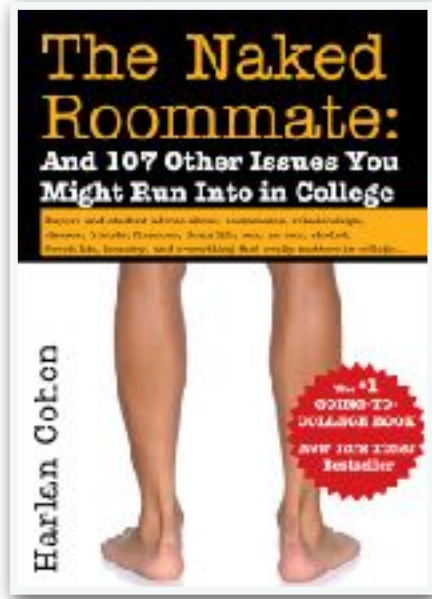


**HARLAN COHEN PRESENTS**



# **17 THINGS YOU NEED TO DO BEFORE GOING TO COLLEGE**



[www.HarlanCohen.com/Chicago2021](http://www.HarlanCohen.com/Chicago2021)

Brought to you by:  
**College AVE**  
STUDENT LOANS

THANK YOU TO OUR PARTNER SCHOOLS:



Harlan Cohen's  
17 Things You Need to Do...



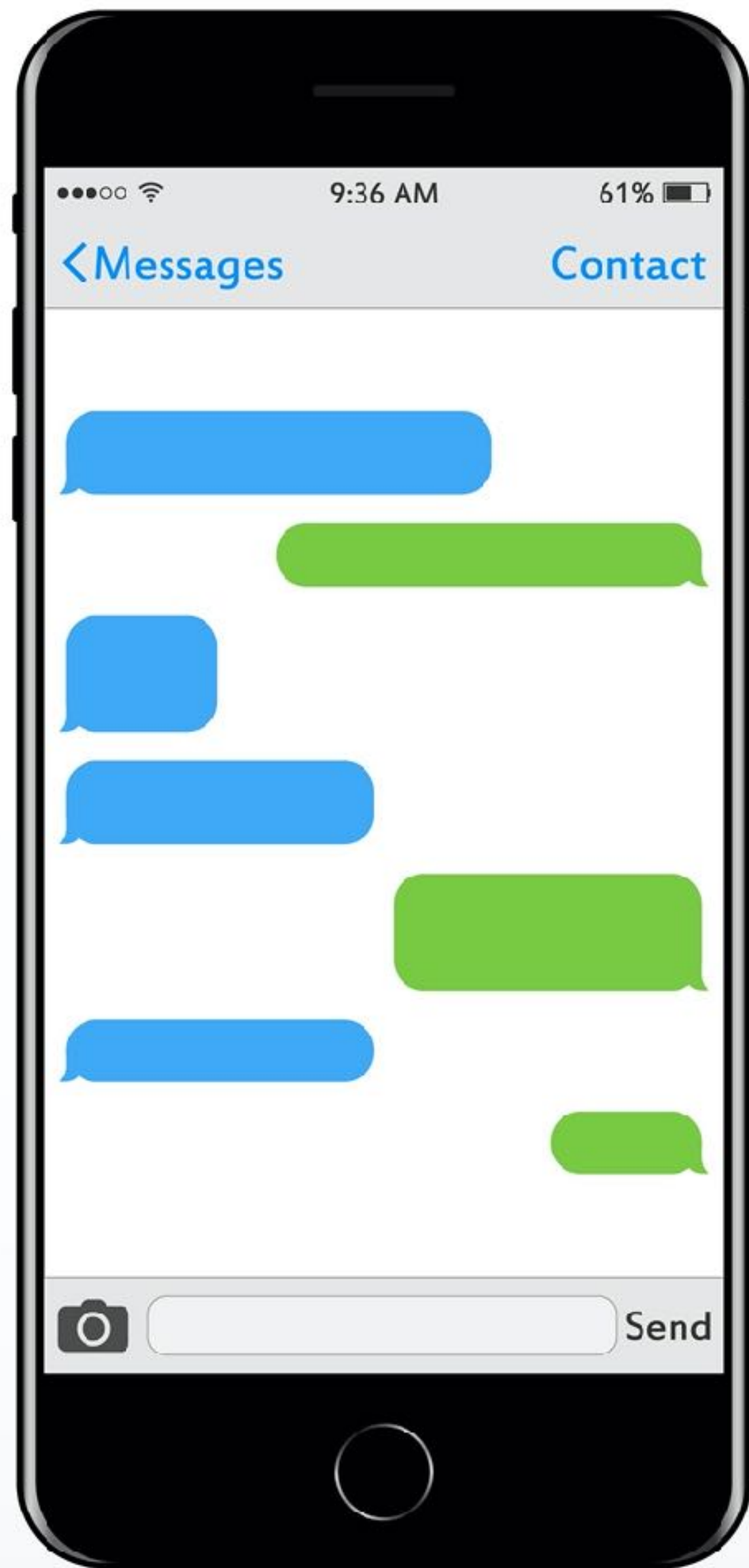
# \$5,000 Scholarship

The screenshot shows the College Ave website interface. At the top, there is a navigation bar with the College Ave logo and menu items: STUDENT LOANS, REFINANCE, RESOURCES, and CALCULATORS. On the right side of the navigation bar are links for FIND MY APPLICATION, PAY MY LOAN, and an APPLY button. The main content area features a large illustration of a man with glasses, wearing a black shirt, holding a stack of books, a lantern, and a magnifying glass. The background of the illustration includes a map with letters E, D, and F, and a pink piggy bank wearing a graduation cap. To the right of the illustration, the text reads: '17 Things You Need to Do Before College', 'Prepare, plan, and navigate all the big changes ahead.', and 'Join New York Times bestselling author Harlan Cohen with this info-packed interactive live virtual event. Harlan will deliver tips and strategies that are foundational for college success. Learn about the latest research, trends, and plans college campuses are making to welcome the class of 2025.' Below this text is a link: 'REGISTER FOR WEBINAR → April 27th at 8 pm ET'.

## Win a \$5,000 Scholarship for College!

At College Ave, we know paying for college can be stressful. That's why we're giving away a \$5,000 scholarship<sup>1</sup>. Enter below.

<https://collegeave.site/5000-scholarship>



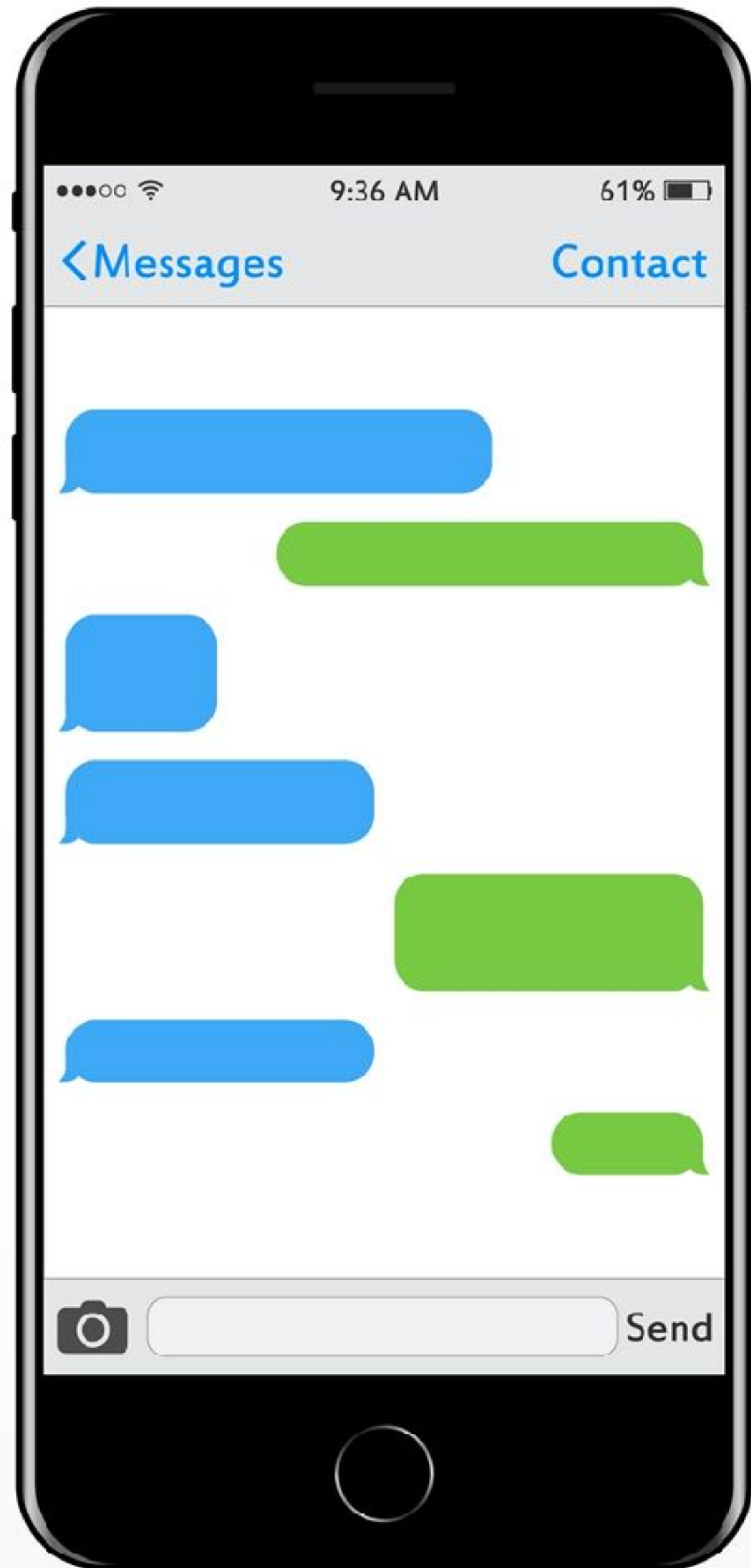
On a scale 1-10

# How are you today?

---

- 10 = Best Day Ever
- 9 = Amazing
- 8 = Fantastic
- 7 = Great
- 6 = Good
- 5 = OK
- 4 = Fair
- 3 = Bad
- 2 = Very Bad
- 1 = Worst Day Ever

Share in Chat | Text: 321-345-9070



# Did you get into your first choice school?

---

YES  
NO  
I'M STILL WAITING...



Share in Chat | Text: 321-345-9070

Harlan Cohen's  
17 Things You Need to Do

College AVE  
STUDENT LOANS

# GETTING IN THIS YEAR...

The Washington Post  
Democracy Dies in Darkness

Higher Education

## Applications boom, admit rates plummet: Prestige college admissions get a little crazier in the pandemic

New test-optional policies drive eye-popping statistics



People walk about in front of Widener Library at Harvard University in Cambridge, Mass., in 2019. (Steven Senne/AP)

By [Nick Anderson](#)

April 7, 2021 at 9:00 a.m. CDT

The chase for the Ivy League and other prestige colleges, a perennial object of global fascination, grew a few degrees more frenzied during the [coronavirus](#) pandemic as applications soared and acceptance rates plummeted to, in some cases, crazy-low single digits.

Everyone figured the acceptance shares would get even more microscopic. And they did.

SCHOOL	APPLICATIONS	ADMIT RATE %	ADMIT RATE 2020*
Brown University	46,568	5.4	6.9
Columbia University	60,551	3.7	6.1
Cornell University	not yet available	n/a	n/a
Dartmouth College	28,357	6.2	8.8
Harvard University	57,435	3.4	4.9
Princeton University	37,601	4.0	5.6
University of Pennsylvania	56,333	5.7	8.1
Yale University	46,905	4.6	6.5

(The 2020 rates in this chart come from preliminary releases at a comparable point in the cycle.)

First, schools aren't done making offers. They could (and some probably will) pull often from wait lists in this highly unpredictable year. Second, many students applied to several highly selective colleges, so there was significant overlap among applicants and admitted students.

Third, and perhaps most important, these and other ultracompetitive schools represent only a tiny sliver of higher education in the United States. Many colleges, public and private, offer excellent value with a lot less admission angst.



1.3k



Posted by u/BlakeAOlson 19 hours ago 🤝 😊 2 📁 6 🐻 3

## yeah, anyone else sad

Fluff

My name is Blake. I'm a senior who just got all of his decisions back for 2021. I don't normally cry, but today I cried. I was rejected from every single one of my schools except my two safeties. When I opened my USC letter today I just stared at the word "sorry" for five minutes before the reality actually hit me in the face. I had a 1500 sat with a 4.0 at an all IB school, but I applied CS to mostly top universities.

My entire family goes to UT Austin. Both my brothers are students there, my parents are graduates, and my grandpa is a professor. I was rejected. The only school I didn't get rejected from was Georgia tech, which I was waitlisted at.

I'm sure there are many reasons for my application being rejected, but it's still incredibly painful. Earlier today I talked with a friend who got into incredible schools, including a scholarship to [College Ave](#) it just made me feel worthless.

Harlan Cohen's [17 Things You Need to Do](#)





## Live Coronavirus Updates

Tracking the impact of the pandemic on higher education

*Covid-19 vaccination is well underway, and new-case counts are falling nationwide. The Chronicle is tracking developments across higher ed here. Read on for daily live updates and information.*

SHARE

### POSTS FROM LIVE CORONAVIRUS UPDATES



#### Here's a List of Colleges That Will Require Students or Employees to Be Vaccinated Against Covid-19

By *Andy Thomason* | April 21, 2021

More colleges are announcing that they will require students to be vaccinated. Here are the ones we know about.

#### 4 Historically Black Medical Schools Receive \$6 Million for Vaccination Efforts

By *Nell Gluckman* | April 15, 2021

A Bloomberg Philanthropies grant will support the schools' mobile clinics in their local communities.

#### To Encourage Covid-19 Vaccination, Some Campuses Add Incentives

By *Lindsay Ellis* | April 15, 2021

Students who are vaccinated at the University of North Carolina at Greensboro will have a chance at getting free housing, textbooks, or meal credits.

#### AAUP Survey Spells Bad News for Faculty Wages Amid Pandemic

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### TOP JOBS from The Chronicle

Tenure-Track Faculty Positions in the College of Education and Human Development  
Western Michigan University

Dean for the School of Natural Science and Mathematics (Faculty)  
Indiana University East

# THE LATEST...

Coronavirus **Live Updates** - 5 hours 36 min ago  
The Chauvin Verdict and Higher Ed 'When Colleges Close'

#News #Coronavirus

Print

## Live Updates: Latest News on Coronavirus and Higher Education

By IHE Staff // April 21, 2021



### Bowdoin to Require Vaccines of Students and Employees

**April 21, 6:20 a.m.** Bowdoin College will require all students and employees to be vaccinated in the fall.

Clayton Rose, the president, [wrote to the campus](#) that vaccines are "the best approach for the college to take from a larger, public health perspective" and they create "a safer, more secure environment for Bowdoin community members to avoid having COVID-19 outbreaks on campus in the close learning environment and residential setting, which facilitates the resumption of a more normal semester."

Exemptions will be given for medical or religious reasons.

While dozens of colleges are imposing the requirement for students, [only a few](#) (so far) are requiring vaccines of employees. [Hampton University](#) is among them.

— Scott Jaschik

### Chicago Extends Stay-at-Home Order

**April 20, 6:18 a.m.** The University of Chicago has [extended](#) a stay-at-home order through tomorrow because of COVID-19 cases.

"We know this decision will cause disappointment, in part because our community's efforts already have greatly reduced the number of COVID-19 cases this week. The extension of restrictions is based on our ... ongoing examination of the recent cluster of COVID-19 cases, which provides compelling reasons for continued caution," said a university memo on Friday.

"Although our initial investigation suggested that the cases began with one or more parties, further study ... indicates that there are multiple clusters, starting with individuals who were unknowingly infected over break. There was subsequent spread among students in smaller gatherings as well as larger parties. The ability of the variants to spread to so many college students in one week shows how important it is to prevent a larger outbreak," the university added.



### TRENDING STORIES

[How to Stand Up for Equity in Higher Education | Higher Ed Gamma](#)

[What to do when your students start a Discord server for your class \(opinion\)](#)

[U.S. finds U of North Carolina in violation of Title IX over treatment of transgender students](#)

[Howard Plans to Close Classics Department](#)

[Tennessee Tech professors face discipline for calling colleague a racist](#)





# THE LATEST...

## Students Struggle but Don't Seek Colleges' Help

While students are still reporting COVID-19 mental health challenges, they are generally not taking advantage of counseling center services. As the following 12 ideas show, even centers strapped for resources can strive for better supports, both now and post-pandemic.

By [Melissa Ezarik](#) // April 14, 2021



GRAFXART8888/ISTOCK/GETTY IMAGES PLUS

However, the latest Student Voice survey, conducted by *Inside Higher Ed* and College Pulse and presented by Kaplan, indicates that a year into the pandemic:

- 65 percent of students report having fair or poor mental health.
- 63 percent of those who say it's poor would grade their college's response to student mental health and wellness services a C or lower (compared to 43 percent of all students).
- 47 percent say they could have used some (28 percent) or a lot (19 percent) more support from their college during this time.
- Only 15 percent engaged in college-offered counseling in the past year.

"This should be a wake-up call. Even if it feels like we are starting to move back into a normal phase, students are still suffering," says Lisa Sontag-Padilla, a behavioral and social scientist at the nonprofit RAND Corporation who has written on [helping college students manage COVID's mental health impacts](#).

# THERE IS HOPE...



**Starr Brown**

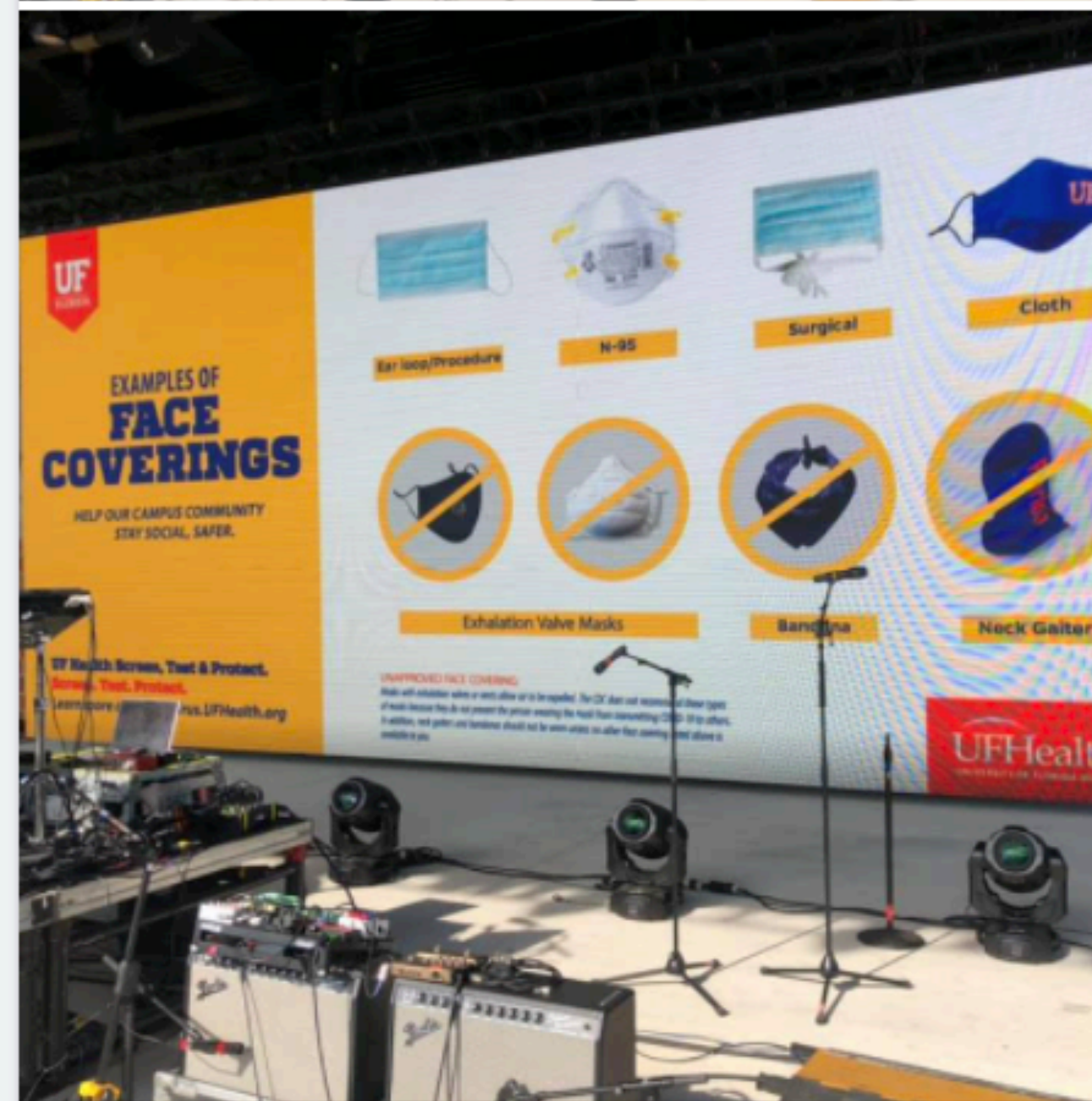
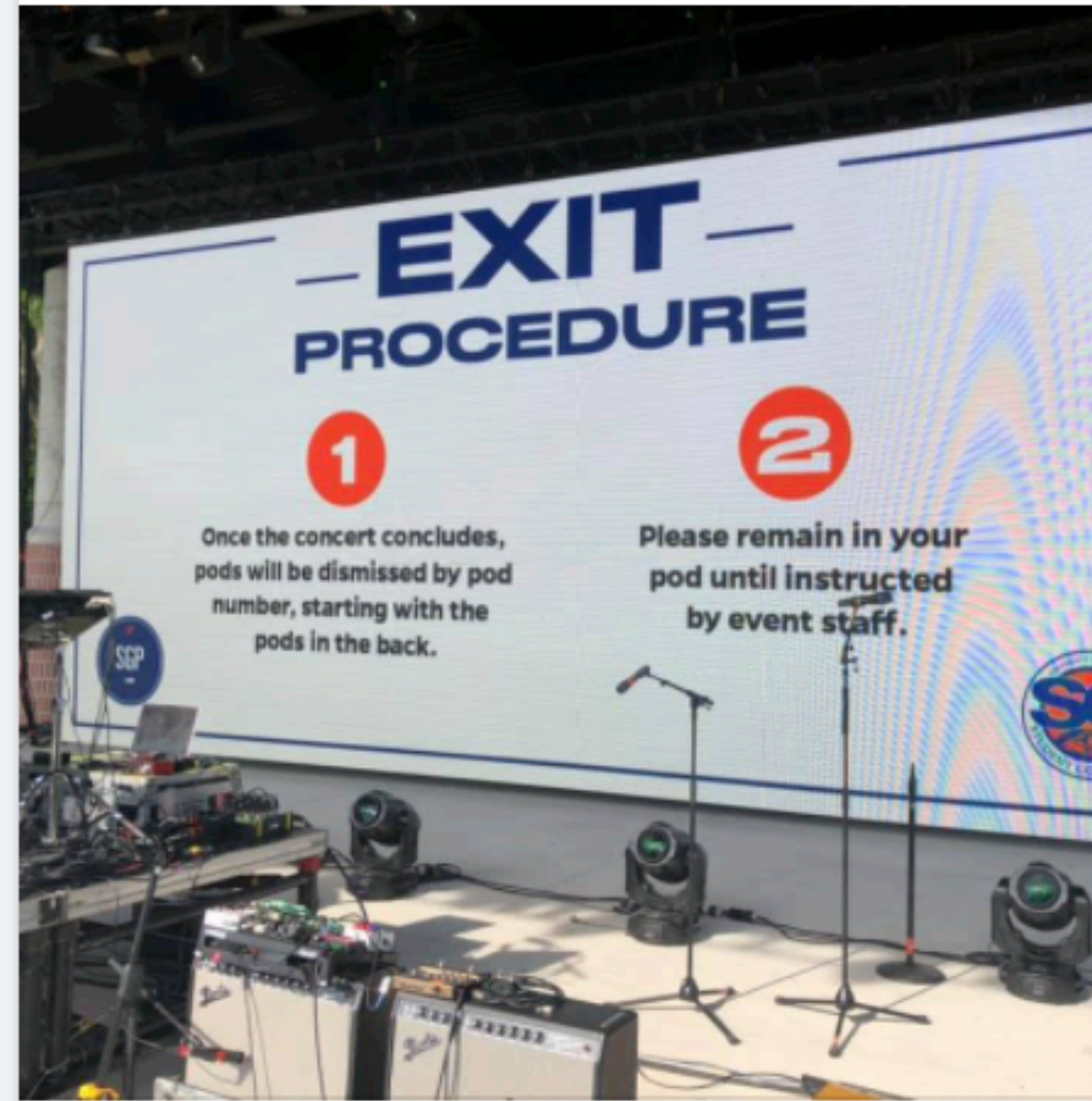
How did their pod system work? And did you find it to be beneficial to bringing back live events?

Like · Reply · 2w



**Ari Nisman**

**Starr Brown** reserved POD system by 1 person each who could invite limited guests in their "quaranteam". Very effective and well run on all accounts.



# Approaching Normalcy?

As vaccinations continue, colleges and universities announce plans for more in-person instruction this fall.

By [Lilah Burke](#) // February 19, 2021



WIKIMEDIA COMMONS

[Rutgers University](#)

At some public institutions, conditions might vary throughout a system. For example, the California State University system has announced an intention to bring students back in person next fall. (The behemoth -- which enrolls nearly half a million students -- has been one of the most prominent to remain nearly fully online these past six months.) But leaders at its Chico State University campus say they're going to stick with a mostly online model. Only 20 to 30 percent of classes will have some face-to-face component.

Some university leaders have been careful to not make any promises about how much instruction will be in person.

Experts predict that despite falling case rates and the introduction of vaccines, the COVID-19 pandemic will be with us for months. While estimates vary, some scientists do not predict a return to the pre-2020 way of life within the next two years. What at first seemed like a matter of weeks has turned into a long haul.

While "normal" (if it ever returns) may still be far off, college administrations are now saying that in fall of 2021, they'll get as close as they can. More in-person instruction and more students on campus are the dominant themes of announcements about the upcoming term.

"Make no mistake, vaccination is the game-changer," Antonio Calcado, executive vice president and chief operating officer of Rutgers University, said in a video statement. "Our fall of '21 will look completely different."

<https://www.insidehighered.com/news/2021/02/19/colleges-promise-return-person-classes-fall>

# Orientation Fall 2021

BOSTON COLLEGE DIVISION OF MISSION & MINISTRY

INFORMATION FOR: SEARCH BC.EDU LINKS

First Year Experience

DONATE UMM

ABOUT ORIENTATION 2021 48HOURS COMPASS MENTORING ACADEMIC CONVOCATION FIRST YEAR HUB



Orientation 2021

Orientation will help you connect, both virtually and in-person, with the people and resources that will help you get off to a great start on the Heights.

Given the ongoing circumstances surrounding the COVID-19 pandemic, Orientation 2021 will be offered as a combination of virtual content delivered throughout June and July, and on-campus programming taking place the week prior to the start of fall classes. This hybrid approach will provide entering students with multiple opportunities to connect with fellow members of the Class of 2025, junior and senior mentors, faculty, and administrators, all while preparing for the intellectual, social, and spiritual dimensions of life at Boston College.

In late March, Orientation registration will become available to new students after they enroll. Please note that the Orientation tab may take up to twenty minutes to appear on the Applicant Status Portal after enrollment is confirmed. Students who have been admitted via Early Decision will be notified via email when Orientation registration opens. The deadline for Orientation registration is May 1, 2021.

Registration  
Deadline



May 1, 2021

# This year you'll need to make the effort



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

# **17 THINGS YOU NEED TO DO BEFORE GOING TO COLLEGE...**

**1. WANT SOMETHING**

**2. EXPECT THE UNEXPECTED**

**3. GET COMFORTABLE WITH THE UNCOMFORTABLE**

**4. EMBRACE THE UNIVERSAL REJECTION TRUTH**

**5. FIND YOUR THREE PLACES**

**6. FIND YOUR FIVE PEOPLE**

**7. BE PATIENT**

**8. TALK TO YOUR PARENTS**

**9. CHECK YOUR EMAIL**

**10. FOLLOW, LIKE, POST**

**11. READ THE CAMPUS NEWSPAPER**

**12. KNOW THESE ROOMMATE RULES**

**13. KNOW THESE RELATIONSHIP RULES**

**14. ASK, BUDGET, WORK**

**15. HAVE RULES FOR GOING OUT**

**16. FIND A THERAPIST & ACADEMIC SUPPORT**

**17. TELL YOUR STORY AS IF...**



# #1 WANT SOMETHING

**YOU ARE THE  
CREATOR  
OF YOUR JOY**

**YOU ARE THE  
MAKER OF  
YOUR DREAMS**



**You are worthy and  
deserving of anything you  
want and desire**

Today is the future

I created yesterday



# Forget about being wanted...



# Focus on what **YOU** want

Think friends,  
relationships,  
experiences...

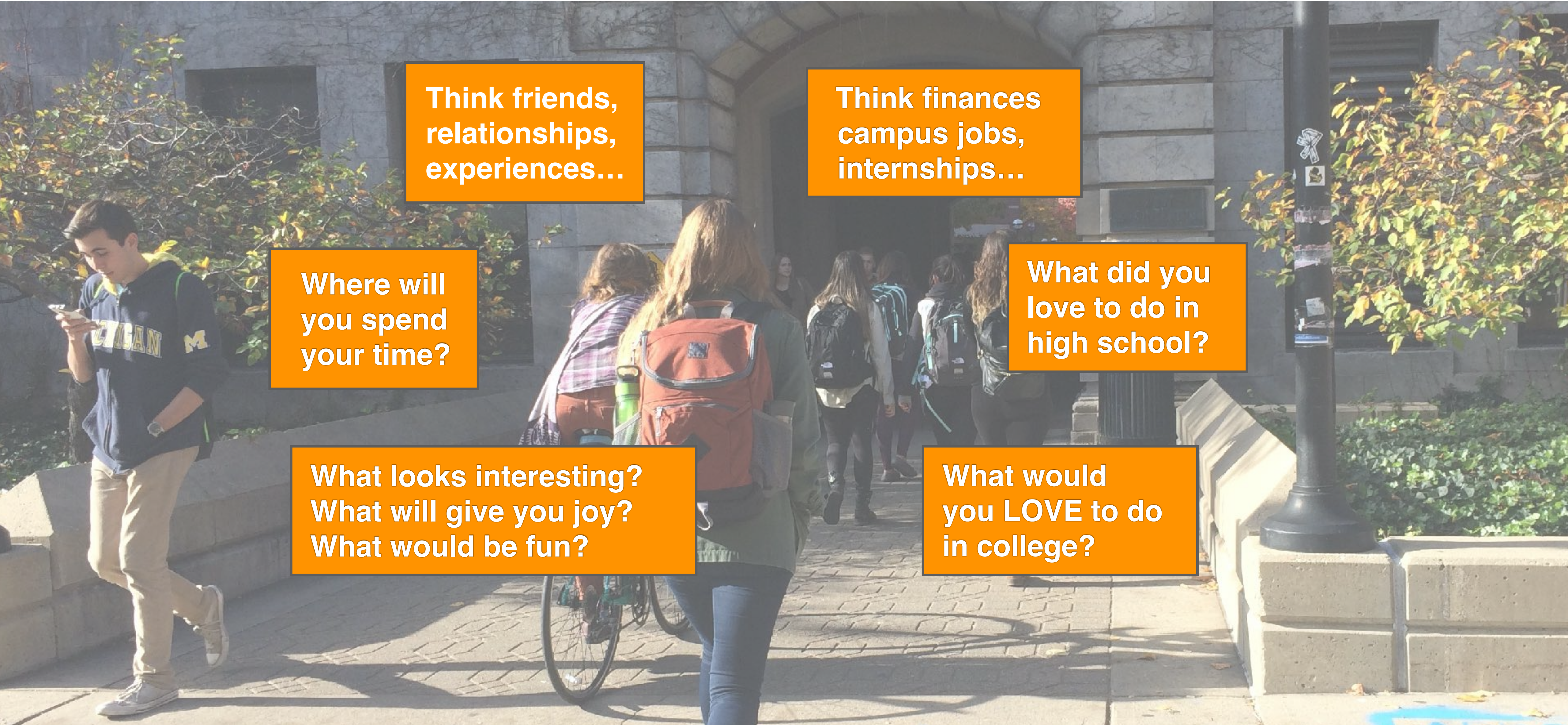
Think finances  
campus jobs,  
internships...

Where will  
you spend  
your time?

What did you  
love to do in  
high school?

What looks interesting?  
What will give you joy?  
What would be fun?

What would  
you **LOVE** to do  
in college?



**I never lose.  
I either win or learn.**

*- Nelson Mandela*

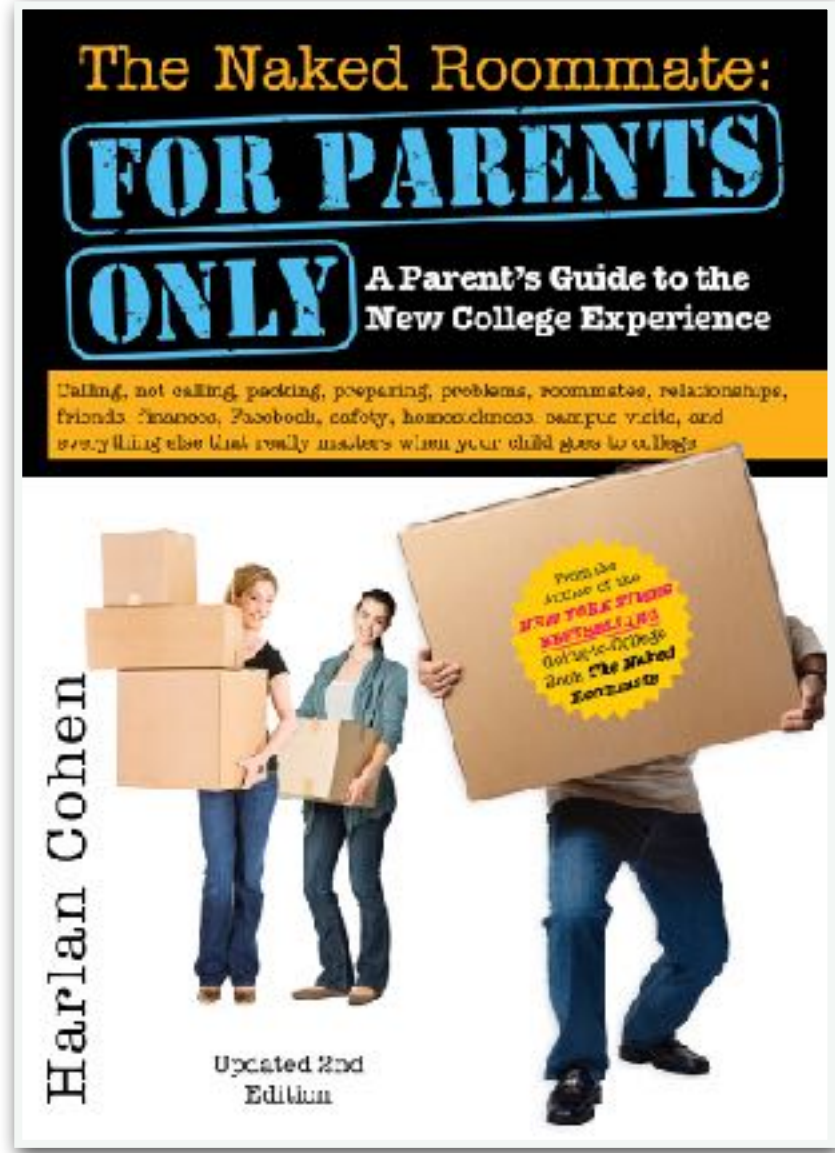
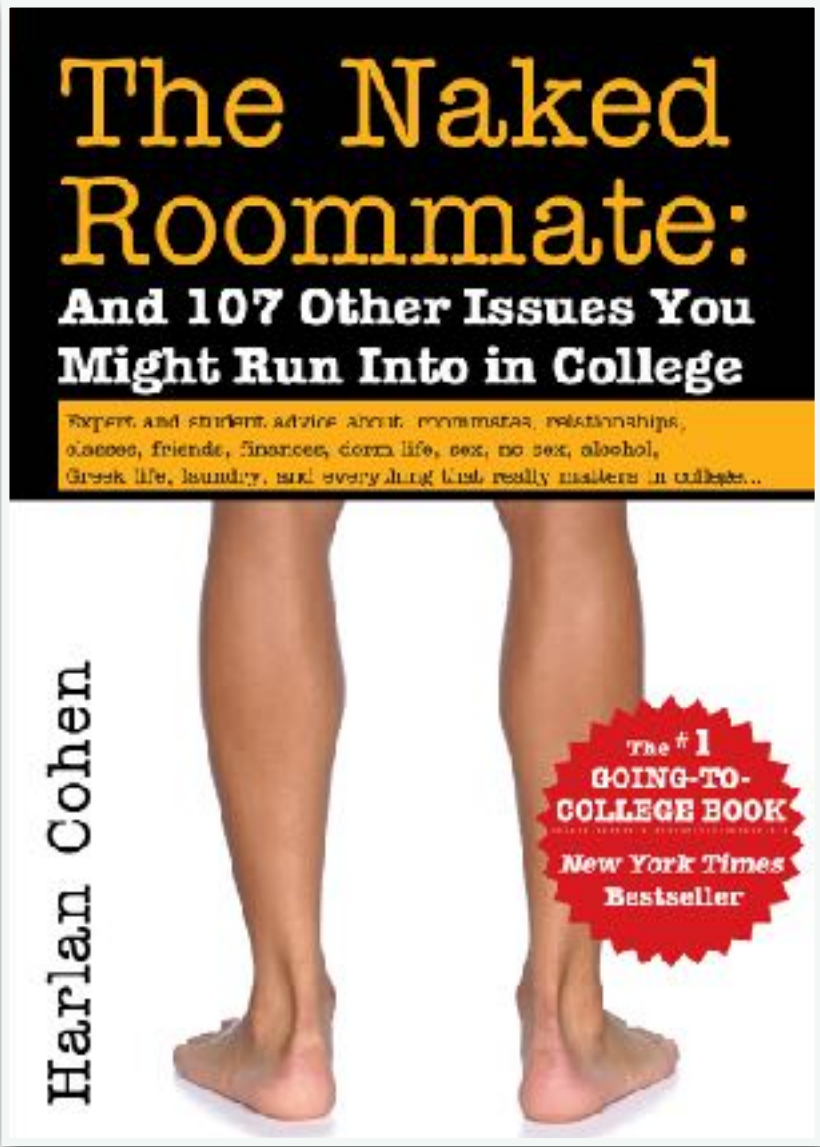
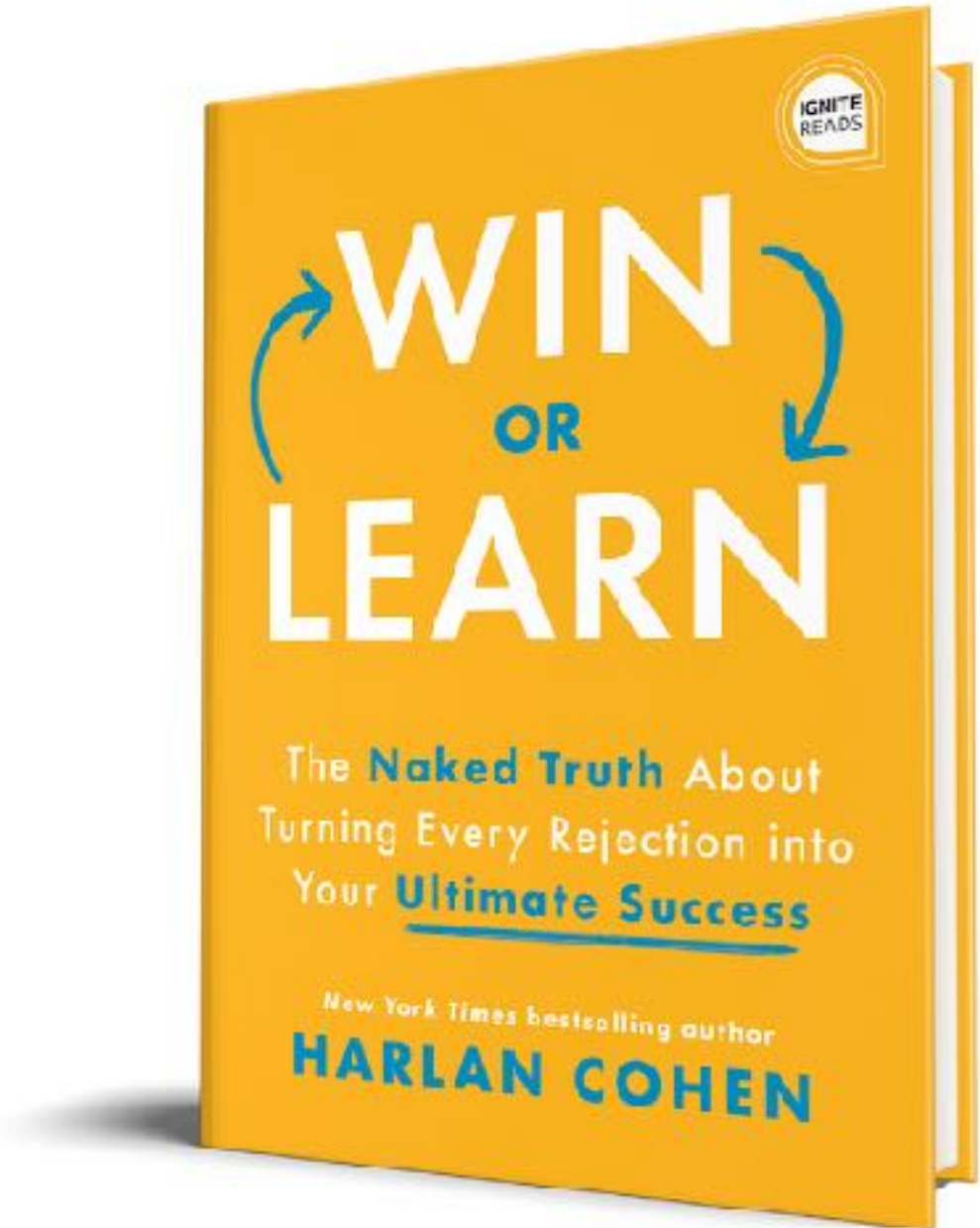


# #2 EXPECT THE UNEXPECTED



RAs Kim Cahill (Wheelock'21) (from left) and Kelly Bertkus (Wheelock'21) helping Abdullah Robins (CAS'21), who's showing his proof of a scheduled COVID-19 test before getting the key to his dorm. Showing proof of a scheduled COVID-19 test is required for all students moving into campus housing.

# I Write Books To Help...



BEST SELLERS > EDUCATION

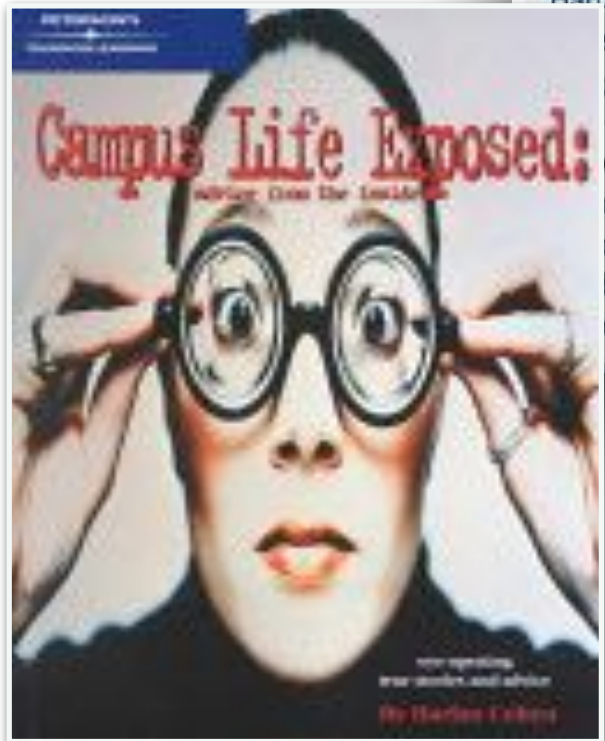
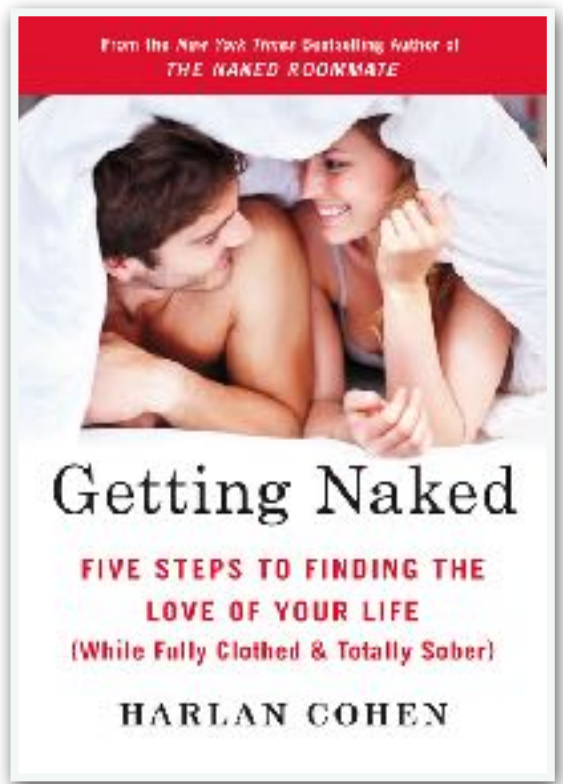
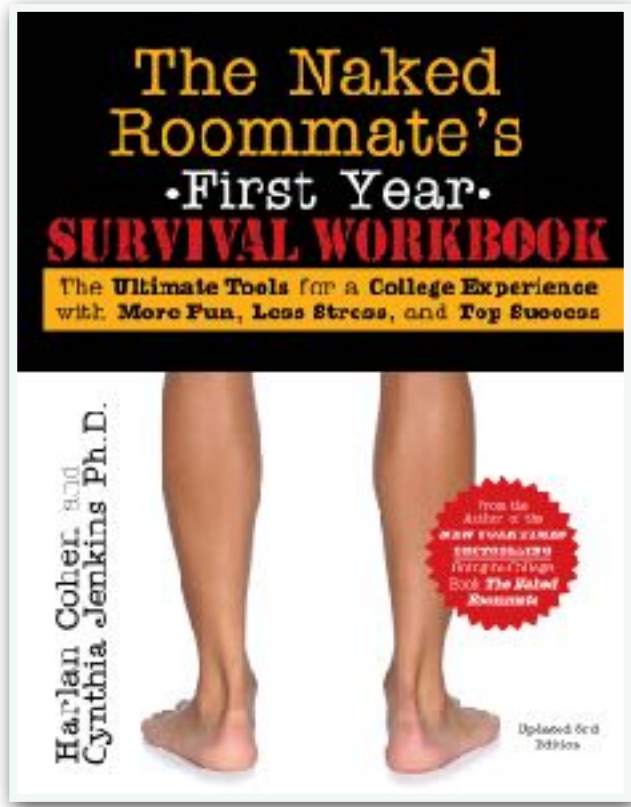
### Best Sellers

June 2015

THIS MONTH

#### EDUCATION

1	<b>MISSOULA</b> , by Jon Krakauer. (Doubleday.) The author of "Into the Wild" discusses cases of acquaintance rape in Missoula, Mont., home of the University of Montana. <a href="#">Sunday Book Review</a> <a href="#">Buy</a>
2	<b>VERY GOOD LIVES</b> , by J. K. Rowling. (Little, Brown.) J.K. Rowling's Harvard commencement address on embracing failure and imagination. <a href="#">Buy</a>
3	<b>BETWEEN YOU &amp; ME</b> , by Mary Norris. (Norton.) A memoir of a career in the New Yorker's storied copy department, along with grammar advice. <a href="#">Sunday Book Review</a> <a href="#">Buy</a>
4	<b>HOW TO READ LITERATURE LIKE A PROFESSOR</b> , by Thomas C. Foster. (Harper Perennial.) An introduction to the hidden truths of literature that decodes literary basics, including symbols, themes and context. <a href="#">Buy</a>
5	<b>THE NAKED ROOMMATE</b> , by Harlan Cohen. (Sourcebooks.) A primer of issues one might typically expect to encounter during college dormitory life. <a href="#">Buy</a>



# I Speak to Help...



# I Share Videos of Students & Experts to Help...

BEFORECOLLEGE.TV  
YOUR PLACE, YOUR PEOPLE, YOUR PASSION

BEFORE COLLEGE TV: NEWS | EXPERT ADVICE | STUDENT INTERVIEWS

SUBSCRIBE TO BEFORE COLLEGE TV ON YOUTUBE FOR THE LATEST | [SUBSCRIBE HERE](#)

University of Vermont students talk admissions, academics and outdoors in Vermont

**WHY WE CHOSE**  
The UNIVERSITY of VERMONT

[Click here for links to stories mentioned](#)

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Real advice from real students and recent grads living your dream

Watch LIVE Interviews on [Facebook](#). Subscribe to Before College TV on [YouTube](#).

HOW I GOT INTO YANDERBILT

HOW I TURNED HUMILIATION INTO A SCHOLARSHIP

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CLAYSON UNIVERSITY

CLAYSON STUDENT DISCOVERS...

GRADES IN HIGH SCHOOL VS COLLEGE

Stanford University

Stanford University How To...

THE TREE

MIT

MIT: I was an extremely anxious freshman

I WAS AN EXTREMELY ANXIOUS FRESHMAN

NICOLE RAFIEE

5 BIO QUESTIONS

STOP DELETING

KARP COVID-19 RECOVERY

SYRACUSE

# No one told me what to expect...

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





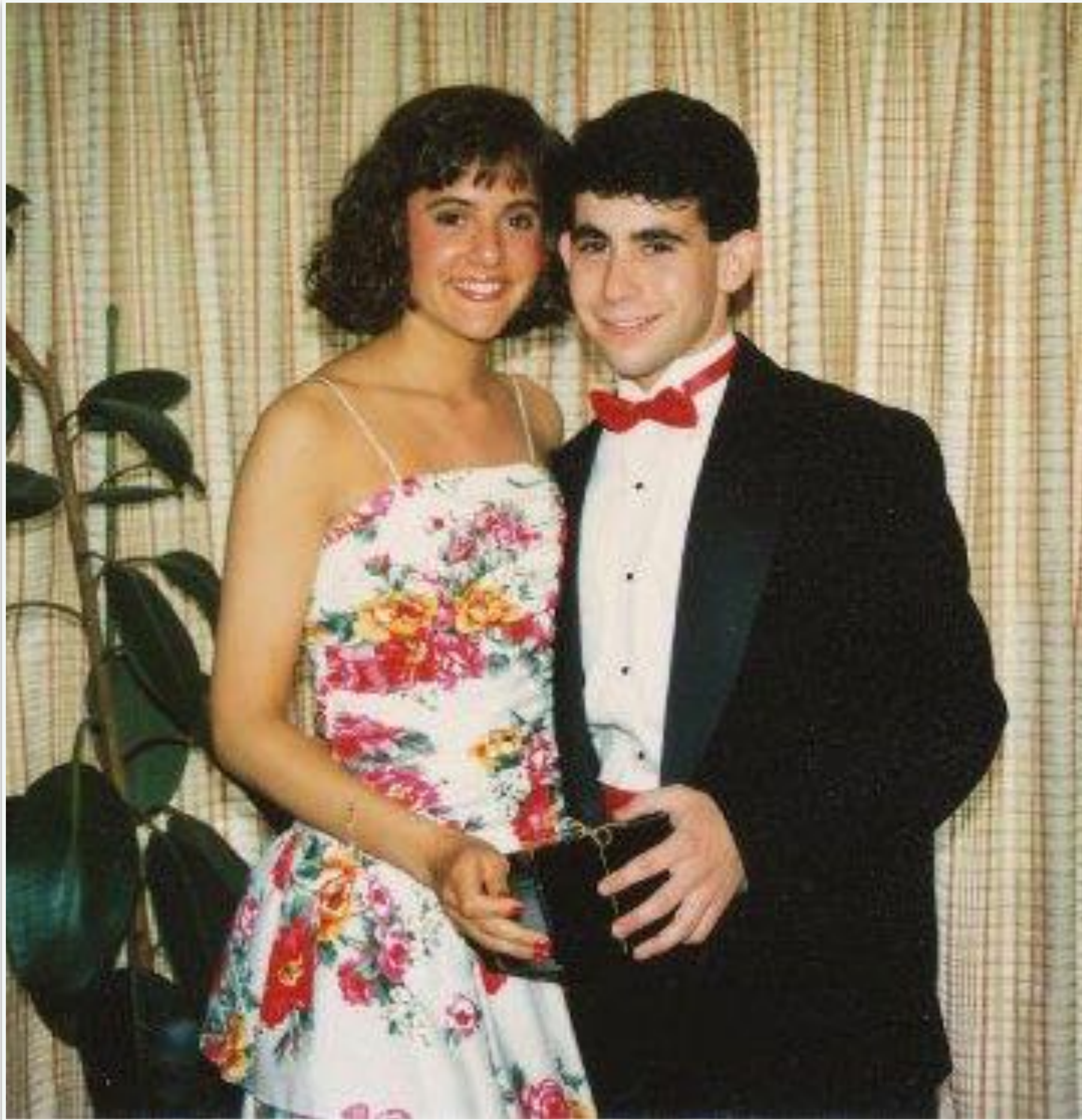
**X Roommate was not my friend**



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



**X My girlfriend broke up with me...**



**shot the LDR puppy**



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

MyUW ▾

LIBRARIES

MAP

NEWS

ABOUT UW

APPLY

VISIT

GIVE



ACADEMICS

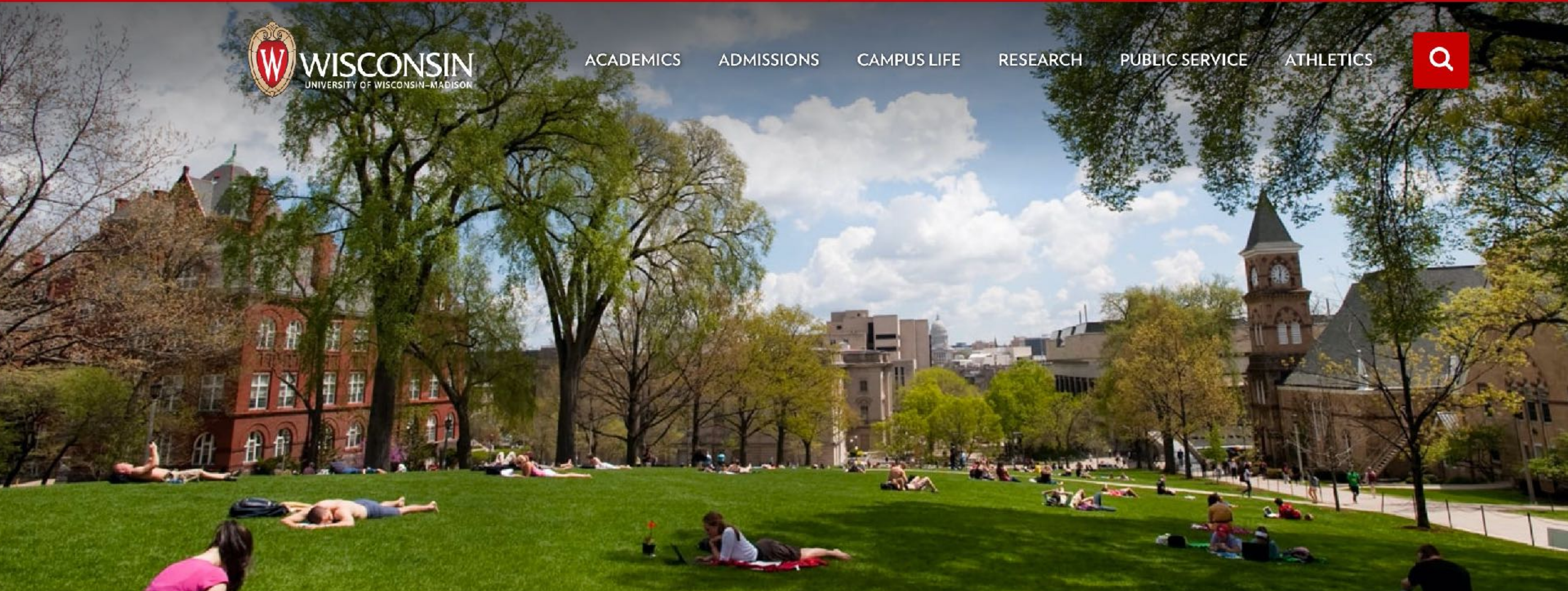
ADMISSIONS

CAMPUS LIFE

RESEARCH

PUBLIC SERVICE

ATHLETICS





EXPAND THE  
BOUNDARIES  
OF POSSIBLE

# IT CAN STORM IN COLLEGE

There can be...

**SOCIAL, EMOTIONAL,  
PHYSICAL, FINANCIAL,  
and ACADEMIC**

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





[ABOUT](#)

[ADMISSIONS](#)

[ACADEMICS](#)

[RESEARCH](#)

[HOOSIER LIFE](#)

[YOUR FUTURE](#)

[ALUMNI & GIVING](#)

[NEWS & EVENTS](#)

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

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

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



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

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

### 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	26.3
No, not last 12 months	17.9	18.1	17.9
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
<i>Any time within the last 12 months</i>	47.9	58.6	55.9

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

Percent (%)	Male	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
<i>Any time within the last 12 months</i>	78.4	91.5	87.4

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

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
<i>Any time within the last 12 months</i>	76.0	88.6	84.7

#### Felt very lonely

Percent (%)	Male	Female	Total
No, 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, last 30 days	11.3	14.9	13.8
Yes, in last 12 months	22.5	23.4	23.0
<i>Any time within the last 12 months</i>	58.0	68.4	65.6

### H. Mental Health

2011

Students reported experiencing the following within the last 12 months:

#### Felt things were hopeless

Percent (%)	Male	Female	Total
No, never	42.2	30.7	34.5
No, not last 12 months	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
<i>Any time within the last 12 months</i>	37.8	48.6	45.2

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

Percent (%)	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
<i>Any time within the last 12 months</i>	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
<i>Any time within the last 12 months</i>	71.9	86.2	81.4

#### Felt very lonely

Percent (%)	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
<i>Any time within the last 12 months</i>	48.8	61.3	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 MENASCE HOROWITZ AND NIKKI GRAF



(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 PDF
- Topline

TABLE OF CONTENTS

**Overview**

A majority of teens say they plan to attend a four-year college after high school

Having a job or career they enjoy is at the top of teens' long-term goals

Academics are at forefront of the pressures teen face

In some ways, teens' day-to-day experiences vary by gender and income

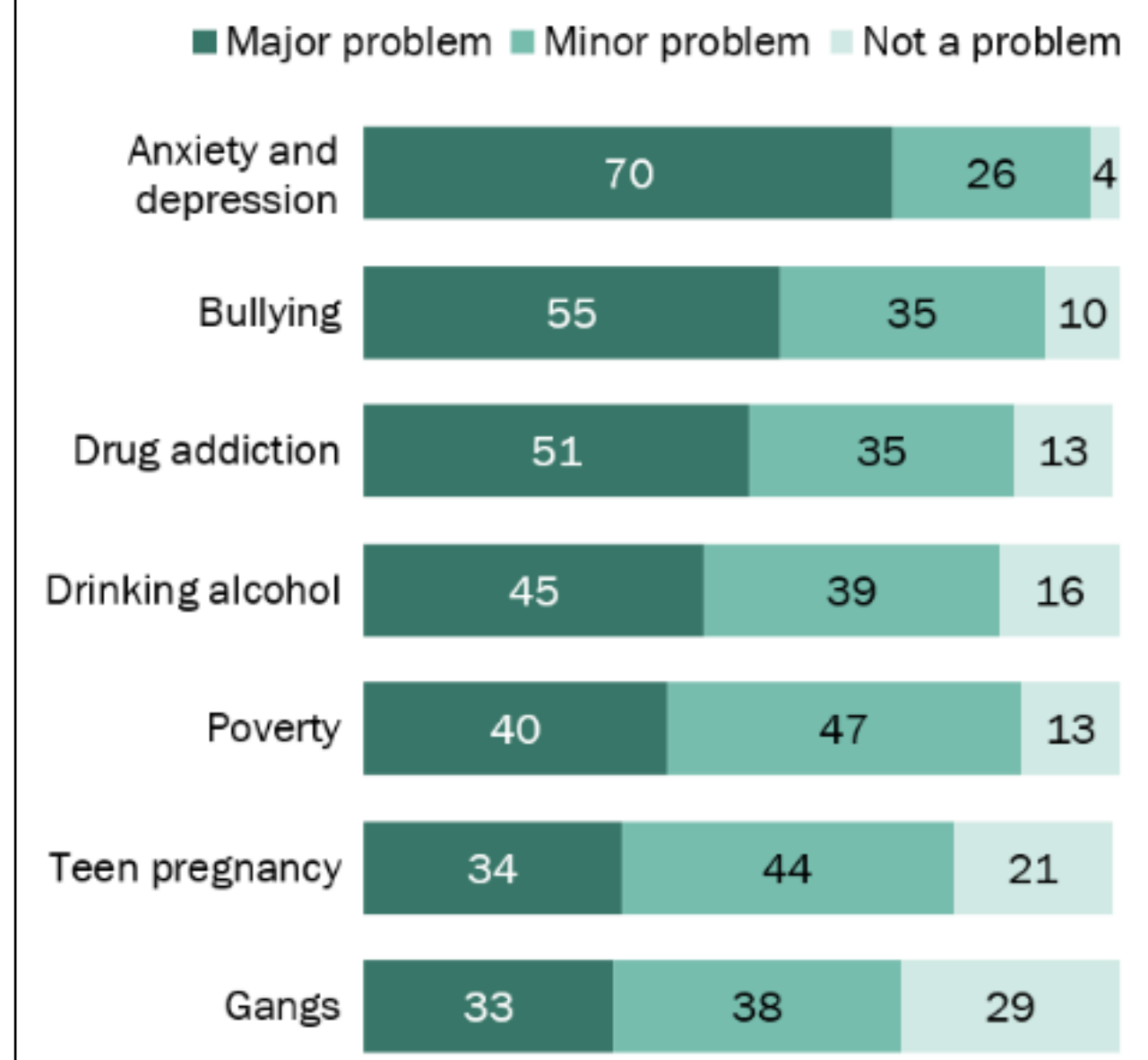
Parents are more likely to say they don't spend enough time with their teens than teens are to say the same about their parents

Acknowledgments

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**

**S**

**Social**

**E**

**Emotional**

**P**

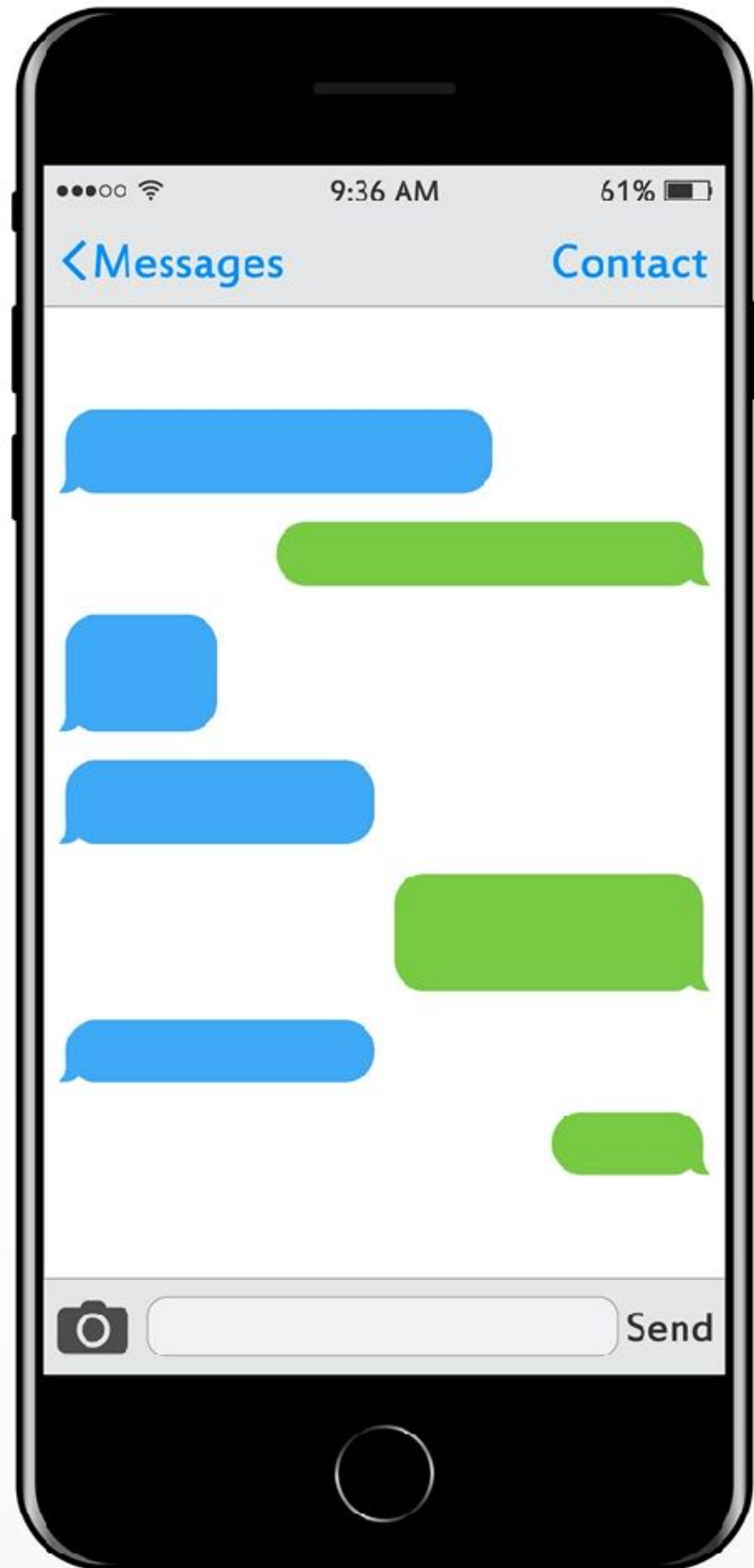
**Physical**

**F**

**Financial**

**A**

**Academic**



# Which Transition Makes You The Most Uncomfortable?

---

**SOCIAL**  
**EMOTIONAL**  
**PHYSICAL**  
**FINANCIAL**  
**ACADEMIC**

Share in Chat | Text: 321-345-9070

# **#3 GET COMFORTABLE WITH THE UNCOMFORTABLE**



# The 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!**

**Rename the first year the getting comfortable year and shift your expectations.**





# #4 EMBRACE THE UNIVERSAL REJECTION TRUTH



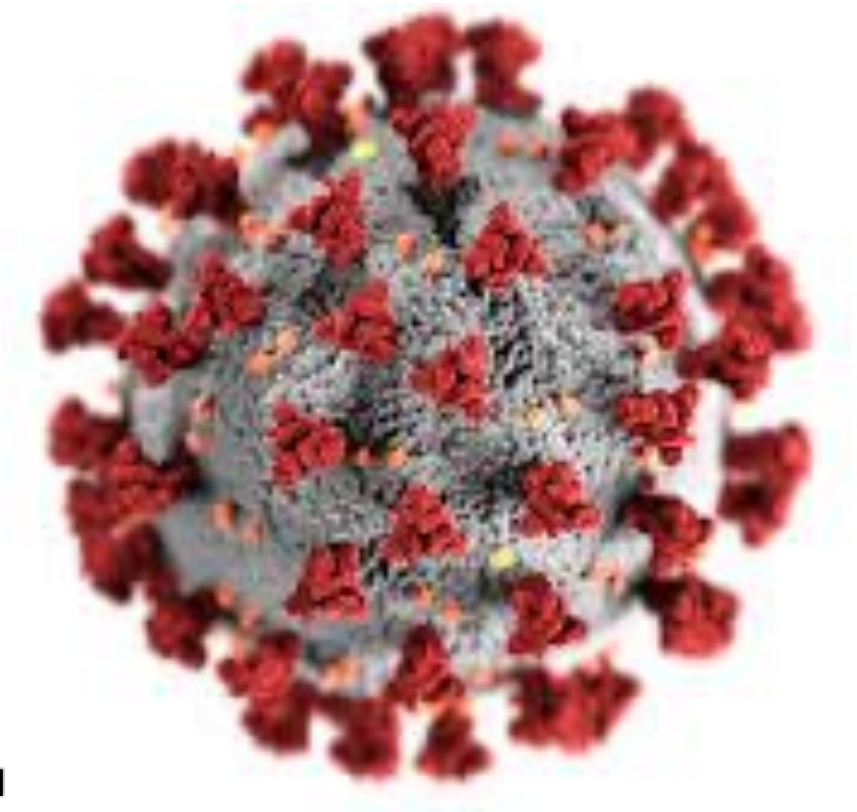
Win or Learn

## The Universal Rejection Truth

The Universal Rejection Truth says that not every-  
one and everything will always respond to you the  
way you want. Like gravity, there's no escaping this  
irrefutable law of nature. Like the winter in Chicago  
fighting it will leave you cold and miserable.

Accepting this truth  
you free. Th

You can be the **MOST QUALIFIED**  
You can be the **VERY BEST**  
You can do **EVERYTHING RIGHT...**



**AND YOU WILL  
STILL FACE  
REJECTION**



## Tweet



**Sarafina Nance** @starstri... · 11/20/19 ...

4 years ago I got a 0 on a quantum physics exam. i met with my professor fearing i needed to change my major & quit physics. today, i'm in a top tier astrophysics Ph.D program & published 2 papers.

STEM is hard for everyone—grades don't mean you're not good enough to do it.

1,183

18.5K

85.5K



**Ben Cichy**  
@bencichy



Replying to @starstrickenSF

Got a 2.4 GPA my first semester in college. Thought maybe I wasn't cut out for engineering. Today I've landing two spacecraft on Mars, and designing one for the moon.

STEM is hard for everyone. Grades ultimately aren't what matters. Curiosity and persistence matter.

11:44 PM · 11/21/19 · [Twitter for iPhone](#)

Tweet your reply



UPDATED EDITION

CAROL S. DWECK, Ph.D.

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

2  
MILLION  
COPIES  
IN PRINT

- \*parenting
- \*business
- \*school
- \*relationships

"Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."

—BILL GATES, *GatesNotes*

*In order to fully embrace a growth mindset in all aspects of life, it's vital to embrace the Universal Rejection Truth. When rejection is part of being brilliant, successful, and accomplished, there is no shame, self-doubt, fear, or embarrassment if we don't get it right the first time. We are truly free to grow. Learning becomes an essential part of the process.*

# **REJECTION DENIAL**

A dark and dangerous place where you think everyone and everything should **ALWAYS** respond the way you want. When someone or something doesn't respond the way you want you tend to hate, hide, attack, blame, and shame...





# Face The Truth

---

**Look inward, look outward, and move forward with confidence and clarity...**

# #5 FIND YOUR THREE PLACES

(VIRTUAL AND ON CAMPUS)



<https://uvmcampusrec.com/index.aspx>



# PLACES ARE WHERE YOU CAN...

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

✦ SWEAT

✦ PLAY

✦ PRAY

✦ LIVE

✦ LEARN

✦ LEAD

✦ LOVE

✦ WORK



# Places

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



# Why three places?



- \* **ALWAYS** somewhere to go
- \* **ALWAYS** something to do
- \* **ALWAYS** have options

**SUGGESTIONS:** Identify your places before arriving on campus

# #6 FIND YOUR FIVE PEOPLE





**People who  
volunteer to help**

**People you ask  
or enlist to help**

**People who are  
paid to help**

**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

**Source: U of Connecticut**



# #7 BE PATIENT





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

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

# FOLLOW THE 24 HOUR RULE

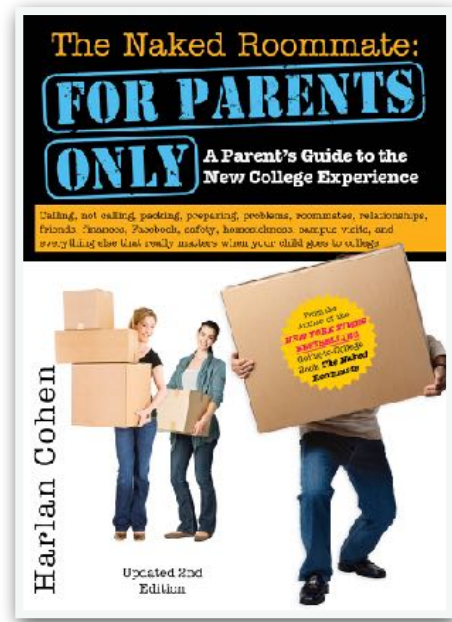
## What's going to happen?

- ✦ **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.





# #8 TALK TO YOUR PARENTS



## Talk about...

- Communicating
- Visiting
- Breaks
- Money / Budget
- Academic Expectations
- Getting Help
- HIPAA & FERPA



# #9 CHECK YOUR EMAIL

## (DEADLINES, REFUNDS, POLICIES)

UNIVERSITY of HOUSTON

 Login to AccessUH  Give to UH  Search

## University Information Technology

[UIT Services](#) > [Get Help](#) > [Information Security](#) > [About UIT](#)

[UH Home](#) > [University Information Technology](#) > [UIT Services](#) > [Accounts](#) > [Email Account](#) > [Student Email](#)

### EMAIL ACCOUNT

[Student Email](#)

[Email Alias](#)

[Phishing Scams](#)

[Proofpoint](#)

[Spam Flagging](#)

[Spam and Spoof](#)

[Update a Faculty or Staff Email Address](#)

[Update a Student Email Address](#)

## Student Email



As a means of enhancing communication, students receive an UH email alias to be used for all official electronic correspondence. The email alias is a pointer that directs email messages to a destination email account. Per the [UH student email policy](#), the University uses the UH email alias to send important information such as emergency closings or any official information. Current students, staff and faculty are eligible to receive an [email exchange account](#), if they currently do not already have one. Students must ensure that the UH email alias points to a working email address at all times. Students may update their email address information by logging on to [AccessUH](#) and going to myUH.

jscougar@uh.edu

Your official UH email alias




points to

joecoog713@youremailprovider.com

Your email destination

# #10 FOLLOW, POST, LIKE



**University of Wisconsin-Madison**  
@UWMadison · College & University

[Watch Video](#)  
go.wisc.edu

Home Events Videos Photos More


Like Message

**About** See All

500 Lincoln Drive Madison, WI 53706

Celebrate Earth Day this Thursday and Friday with the [Nelson Institute for Environmental Studies, UW-Madison](#). Learn from interdisciplinary experts who will address how we can equitably respond to environmental issues that are placing unjust burdens on the most vulnerable populations.

Register at <https://earthday.nelson.wisc.edu>



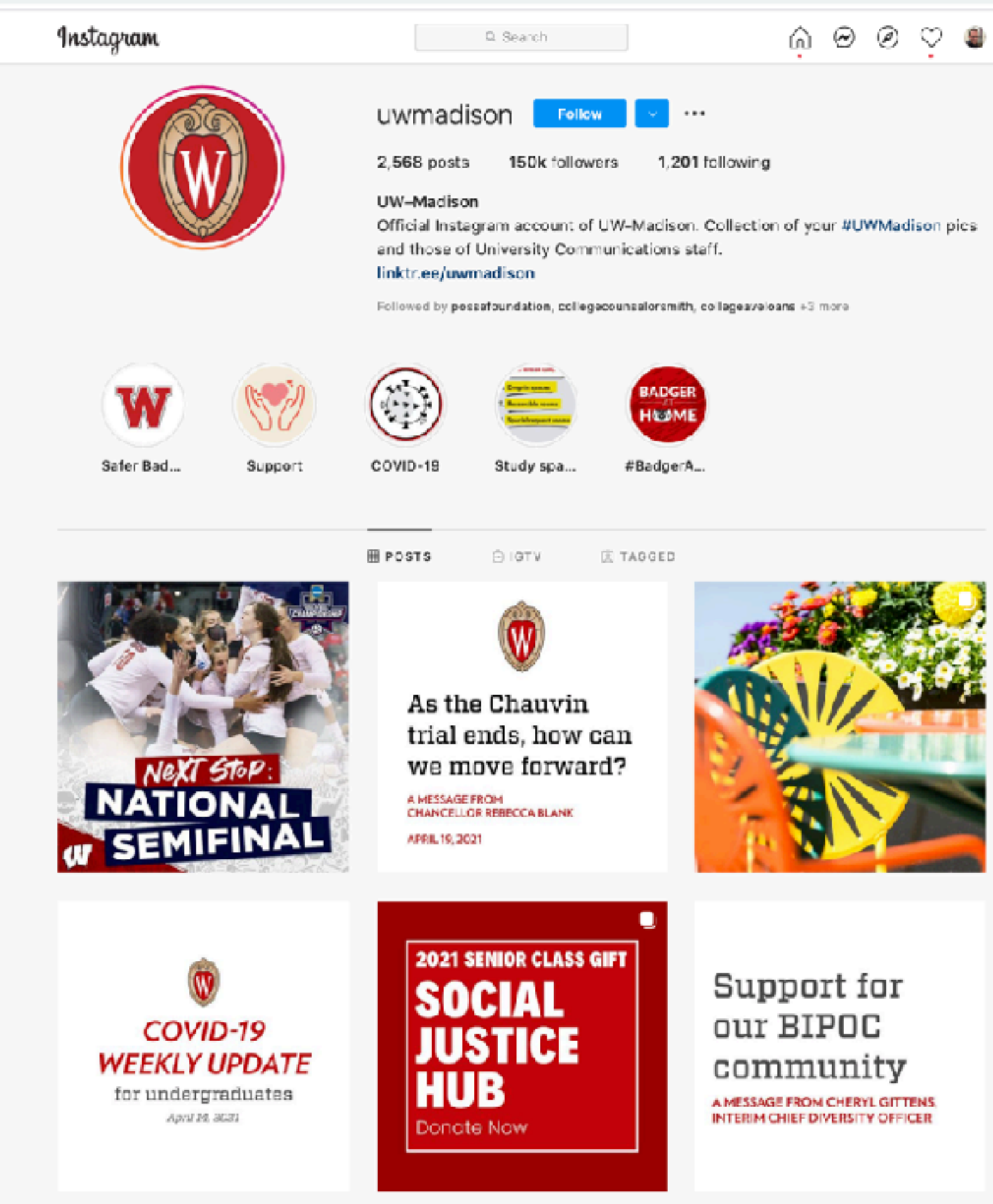
EARTHDAY.NELSON.WISC.EDU

Home  
The annual Earth Day Conference, hosted by the Nelson Insti...

1 Like 1 Comment

Like Comment Share

Most Relevant



Instagram

uwmadison [Follow](#)


2,568 posts 150k followers 1,201 following

UW-Madison  
Official Instagram account of UW-Madison. Collection of your #UWMadison pics and those of University Communications staff.  
[linktr.ee/uwmadison](https://linktr.ee/uwmadison)


Followed by [poosafoundation](#), [collegiacounselorsmith](#), [colageza-loans](#) + 3 more

Sefer Bad... Support COVID-19 Study spa... #BadgerA...


POSTS




**NEXT STOP: NATIONAL SEMIFINAL**



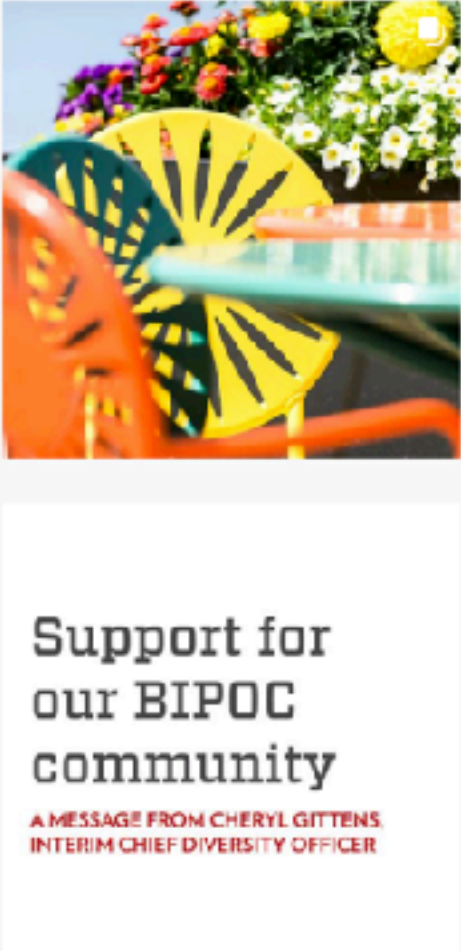
**As the Chauvin trial ends, how can we move forward?**  
A MESSAGE FROM CHANCELLOR REBECCA BLANK  
APRIL 16, 2021



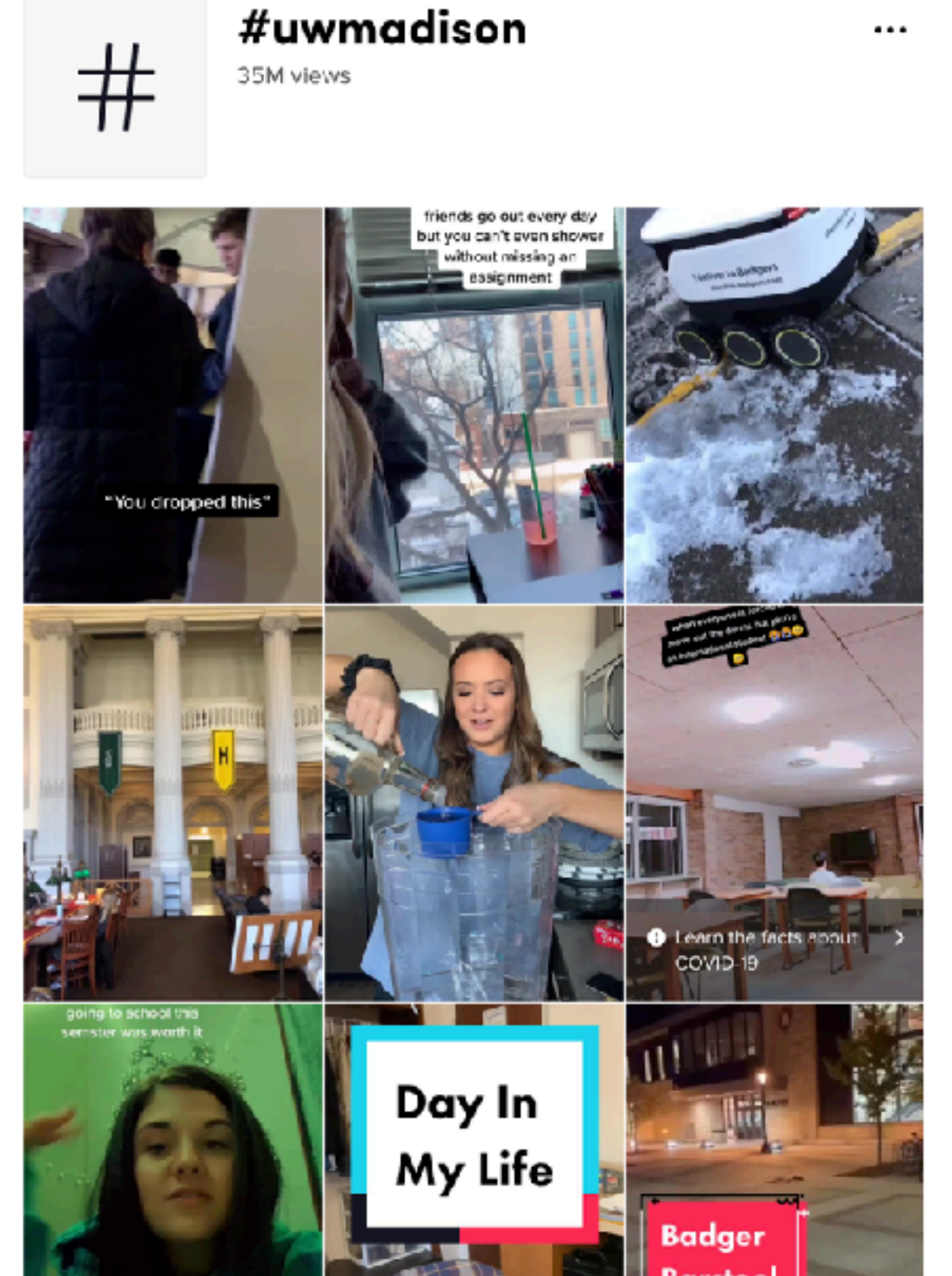
**COVID-19 WEEKLY UPDATE**  
for undergraduates  
April 29, 2021



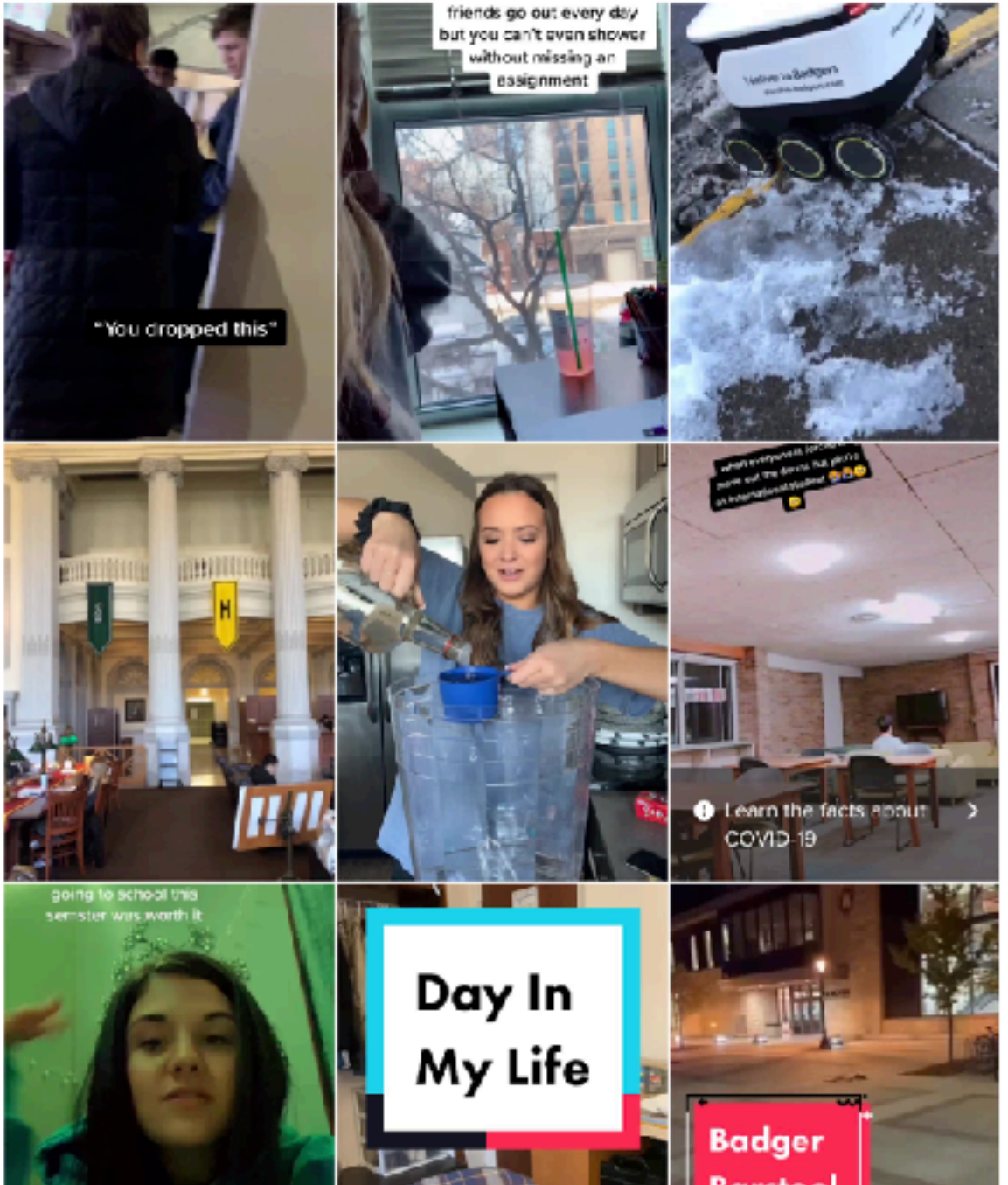
**2021 SENIOR CLASS GIFT SOCIAL JUSTICE HUB**  
Donate Now



**Support for our BIPOC community**  
A MESSAGE FROM CHERYL GITTENS  
INTERIM CHIEF DIVERSITY OFFICER



#uwmadison  
35M views



ram

# Follow, Post, Like



## Badger Support Network

Badger Support Network (BSN) empowers UW-Madison students to create an inclusive community and support each other's identity, mental well-being, and day-to-day lives through peer-facilitated groups and bi-weekly community...



## Badger Tank UW-Madison

An entrepreneurial club where students get the opportunity to collaborate and build a business plan over the course of the semester while also attending workshops with guest speakers to build onto their entrepreneurial strengths.



## Badger Twins

Badger Twins looks to connect fraternal and identical twin pairs with other twins on campus. Being a twin myself, I know how different and unusual it all is. I want the organization to allow twins to connect with others and talk through...



## Badger Yogis

Badger Yogis is an organization at UW-Madison that celebrates community within the practice of yoga. While yoga is an individual physical practice, this club unites the physical and mental aspects of practicing yoga.



## Badgerloop

Badgerloop is a student organization created to represent UW-Madison in the SpaceX Hyperloop Pod Competition. We design and build futuristic vehicle-like pods to be tested and raced at high speeds at SpaceX's headquarters in...



## Badgers & Books

This organization connects undergraduate and graduate students to young students in rural communities. Badgers will work with K-6 students to improve their reading and to create exciting new learning environments for these students.



HOME

EVENTS

ORGANIZATIONS

NEWS

FORMS



## Badger Support Network

Badger Support Network (BSN) empowers UW-Madison students to create an inclusive community and support each other's identity, mental well-being, and day-to-day lives through peer-facilitated groups and bi-weekly community events. BSN connects students from all across campus to form heterogeneous, confidential groups. We hope to make the 40,000 student campus feel a lot more like home. We have weekly peer support groups as well as community events to bring campus together.

### Contact Information

E: machoka@wisc.edu

P: 651-666-9648




<https://win.wisc.edu/organization/badgersupportnetwork>

# #11 READ THE CAMPUS NEWSPAPER

## INDIANA DAILY STUDENT

NEWS ▾ ARTS ▾ SPORTS ▾ BLACK VOICES OPINION ▾ FEATURES MARKETPLACE ▾ SUPPORT US

Join the Next Generation of Engineering Leaders  
Discover Which Civil and Environmental Engineering Master's Program is Right for You. [LEARN MORE](#)



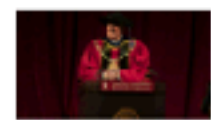
### 4 ways to destress the next couple weeks

3 minutes ago



**OPINION: The COVID-19 pandemic is ending, but the mental health issues it caused aren't**

8 minutes ago



**IU President McRobbie's State of the University address postponed to May 4**

31 minutes ago



**IU softball to take on Illinois this weekend**

3 hours ago

### IU's Muslim students begin Ramadan celebrations on campus for the first time in a decade

33 minutes ago

The Islamic holy month starts 10 to 12 days earlier each year.



### Black Voices

Black Voices: A Black IUSG president elect is a win for all underrepresented students

Black Voices: When is it time to leave America?

Black Voices: 'Letter to George Floyd,' a poem by Donyá Collins

Black Voices: Blue with Envy

### Trending

Bruce Springsteen, John Mellencamp dine at Bloomington's Uptown Cafe on Saturday

IU chapter of Acacia Fraternity placed on cease and desist

Too many voices: Fife, Hunter want to cut down the noise surrounding IU men's basketball

OPINION: The IU Foundation casts a dark shadow over campus. Reconsider how you donate.

The Badger Herald   
20.5K Tweets



Follow

The Badger Herald   
@BadgerHerald

University of Wisconsin-Madison's premier independent student news organization since 1969 tips@badgerherald.com | Facebook: @badgerherald | IG: @badgerherald

Madison, Wis [bit.ly/2XCkguv](https://bit.ly/2XCkguv) Joined April 2008

603 Following 15.4K Followers

Followed by BeforeCollegeTV, AcademicInfluence.com, and 18 others you follow

Tweets Tweets & replies Media Likes



The Badger Herald  @BadgerHerald · 4h  
Beyond Bars Scholarship Fund to aid incarcerated students



# #12 KNOW THESE ROOMMATE RULES

**RULE #1:** Roommates who want to get along will find a way to get along.

**RULE #2:** Roommates aren't required to be friends (friendship is a bonus).

**Rule #3:** Follow the uncomfortable rule. The uncomfortable rule means you and your roommate agree to share what makes you uncomfortable within 24/48 hours of the problem. You do it face-to-face; not a text, not on Instagram, not on Snapchat.

- Avoiding living with a close friend your first year
- Look into Living and Learning Communities (LLC)



# **#13 KNOW THESE RELATIONSHIP RULES**

- I. Have a life independent of your significant other**
- II. Stay on campus on the weekends (as much as possible)**
- III. DO NOT restrict your significant other or be restricted**
- IV. Meet other people and for friendships with other people**
- IV. Learn to be happy while apart and you'll be happier together**



# #14 ASK, BUDGET, WORK

- ▶ See if you can get more money
- ▶ Put together a budget (download Mint)
- ▶ Investigate jobs (might change due to COVID)
- ▶ Plan for hidden costs (food, dues, fees, travel, etc)
- ▶ Talk to juniors and seniors to find the money
- ▶ Know how much your loans will REALLY cost
- ▶ Graduate on time or early
- ▶ Go to meetings with FREE FOOD!!!




<https://money.com/college-financial-aid-appeal-for-more-money/>



# Student Loan Calculator

Use our student loan calculator to estimate your student loan.<sup>1</sup>

LOAN DETAILS	LOAN BREAKDOWN	
Loan Amount \$25,000	In-School Monthly Payment <b>\$0.00</b> 42 Months <sup>2</sup>	Post-School Monthly Payment <b>\$275.32</b> 120 Months
Loan Term 10 years	 <ul style="list-style-type: none"><li>Total Cost <b>\$33,038.96</b></li><li>Total Interest <b>\$8,038.96</b></li><li>Loan Amount <b>\$25,000.00</b></li></ul>	
Interest Rate 3.4%		
Years Remaining In School 3 years		
Monthly Payments In School \$0.00		
<b>CALCULATE</b>	For more personalized results, estimate a loan with College Ave	

<https://www.collegeavestudentloans.com/student-loan-calculator>

JULY 19, 2019 BY HARLAN COHEN

# The Benefits of Working on Campus



Want to make money, build new relationships, and create life-changing experiences in college? Work on campus. Getting a job should be required to graduate. College jobs help you discover what you love, and more importantly, what you don't love. They give you real world experience you can't get inside the classroom. Oh, and you can make money too. Lots of it. I asked students (past and present) to share their best college jobs.

Here are some of the highlights to help you pinpoint the best job for you.

## Work-Study Jobs

Federal work-study provides part-time jobs for students with financial need. These jobs can be more flexible and have student friendly hours. If you're eligible (see your financial aid award letter), you'll need to apply for these jobs. Work-study jobs can have you working in academic offices related to your major, hosting campus tours, working the info desk, serving in the cafeteria, life guarding in the rec center, or doing

<https://www.collegeavestudentloans.com/blog/the-benefits-of-working-on-campus/>

# #15 HAVE RULES FOR GOING OUT

Rules will help you make safe choices and set boundaries. People who don't respect your rules are not people you need in your life. If you want to avoid parties, schedule jobs, activities, and obligations that will give you a place to go at night.



## —————→ **Going out**

Everyone who comes together leaves together

## —————→ **Hooking up**

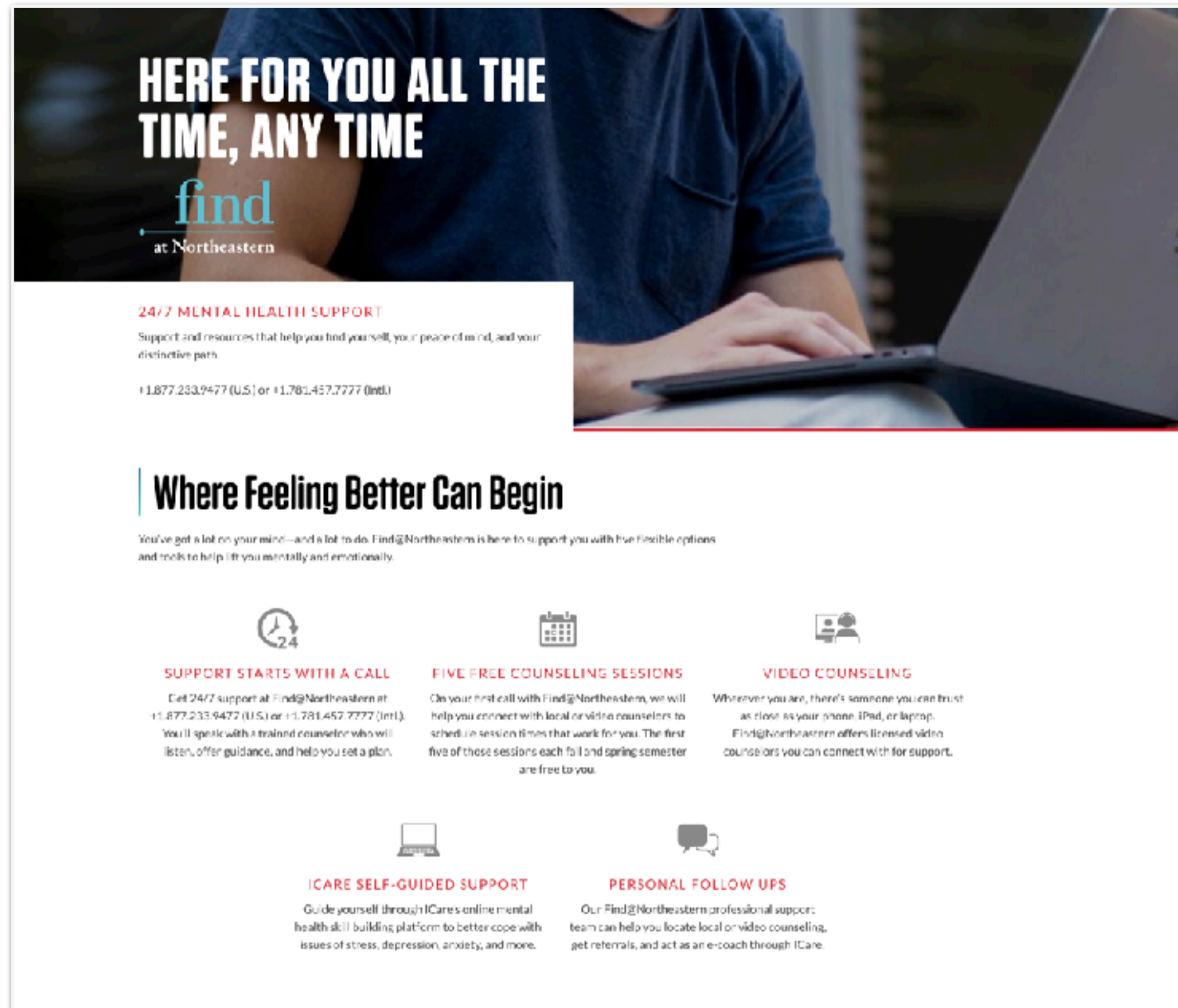
While totally sober or not at all

## —————→ **Staying safe**

No walking home alone at night. EVER.  
Follow campus guidelines

# #16 FIND A THERAPIST & ACADEMIC SUPPORT

Find a therapist, doctor, or specialist before you need help...



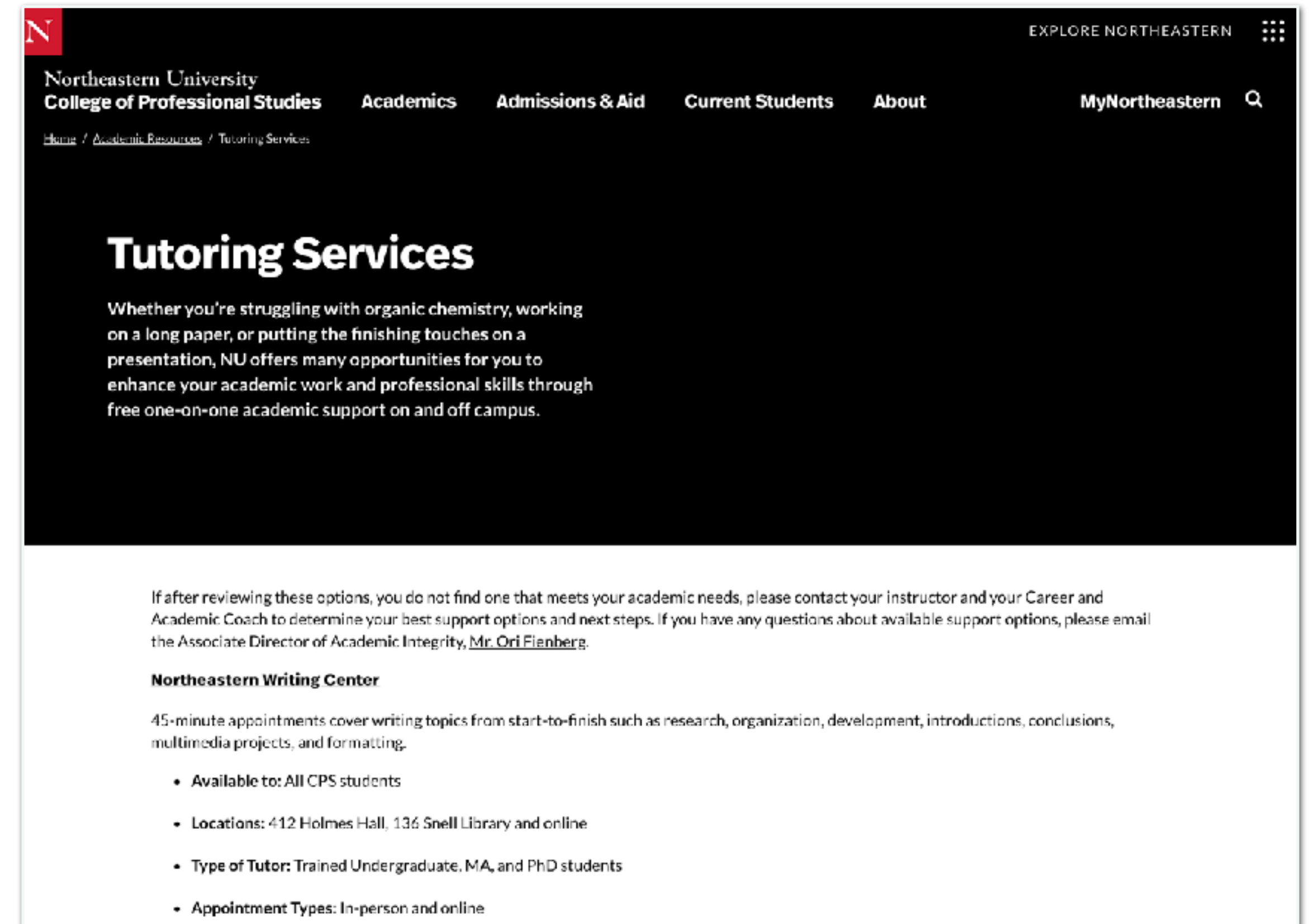
**HERE FOR YOU ALL THE TIME, ANY TIME**  
**find**  
at Northeastern

**24/7 MENTAL HEALTH SUPPORT**  
Support and resources that help you find yourself, your peace of mind, and your distinctive path.  
+1.877.233.9477 (U.S.) or +1.781.457.7777 (Int'l.)

**Where Feeling Better Can Begin**  
You've got a lot on your mind—and a lot to do. Find@Northeastern is here to support you with five flexible options and tools to help lift you mentally and emotionally.

- SUPPORT STARTS WITH A CALL**  
Get 24/7 support at Find@Northeastern at +1.877.233.9477 (U.S.) or +1.781.457.7777 (Int'l.). You'll speak with a trained counselor who will listen, offer guidance, and help you set a plan.
- FIVE FREE COUNSELING SESSIONS**  
On your first call with Find@Northeastern, we will help you connect with local or video counselors to schedule session times that work for you. The first five of these sessions each fall and spring semester are free to you.
- VIDEO COUNSELING**  
Wherever you are, there's someone you can trust as close as your phone, iPad, or laptop. Find@Northeastern offers licensed video counselors you can connect with for support.
- ICARE SELF-GUIDED SUPPORT**  
Guide yourself through ICare's online mental health skill building platform to better cope with issues of stress, depression, anxiety, and more.
- PERSONAL FOLLOW UPS**  
Our Find@Northeastern professional support team can help you locate local or video counseling, get referrals, and act as an e-coach through ICare.

Identify academic campus support resources...



Northeastern University  
College of Professional Studies | Academics | Admissions & Aid | Current Students | About | MyNortheastern

Home / Academic Resources / Tutoring Services

## Tutoring Services

Whether you're struggling with organic chemistry, working on a long paper, or putting the finishing touches on a presentation, NU offers many opportunities for you to enhance your academic work and professional skills through free one-on-one academic support on and off campus.

If after reviewing these options, you do not find one that meets your academic needs, please contact your instructor and your Career and Academic Coach to determine your best support options and next steps. If you have any questions about available support options, please email the Associate Director of Academic Integrity, [Mr. Ori Flenberg](#).

**Northeastern Writing Center**

45-minute appointments cover writing topics from start-to-finish such as research, organization, development, introductions, conclusions, multimedia projects, and formatting.

- Available to: All CPS students
- Locations: 412 Holmes Hall, 136 Snell Library and online
- Type of Tutor: Trained Undergraduate, MA, and PhD students
- Appointment Types: In-person and online

**#17 TELL YOUR STORY AS IF IT HAS  
ALREADY HAPPENED...**



**It's May 2022,  
Here's what happened this year in college...**



# Tell Your Story As If...

It's May 1, 2022 and I had the most incredible year! 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.





Relax.

Have fun.

Enjoy every minute.

Your job is simple:

Be your personal best,

Meet lots of people,

Make new friends,

Make smart decisions,

Possibly find a career,

Possibly find love,

And take risk after risk after risk so that you can figure out what you love and what you don't love. Expect that all the risks you take will not always go as planned. Many will, but not all. When a risk doesn't go as planned, don't go on the attack, don't give up and hide—look inward, look outward, and move forward. Find your people. Find your places. Be patient. Do this and you'll leave college with more than a degree. You'll leave knowing what it takes for you to be happy. And really, what more could you possibly want out of your life in college?

# **17 THINGS YOU NEED TO DO BEFORE GOING TO COLLEGE...**

**1. WANT SOMETHING**

**2. EXPECT THE UNEXPECTED**

**3. GET COMFORTABLE WITH THE UNCOMFORTABLE**

**4. EMBRACE THE UNIVERSAL REJECTION TRUTH**

**5. FIND YOUR THREE PLACES**

**6. FIND YOUR FIVE PEOPLE**

**7. BE PATIENT**

**8. TALK TO YOUR PARENTS**

**9. CHECK YOUR EMAIL**

**10. FOLLOW, LIKE, POST**

**11. READ THE CAMPUS NEWSPAPER**

**12. KNOW THESE ROOMMATE RULES**

**13. KNOW THESE RELATIONSHIP RULES**

**14. ASK, BUDGET, WORK**

**15. HAVE RULES FOR GOING OUT**

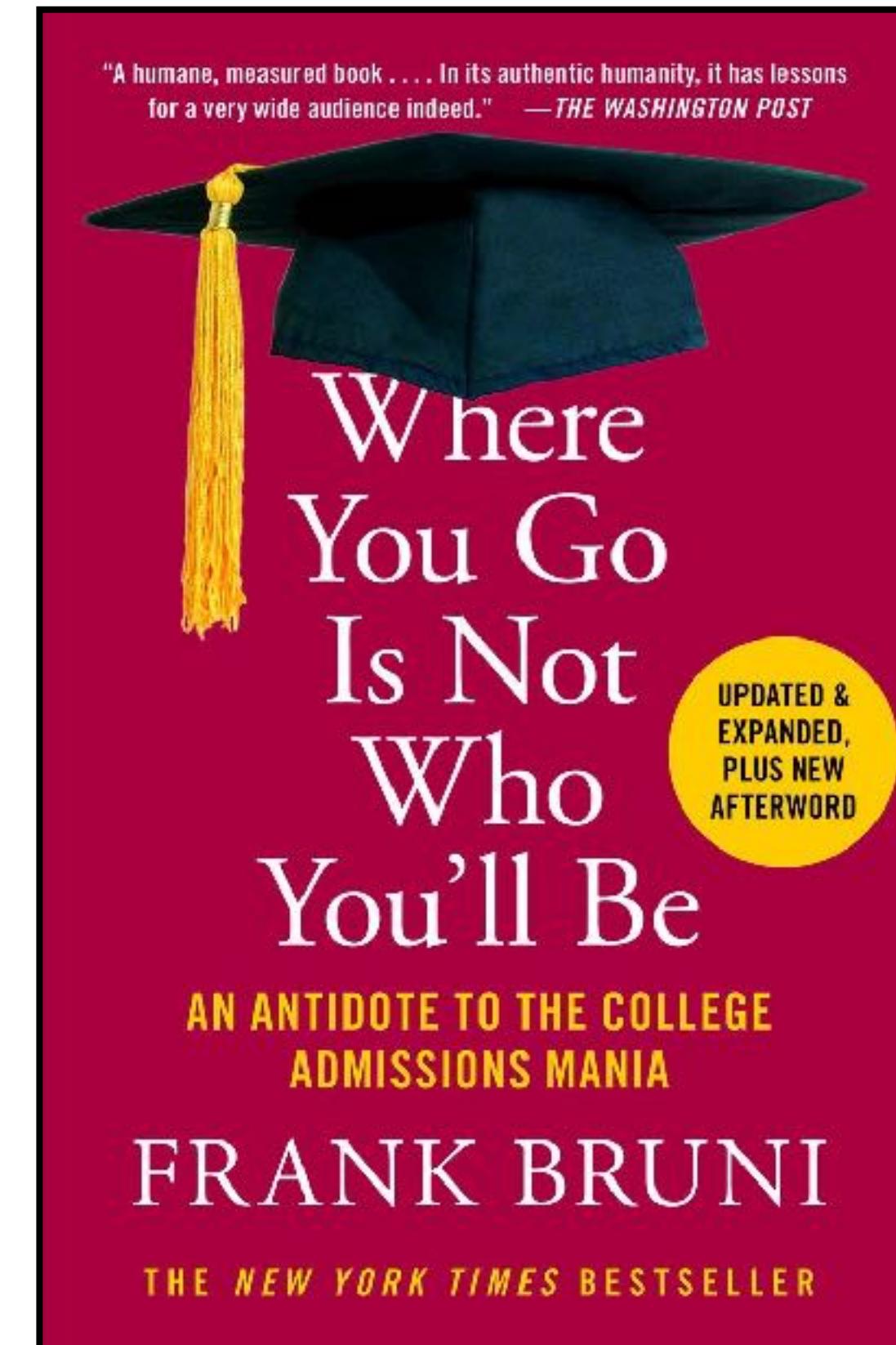
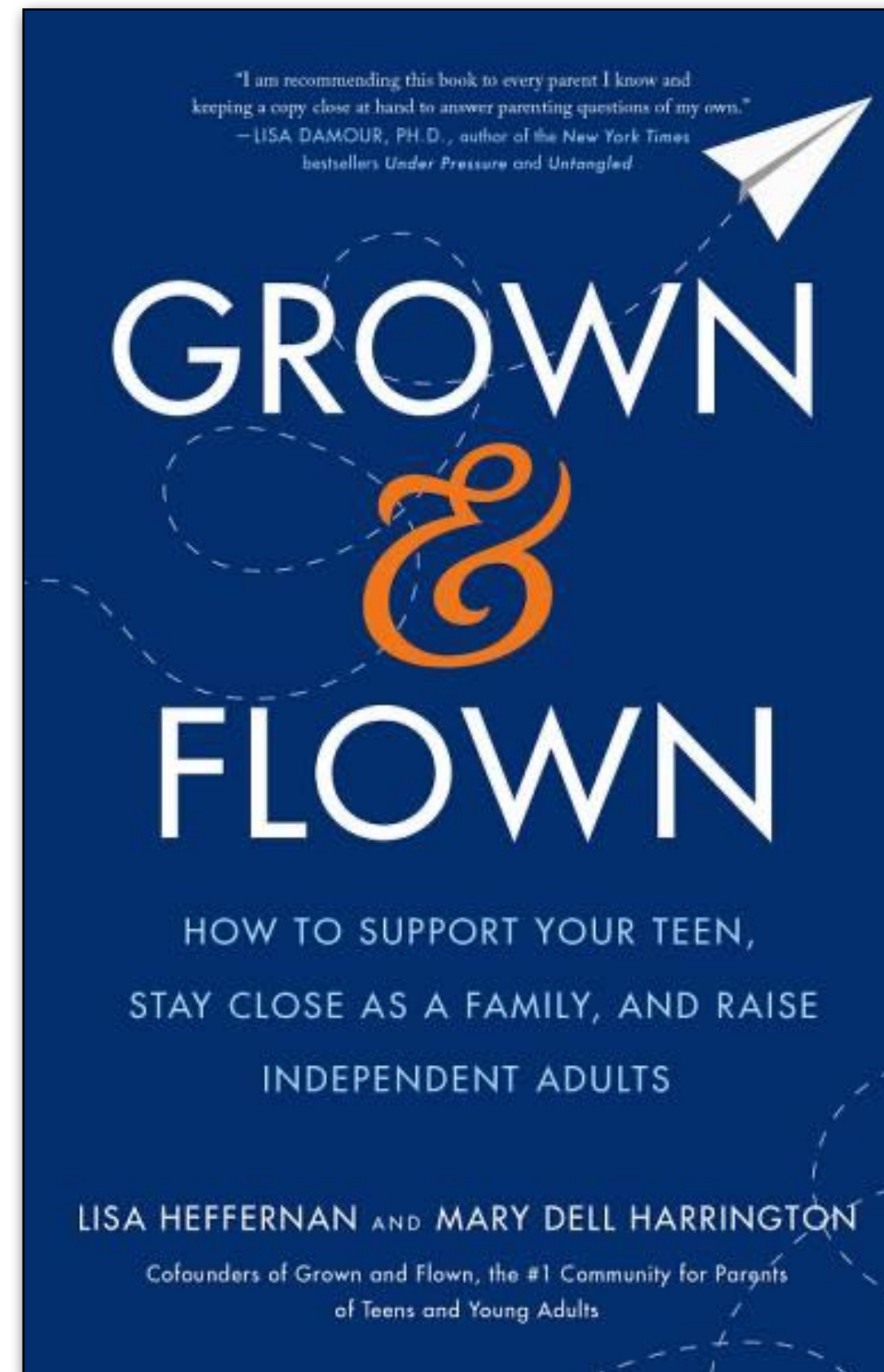
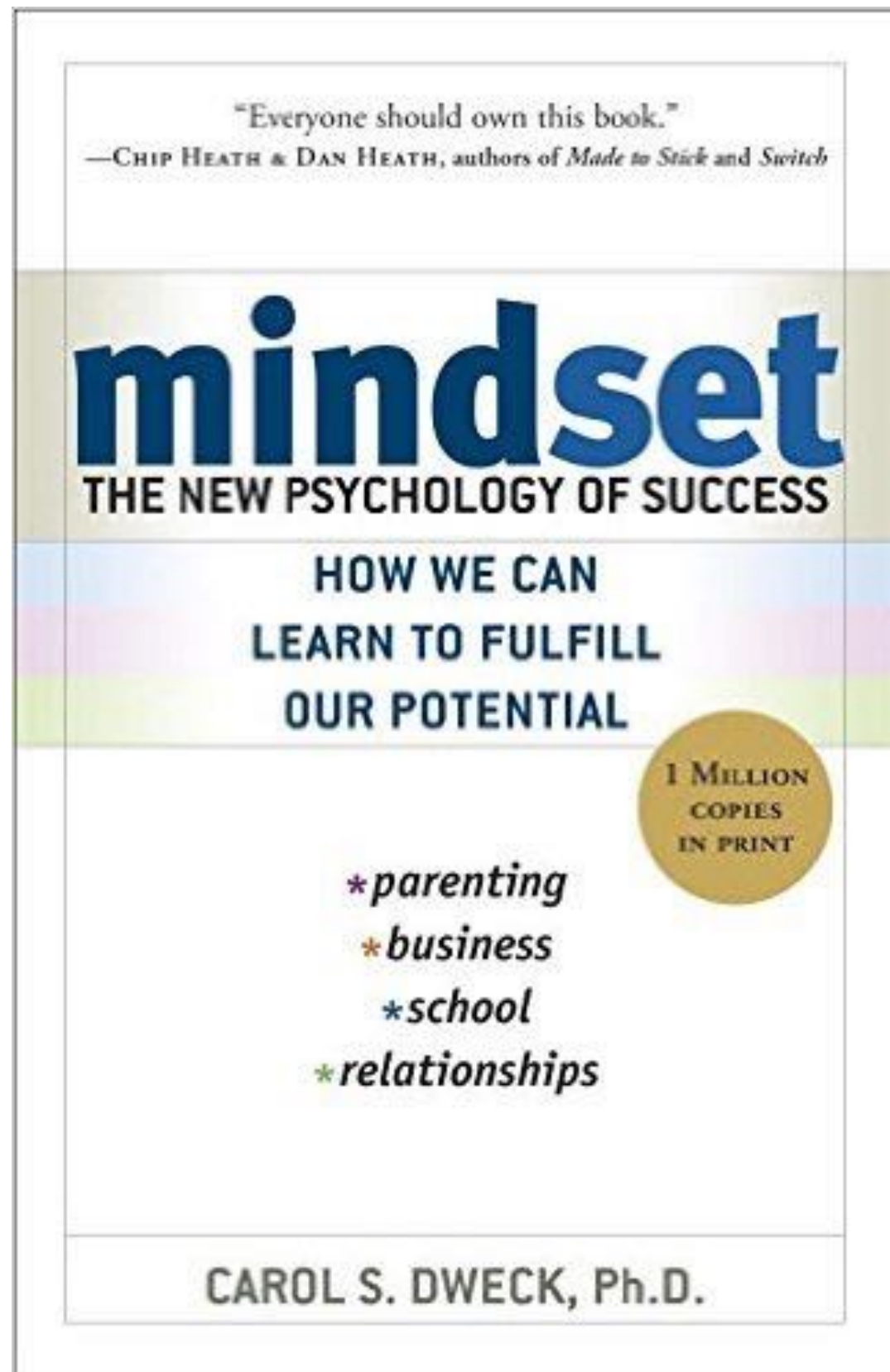
**16. FIND A THERAPIST & ACADEMIC SUPPORT**

**17. TELL YOUR STORY AS IF...**





# BOOKS TO CHECK OUT...



# NATIONAL EVENT

**HARLAN COHEN PRESENTS**



## **17 THINGS YOU NEED TO DO BEFORE GOING TO COLLEGE**



**A LIVE EVENT  
BASED ON THE NEW YORK TIMES #1 BESTSELLING  
BOOK ON COLLEGE LIFE**

Brought to you by:  
**College AVE**  
STUDENT LOANS

Register for the National Event  
April 27, 2021

<https://harlancohen.com/register/>

Harlan Cohen's  
17 Things You Need to Do...



# \$5,000 Scholarship

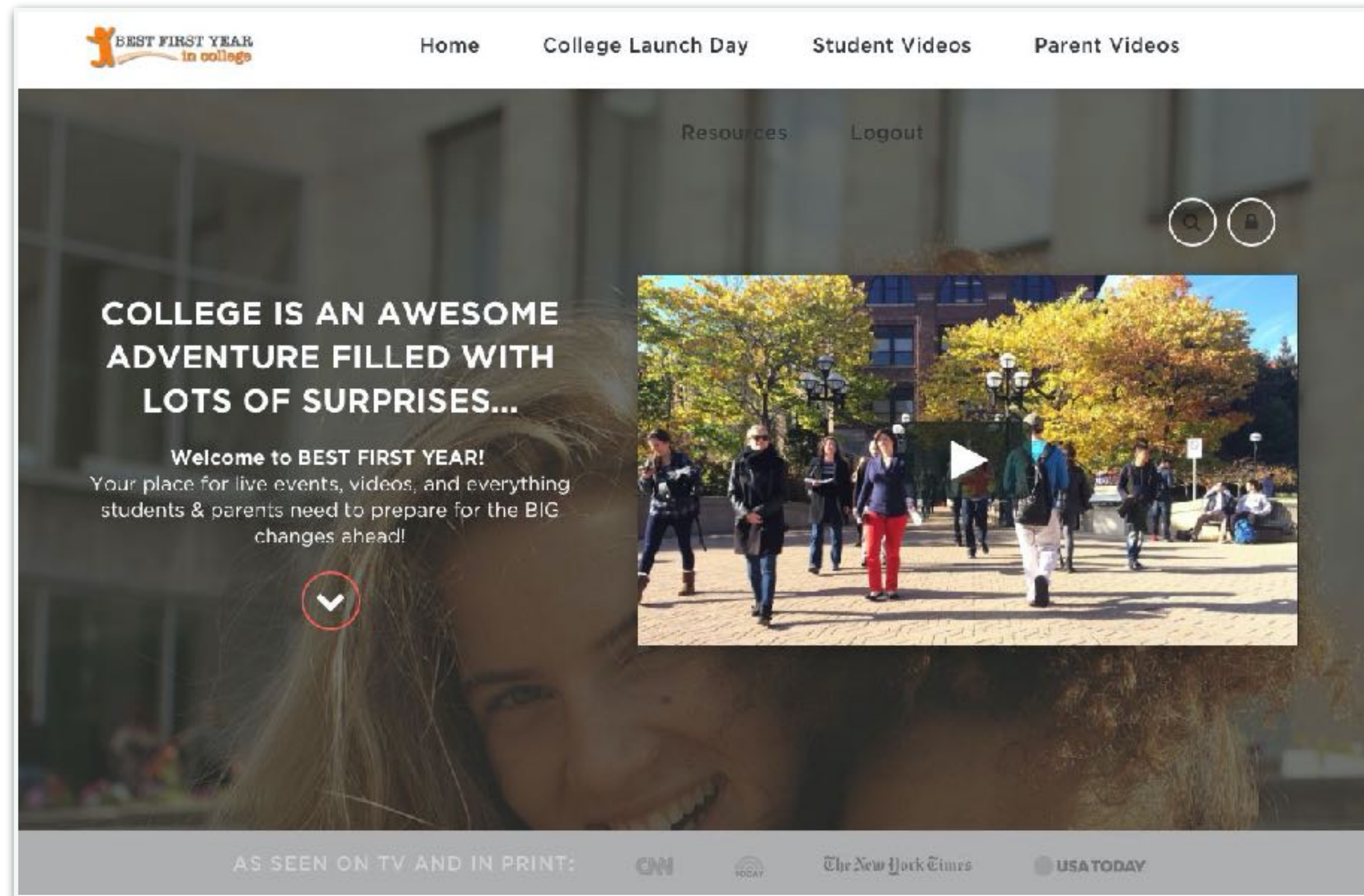
A screenshot of the College AVE website. The top navigation bar includes the College AVE logo, menu items for "STUDENT LOANS", "REFINANCE", "RESOURCES", and "CALCULATORS", and buttons for "FIND MY APPLICATION", "PAY MY LOAN", and "APPLY". The main content area features a large illustration of a man with glasses holding a magnifying glass, a stack of books, a lantern, and a piggy bank. The text on the page reads: "17 Things You Need to Do Before College", "Prepare, plan, and navigate all the big changes ahead.", "Join New York Times bestselling author Harlan Cohen with this info-packed interactive live virtual event. Harlan will deliver tips and strategies that are foundational for college success. Learn about the latest research, trends, and plans college campuses are making to welcome the class of 2025.", and "REGISTER FOR WEBINAR → April 27th at 8 pm ET".

Win a \$5,000 Scholarship for College!

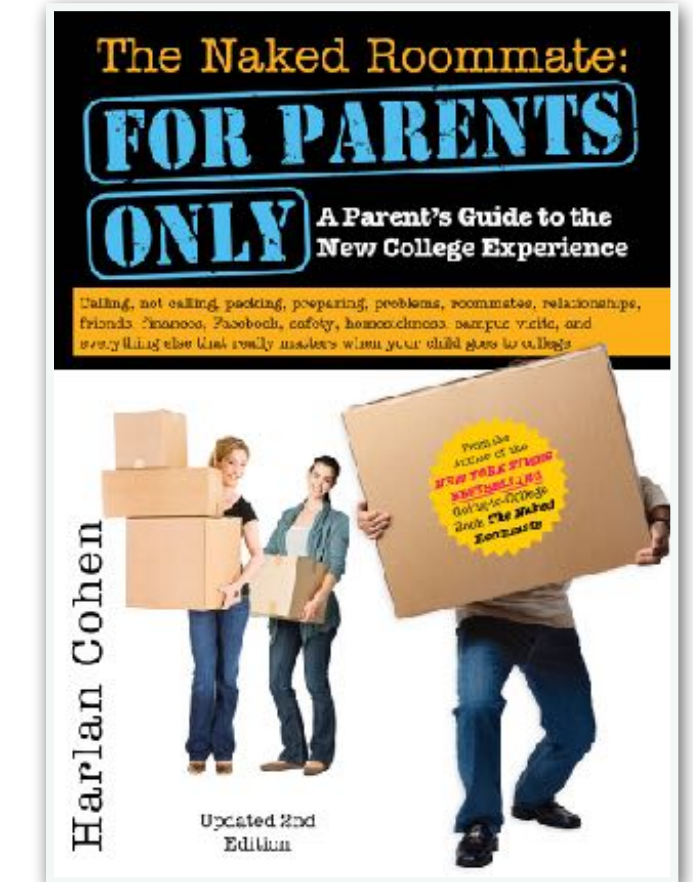
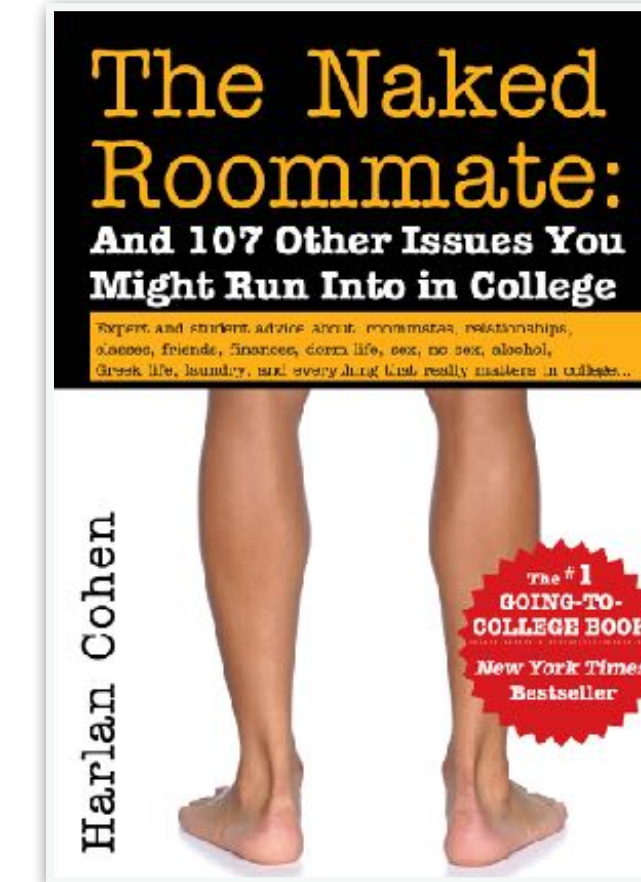
At College Ave, we know paying for college can be stressful. That's why we're giving away a \$5,000 scholarship<sup>1</sup>. Enter below.

<https://collegeave.site/5000-scholarship>

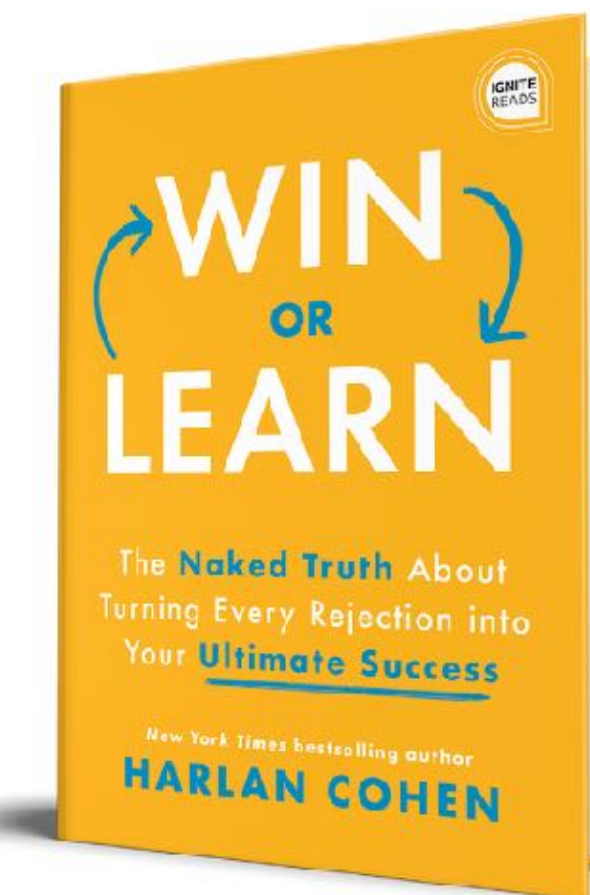
# ADDITIONAL RESOURCES



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



**New Book!**



# BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION

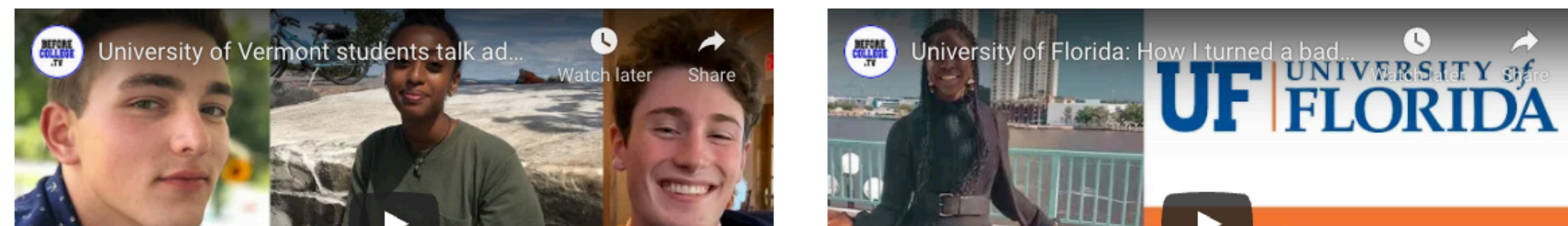


> [Click here for links to stories mentioned](#)

## One of Your People Project

Real advice from real students and recent grads living your dream

Watch LIVE Interviews on [Facebook](#). Subscribe to Before College TV on [YouTube](#).



SO TO WATCH:



Yale University

# www.BeforeCollege.TV

# HARLAN COHEN

[www.HarlanCohen.com](http://www.HarlanCohen.com) | Text: 321-345-9070

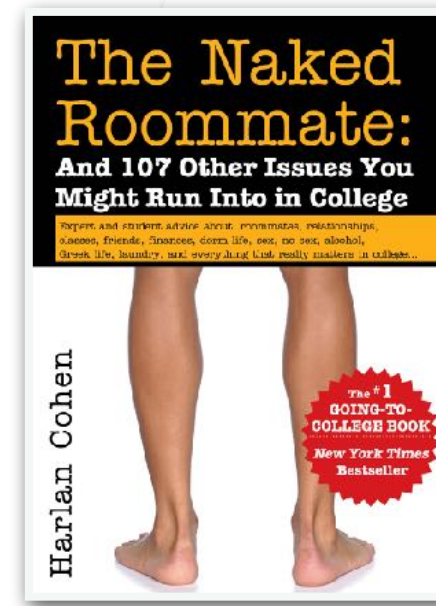


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