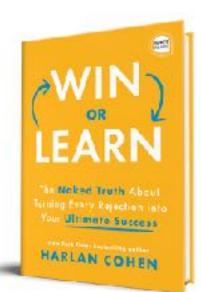
Experiment with WANTING

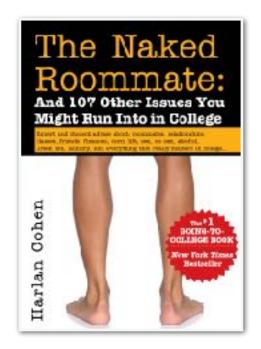


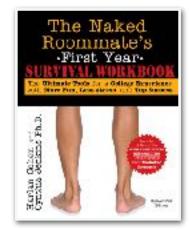
GIVE YOURSELF PERMISSION TO WANT...

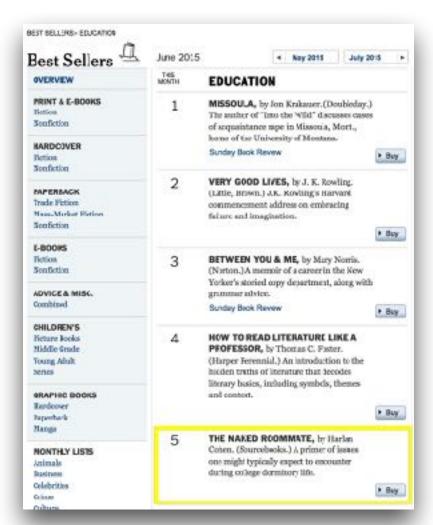
WHO AM I? Author

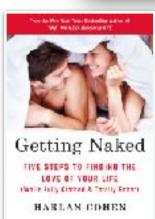






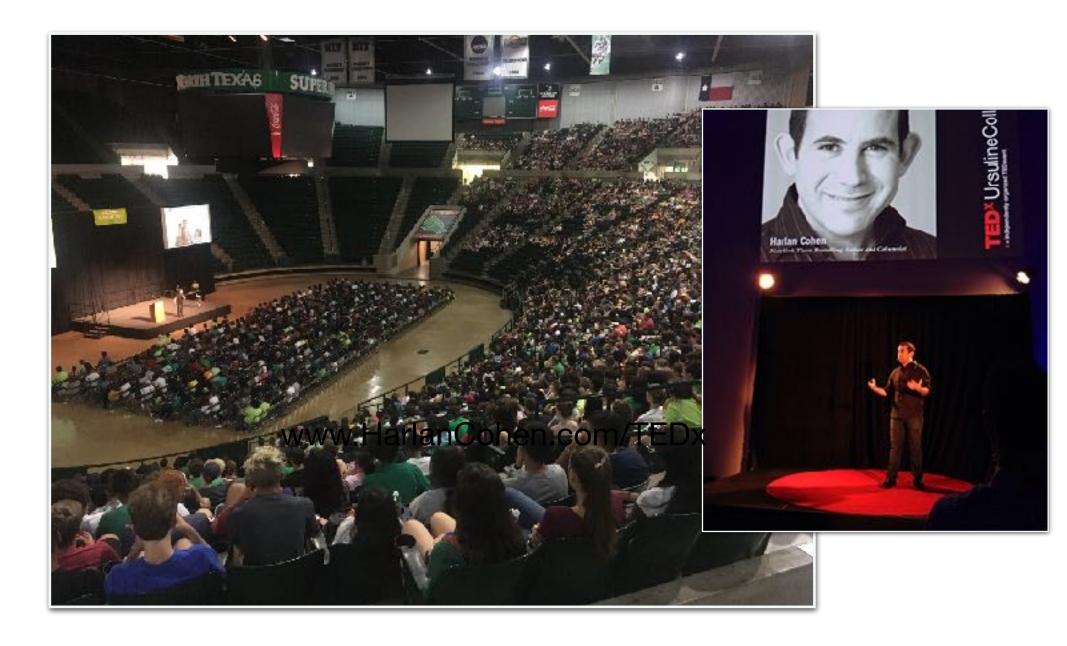








WHO AM I? Speaker



WHO AM I? Syndicated Advice Columnist





Help Me! Harlan: Recent gra hungry and needs career ad

By Harley Cohen

POSTED CONTROL TO LEGISLANCES | LPARTED ARRESTS HOURS AND

Bear Florian: I nevently great rated from or Legy and unifording myself a The whole world is out there for me to take, but I are having trouble fire

I am a writer with the dream of reaching more people than Pasebook, W allow. But new that I've neved back in with my parents, I'm feeling are

I am hangry for all the "newness" that acts come my way. I am ready to suggest and to possibly instant possible any purpose of my frome, a doi: want to look back and find myself muttering the words "I with," "If only

Tom years, so this is the time for me to start the next chapter of my life come, right?

As a writer yourself, what is your advice for beginning the walking stage to running and out matery, the chasing and then the extening of one's di-

Someone once told, me that the best way to eat an elephant is coreclarate bugge birling into that next chunk, but I'm ansure how to take that first

PITTSBURGH FOST-GAZETTE + SUNDAY, AAY 26, 2015 +

Still home but already

I'm movingiron. California to Ottahoma My pareets are not going to be meerby, and I'm very and louis about 9. Do you have any advice on how a get past not being with your parents for an emended period or camer his my rarse time being away from famthy, and I'm living to a new not being able to see them. as much as I'm used to .-

DEAR LEAVING be far away. Then the car was invenied. Then came the simpless. Now, care's the Internet. You can see your parents whenever you want. The best part is that you can blame a but connection when you get stred

Of SWITTING THEMS. and feel bornesids, bu realuse that change magnifies talk and day. Pick i day then you will see then and Know that date is coming.

Another trick is to tell your story as if it already happened. For example your story will be: "I'm so protestal and excised to be thriving in Oklahoma. I have amorning friends worked so bard to flad my people and placeshers. I did X. Y and Z somest them. I'm. so grasorul I get to tulk to



whenever | want, I love that 3 VISITE BUY DAPORES HID & SDOY your story from a piace of you can manifest the experience you desire in the

SET HARLAN: I have been daring this girl for almost eight years (we are both 21), and we have been going through a bit of a rough peech right now. Our is moving to another mass for an internship for the sommer. Ohe suggested is brook while she is gone.

married to that to other guys. She has rold me numerous ditions that she built looking for another relationship She just wants time for her self. It really crushes me to one her task to other pays. I try not to not or call her often, but it's so burd when she is the main person I go to with almost anything. She was my rick and m support, and now that share gone, I really feel alone. I'm In how with this part and I know she is the one for me. Any advice? Thanks!-CRAZY IN LOVE

DEAR CRAZY IN





Movies to make you call home

See more, page 2

IU adds recruit No. 8 In Ohlo tail back

ever for average femalities team contrast rate contra-

I've visited over 500 schools...













X WANTED my roommate to be my friend



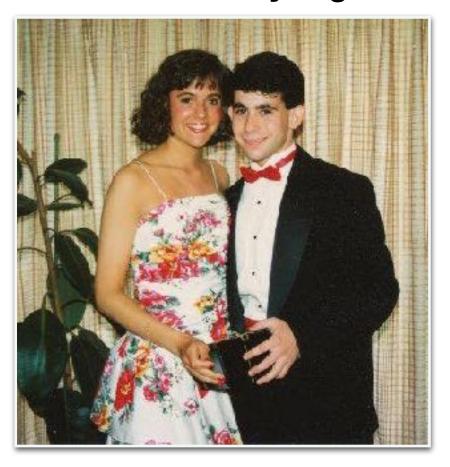


X Didn't get into a fraternity





WANTED to stay together

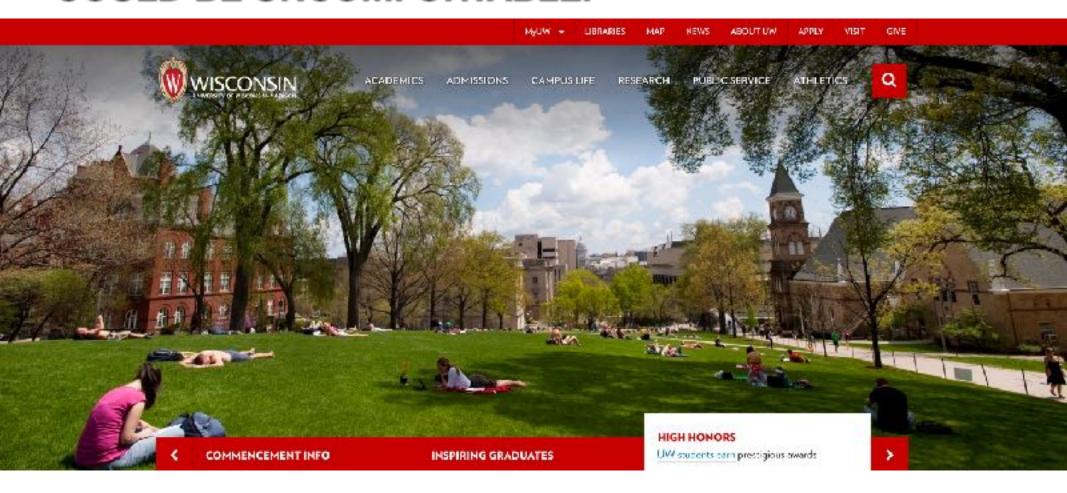


shot the LDR puppy





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









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







INDIANA UNIVERSITY BLOOMINGTON

ABOUT

ADMISSIONS

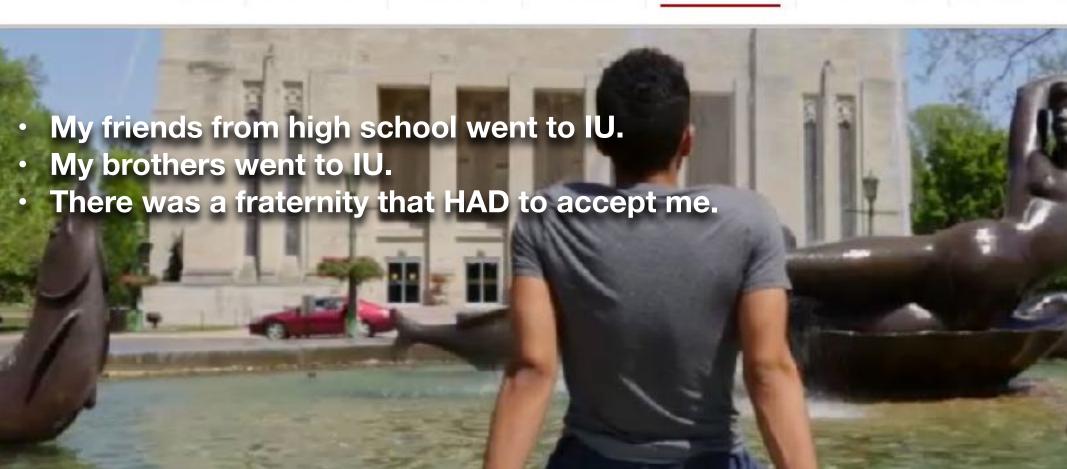
ACADEMICS

RESEARCH

HOOSIER LIFE

YOUR FUTURE

ALUMNI & G



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

I found PEOPLE

I found PLACES

FOOTBALL

IU adds
recruit

No. 8

In Ohlo

tail back

Michael St.

White State of the control of

I found PATIENCE



Movies to make you

call home

#2 GET COMFORTABLE WITH THE UNCOMFORTABLE





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

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. Rejection is as normal and natural as breathing.



The Facts & Stats





The Facts & Stats

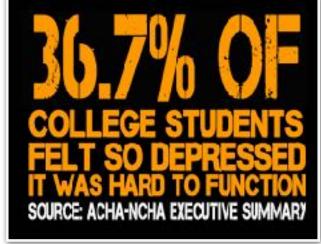


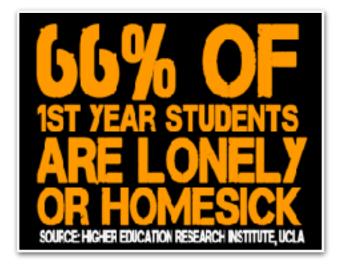


The Facts & Stats

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











H. Mental Health

2019

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percent (%)	Male	Female	Total
No, never	34.2	23.3	263
No, not last 12 months	17.9	18.1	179
Yes, last 2 weeks	18.3	22.6	21.8
Yes, last 30 days	8.8	11.7	10.9
Yes, in last 12 months	20.7	24.3	23.2
Any time within the last 12 months	47.0	58.6	

Felt exhausted (not from physical activity)

Felt very lonely

Percent (%)	Male	Female	Total
No, never	16.7	7.1	10.1
No, not last 12 months	7.3	4.3	5.2
Yes, last 2 weeks	42.6	57.0	52.8
Yes, last 30 days	15.3	15.9	15.6
Yes, in last 12 months	18.1	15.8	16.4
Any time within			
the last 12 months	76.0	88.6	84.7

Felt overwhelmed by a Provide		Female	Total
No, never	14.8	5.2	8.2
No, not last 12 months	6.9	3.2	4.3
Yes, last 2 weeks	41.7	58.2	53.3
Yes, last 30 days	15.3	16.2	15.9
Yes, in last 12 months	21.4	17.1	18.2
Any time within			
the last 12 months	78.4	91.5	87.4

Parent (Ci)	Male	Female	Total
Na, never	24.4	15.4	18.0
No, not last 12 months	17.6	16.3	16.5
Yes, last 2 weeks	24.2	30.1	28.8
Yes, heat 30 days	11.3	14.9	13.8
Yes, in last 12 months	22.5	23.4	23.0
Any time within	58 D	68 A	65.6



H. Mental Health

2011

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percent (19	Male	Female	Total
No, never	42.2	30.7	34.5
No, not last 12 menths	19.9	20.7	20.4
Yes, last 2 weeks	14.1	17.4	16.4
Yes, last 30 days	6.6	9.8	8.8
Yes, in last 12 months	17.0	21.5	20.0
Any time within			
the last 12 mouths	37.8	48,6	45.2

Felt overwhelmed by all you had to do

Percent (19)	Male	Female	Total
No, never	15.9	5.5	9.0
No, not last 12 months	7.7	3.6	4.9
Yes, last 2 weeks	42.7	58.8	53.5
Yes, last 30 days	15.9	17.3	16.9
Yes, in last 12 months	17.7	14.9	15.8
Any time within			
the last 12 months	76.4	91.0	86.1

Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
No, never	19.1	8,5	12.0
No, not last 12 months	9.0	5.3	6.5
Yes, last 2 weeks	42.3	55,5	51.2
Yes, last 30 days	15.5	16.8	16.3
Yes, in last 12 months	14.1	13.9	13.9
Any time within			
the last 12 months	71.9	86.2	81.4

Eelt very lonely

Den very somery			
Perover (66)	Male	Female	Total
No, never	30.6	19.5	23.1
No, not last 12 months	20.7	19.2	19.7
Yes, last 2 weeks	20.0	25.7	23.9
Yes, last 30 days	10.9	15.1	13.7
Yes, in last 12 months	17.9	20.5	19.6
Any time within			
the last 12 months	48.8	61.3	57.2

Two Types of People:



Hate, hide, attack, blame when faced with face with discomfort





Two Types of People:







You must apply in order for this to work

#3 FIND YOUR THREE PLACES



7 THINGS TO DO BEFORE COLLEGE

Find Your Three Places

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

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

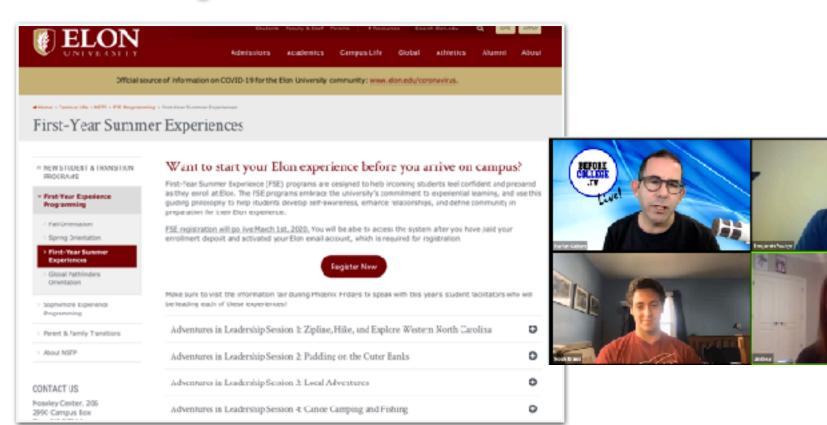




Find Your Three Places

Find Your Three Places

Summer Programs / Fall Transition Events

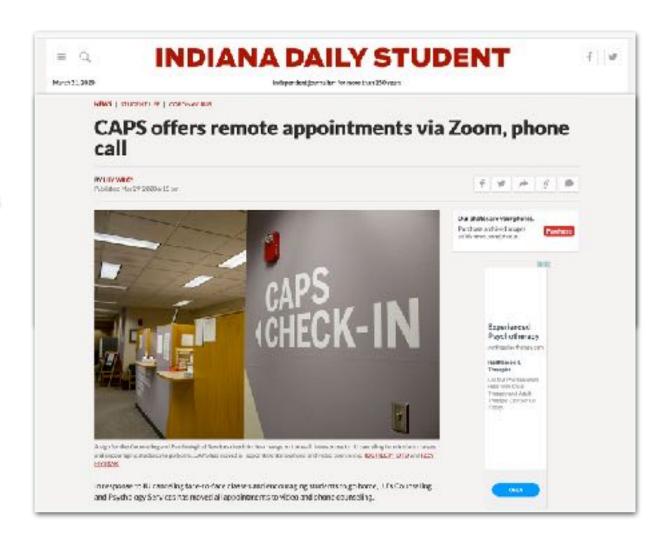




Find Your Three Places

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: Identify your places before arriving on campus



7 THINGS TO DO BEFORE COLLEGE

PEOPLE WHO VOLUNTEER



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

PEOPLE YOU ENLIST (OR ASK)



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

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

CAMPUS NEWSPAPER

Monday, June 22, 2020

DAILY BRUIN







IN THE NEWS:

Tracking COVID-19 at UCLA 2020 Recial Injustice Protests



ATHLETICS NEWS June 20, 2020 437 p.m.

UCLA athletes given fourphase plan for returning to training in Westwood

Some Bruins are coming back to Westwood, UCLA. Athletics released a four-phase Ratum to Training plan to bring its at heter back on campus Saturday. The plan splits all of UCLA's student-athletes into one. at four groups. Group 1 cartains all fall Clympic sport. student-athletes who live locally plus the football. team, Group 2 is composed of men's and women's basketball student-athletes, Group 3 comprises the remainder of fall Olympic sport othictes and all other student-athletes who live locally and Group 4. concide of all the remaining student-athletes.

By Talya Kellin



Protesters demand

INTERACTIVE PAGE | June 12, 2000 10:09 a.m.

Graduation Issue 2020



We are past the tipping point. Where do we go from here? Welcome to the Baily Bruin's 2000 Graduation Issue. By Special To The Daily Bruin



ARTS June 4, 2020 508 p.m.

Arts therapies continue to unite, heal communities through virtual formats

COVID-19 has assuredly demanded adaptation on the port of arts therapists, as they work to empower individuals who are newly isolated and especially witherable to the pendemia.

By Nine Young





THE OUAD



The Copy Shop: Daily Bruin will capitalize Black, why other publications are doing the

Welcome to the Copy Shop – the platform for members of Daily Bruin Copy to rant about the Oxford commo, discuso sensitivity in maso media. and attempt to generally demystify the mindboggling and all too misunderstood world of the copy editor.

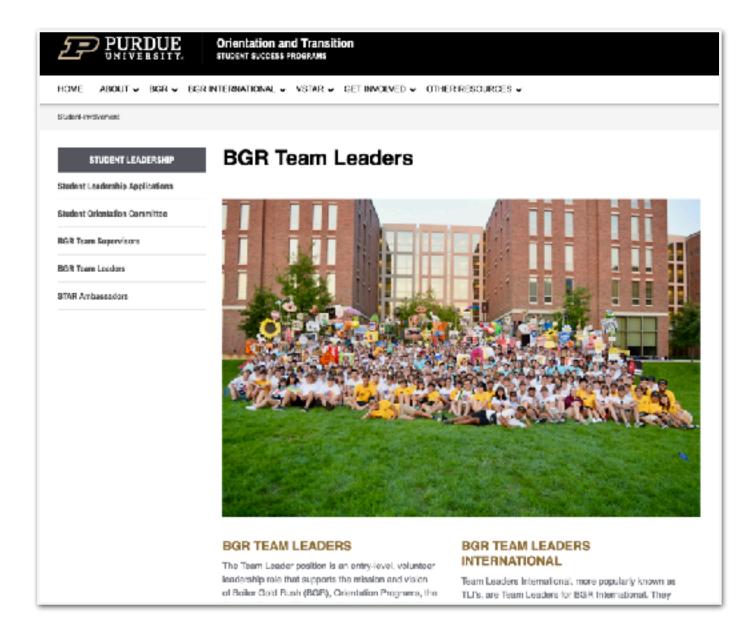
The Quart: Understanding what qualified immunity is, why people are calling for reform

The Quad: Making the most of virtual commencement means celebrating traditions. and innovations

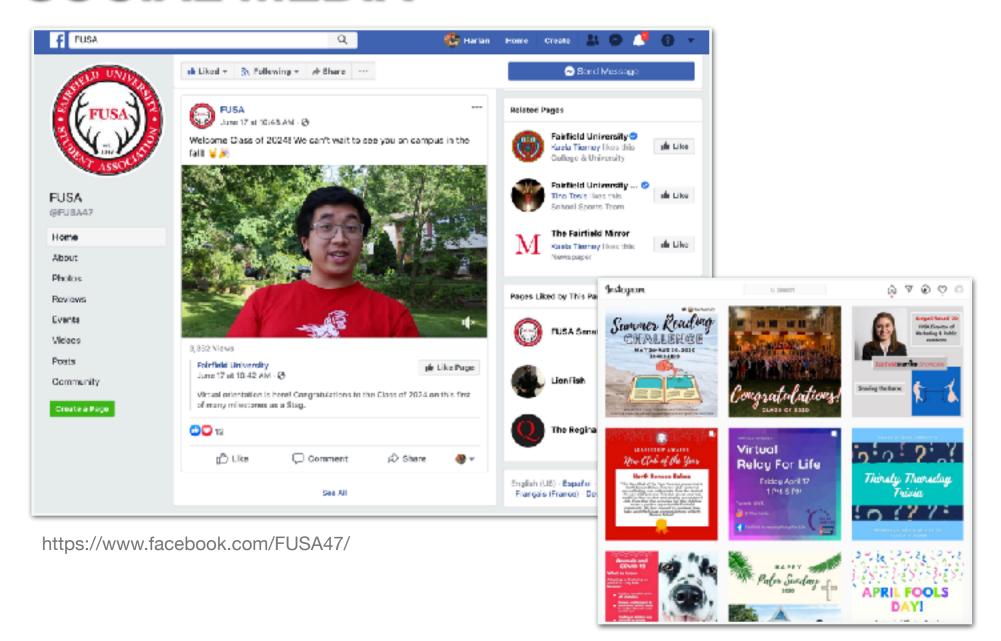


Students sign petition to fire UCLA lecturer after many find

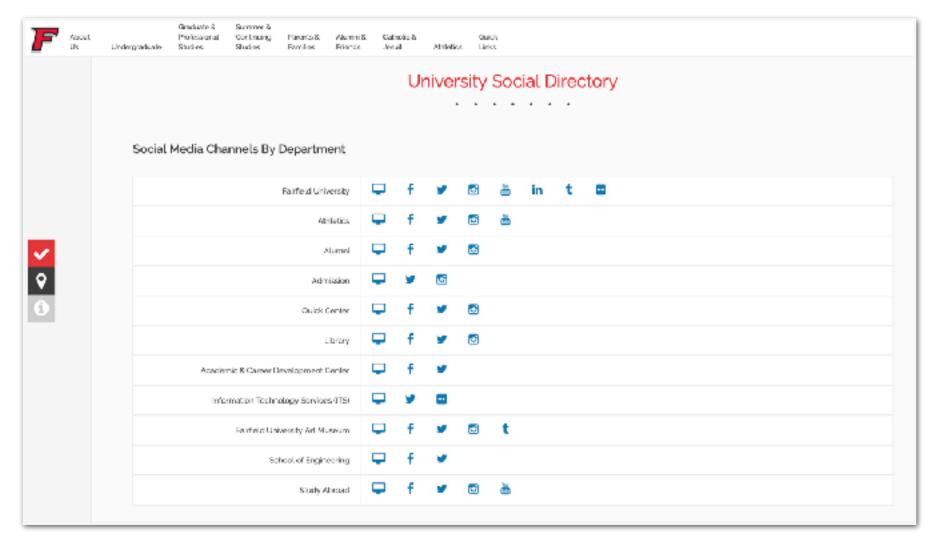
NEW STUDENT RESOURCES



SOCIAL MEDIA



SOCIAL MEDIA



Why five people on campus?

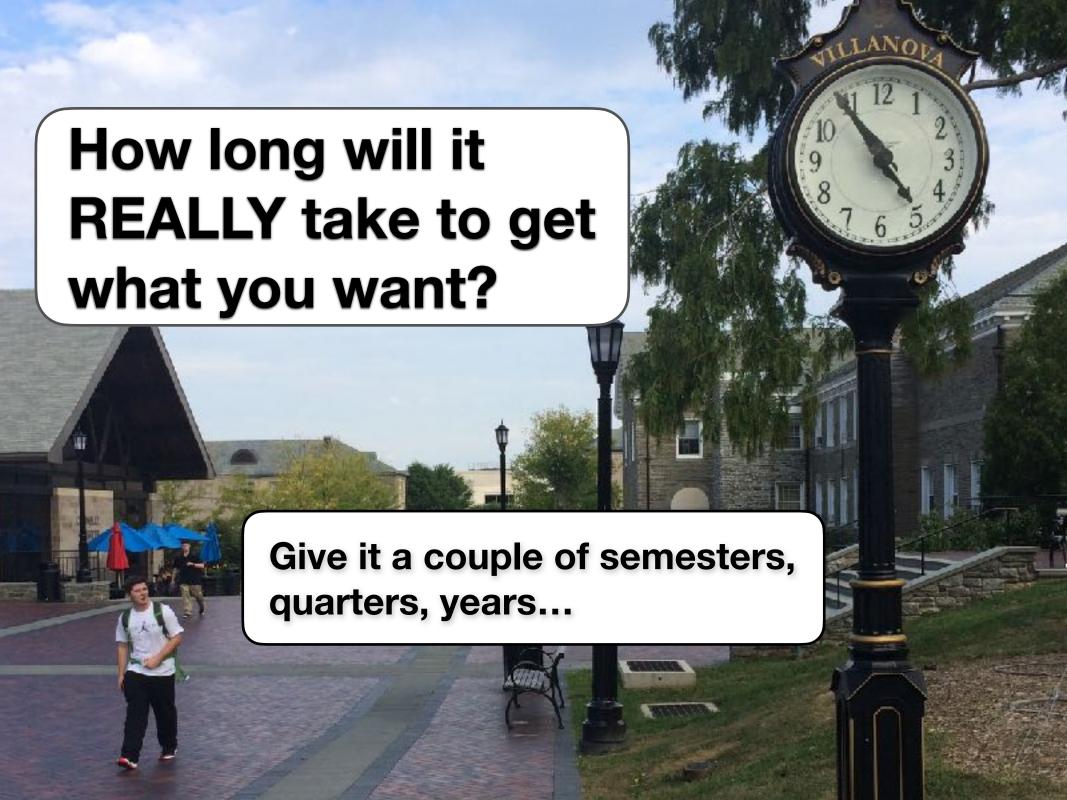
* NEVER alone * Help is ALWAYS available * Options



#5 BE PATIENT

Give it a couple of semesters, quarters, years...

7 THINGS TO DO BEFORE COLLEGE





Patience



The ability to tolerate discomfort while finding your people and places



Patience



Apply the 24-Hour Rule



What's going to happen?



- ◆ NOTHING The problem will still be there tomorrow.
- ◆ SOLUTION You (or your child) will solve the problem.
- → NEW PROBLEM(S) The old problem will no longer be a problem because new and exciting other problems will pop up.

When you get uncomfortable...
When you need help...
When you don't have the answers...



PATIENCE



#6 TELL YOUR STORY AS IF IT'S ALREADY HAPPENED...



7 THINGS TO DO
BEFORE COLLEGE





Story Telling

What's your story?

SOCIAL 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.





Leapfrog the fear and anxiety... Get to the BEST part

7 THINGS TO DO BEFORE COLLEGE #7 TAKE ACTION



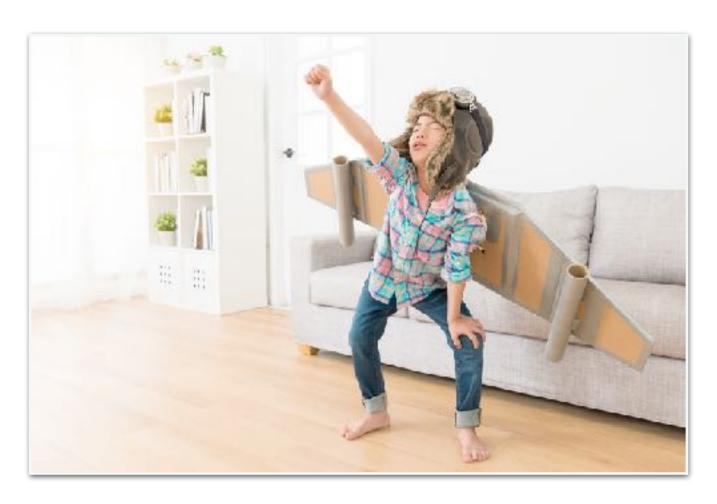
YOU ARE THE MAKER OF YOUR DREAMS...





What can you do that will give you joy REGARDLESS of what happens during the next year?

YOU ARE THE CREATOR OF YOUR JOY



What can you control? What can you make happen?

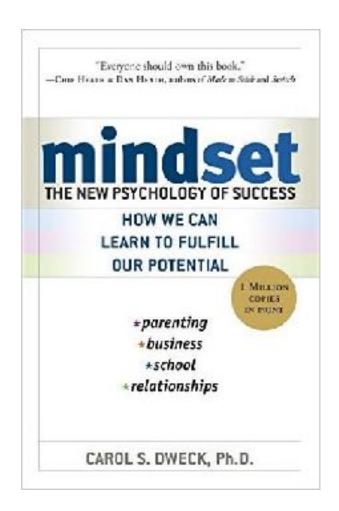


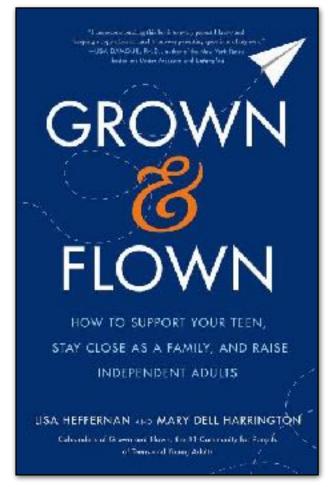
What's Your Plan...

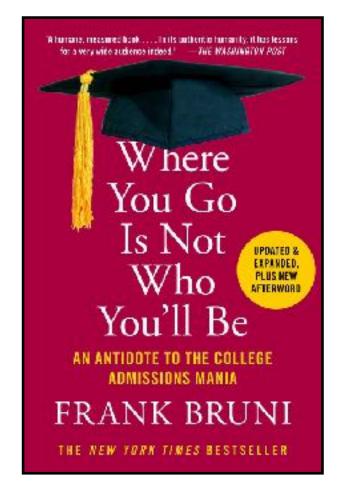
- 1. WHAT DO YOU WANT?
- 2. PRACTICE GETTING COMFORTABLE WITH THE UNCOMFORTABLE
- 3. CONNECT WITH PEOPLE
- 4. CONNECT WITH PLACES
- 5. BE PATIENT
- 6. TELL YOUR STORY AS IF...
- 7. TAKE ACTION AGAIN AND AGAIN...



Books to check out...

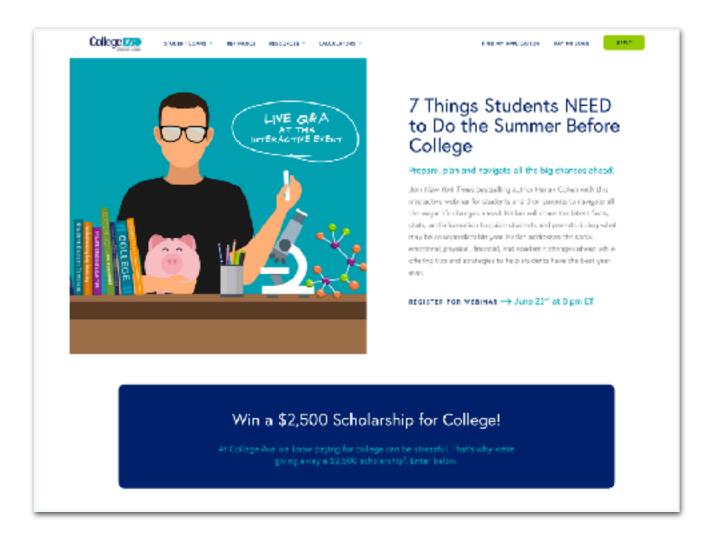








\$2,500 Scholarship

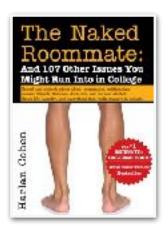


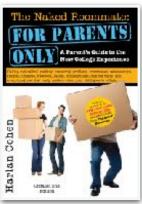


And The Winner Is...

5 Winners of Books

Winner of The Naked Roommate Books





Lesley A.
Tracey Y.
Dori S.
Angela R.
Stephen L.





BeforeCollege.TV

HARLAN COHEN

Text Me: 321-345-9070





/HelpMeHarlan

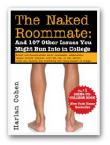




SLIDES & REPLAY: www.HarlanCohen.com/webinar623









Enter for a chance to win a \$2,500 Scholarship https://collegeave.site/harlan-2500-scholarship







HelpMeHarlan





@HarlanCohen

www.HarlanCohen.com