

**HARLAN COHEN PRESENTS**



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

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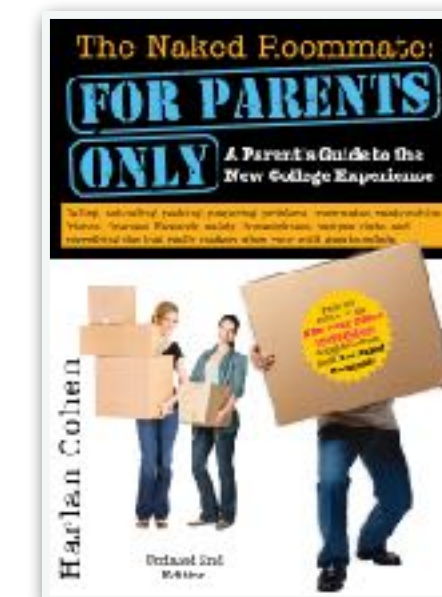
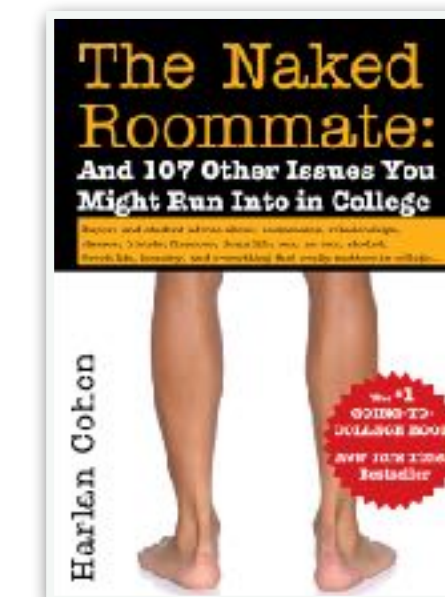
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Harlan Cohen's  
17 Things You Need to Do...



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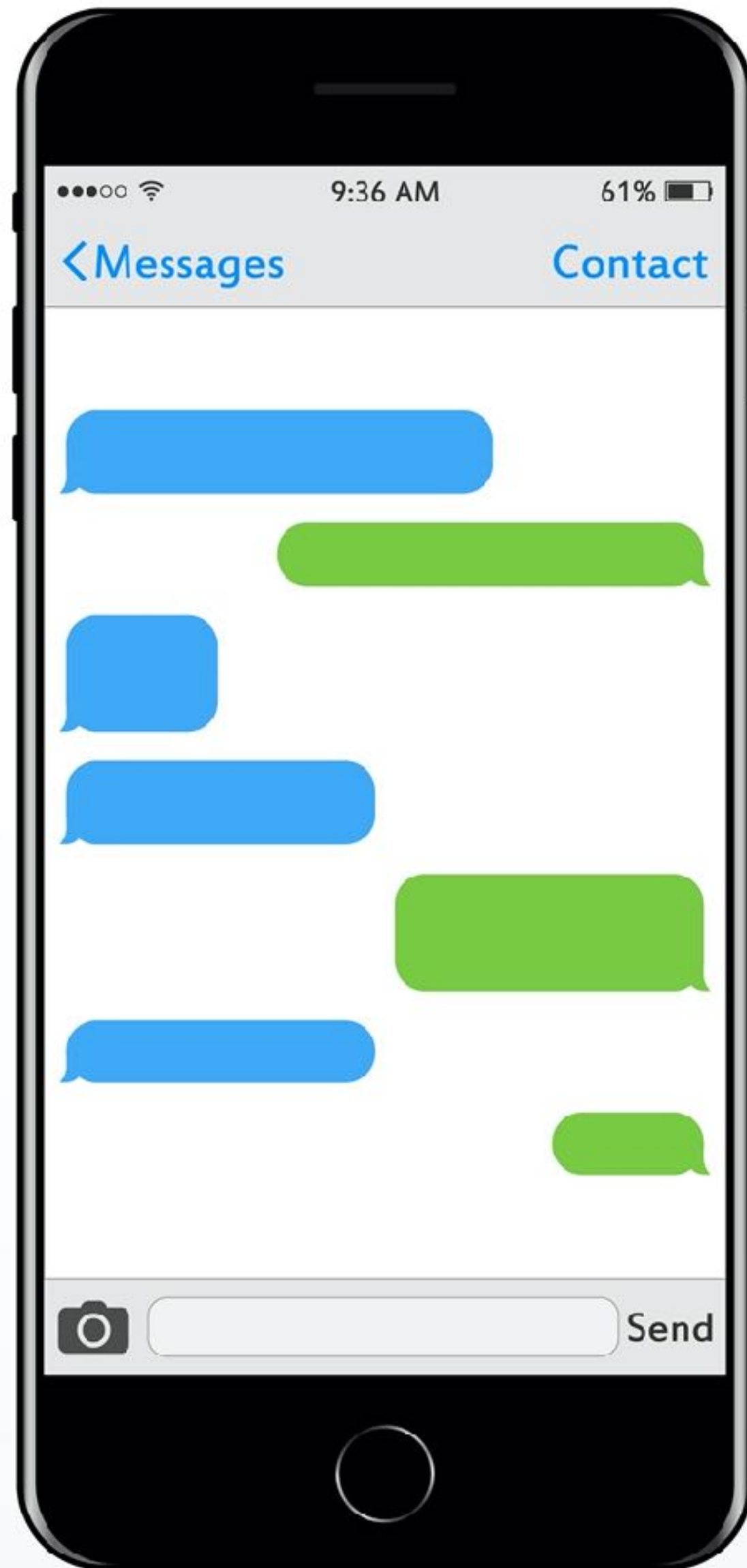
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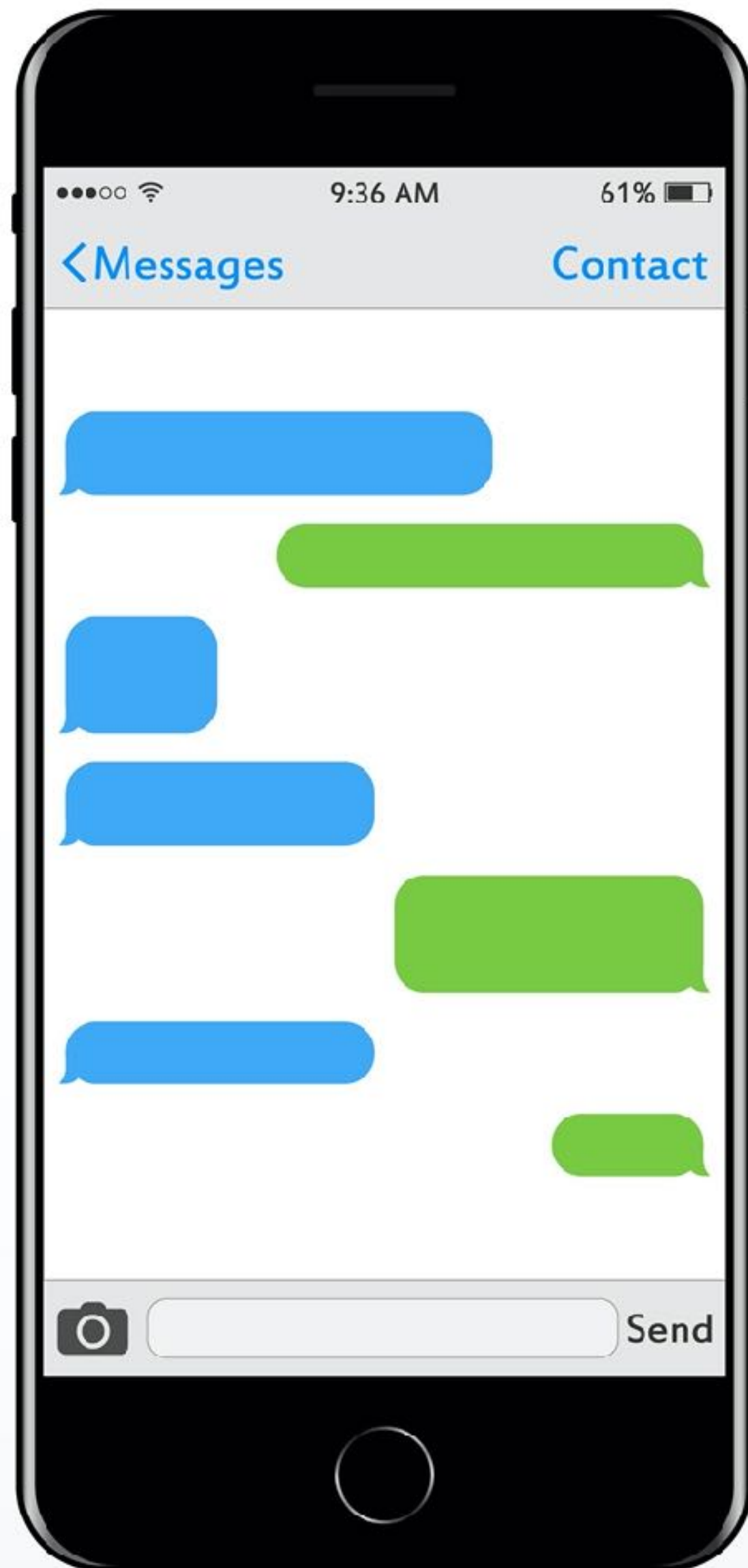


On a scale 1-10  
**How are you today?**

---

**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

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# 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 <sup>a</sup>
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.



# THE LATEST...



## 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.*

### THE CHRONICLE OF HIGHER EDUCATION

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#### POSTS FROM LIVE CORONAVIRUS UPDATES

#### Anti-Vaccine Group Takes Aim at Princeton's Covid-19 Vaccination Requirement

By Megan Zahneis | April 23, 2021

The university is the second to receive a formal challenge to its vaccination policy from the Informed Consent Action Network.



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

By Andy Thomason | April 23, 2021

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

#### Anti-Vaccine Group Challenges Rutgers U.'s Covid-19 Vaccination Requirement

By Megan Zahneis | April 22, 2021

In what appears to be the first formal challenge to a college requiring Covid-19 vaccinations for its students, Informed Consent Action Network has sent a letter to Rutgers University asking it to rescind its mandate.

# THE LATEST...

News & Views Job Search Events Reports & Data

Coronavirus **Live Updates** - 4 hours 2 min ago  
Consolidation Plans in Pennsylvania Students Want Online Education

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#News #Coronavirus

Print

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

By IHE Staff // April 27, 2021



### Colleges in Northeastern Iowa Won't Require Vaccines

**April 27, 6:19 a.m.** Colleges in northeastern Iowa do not plan to require their students to be vaccinated against COVID-19, *The Telegraph Herald* reported.

Loras College president Jim Collins said the college is encouraging students to get the vaccines. "If you do mandate, then you also risk the potential for lawsuits," he said.

"That is a personal health decision," said Kathy Nacos-Burds, vice president of learning and student success at Northeast Iowa Community College. "Our role in our college is to educate people and get them to the best resources."

— Scott Jaschik



### Maryland Requires Vaccines for All, Michigan for Students Who Live on Campus

**April 26, 6:11 a.m.** The University System of Maryland will **require** all students, faculty members and other employees to get vaccinated against COVID-19 by the fall.

"I'm convinced that the risk of doing too little to contain COVID on campus this fall is far greater than the risk of doing too much," said Jay A. Perman, chancellor of the 12-campus system.

The University of Michigan will require **vaccines for students** who plan to live on campus in the fall.

— Scott Jaschik

### U of California and Cal State Systems to Require Vaccines for All

**April 23, 6:20 a.m.** The **University of California** and **California State University** systems are planning to require all students, faculty members and other employees to be vaccinated against COVID-19 by the fall.

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### TRENDING STORIES

County College of Morris fires unionized faculty members

Linfield Cuts Off Mass Faculty Emails Amid Controversy

An anthropological mystery involving Penn and Princeton is a scandal, too

A new model of American research is required today (opinion)

More high school students are failing courses, creating problems for colleges (opinion)

**\$82 MILLION INVESTMENT IN BRAIN POWER**



# 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**

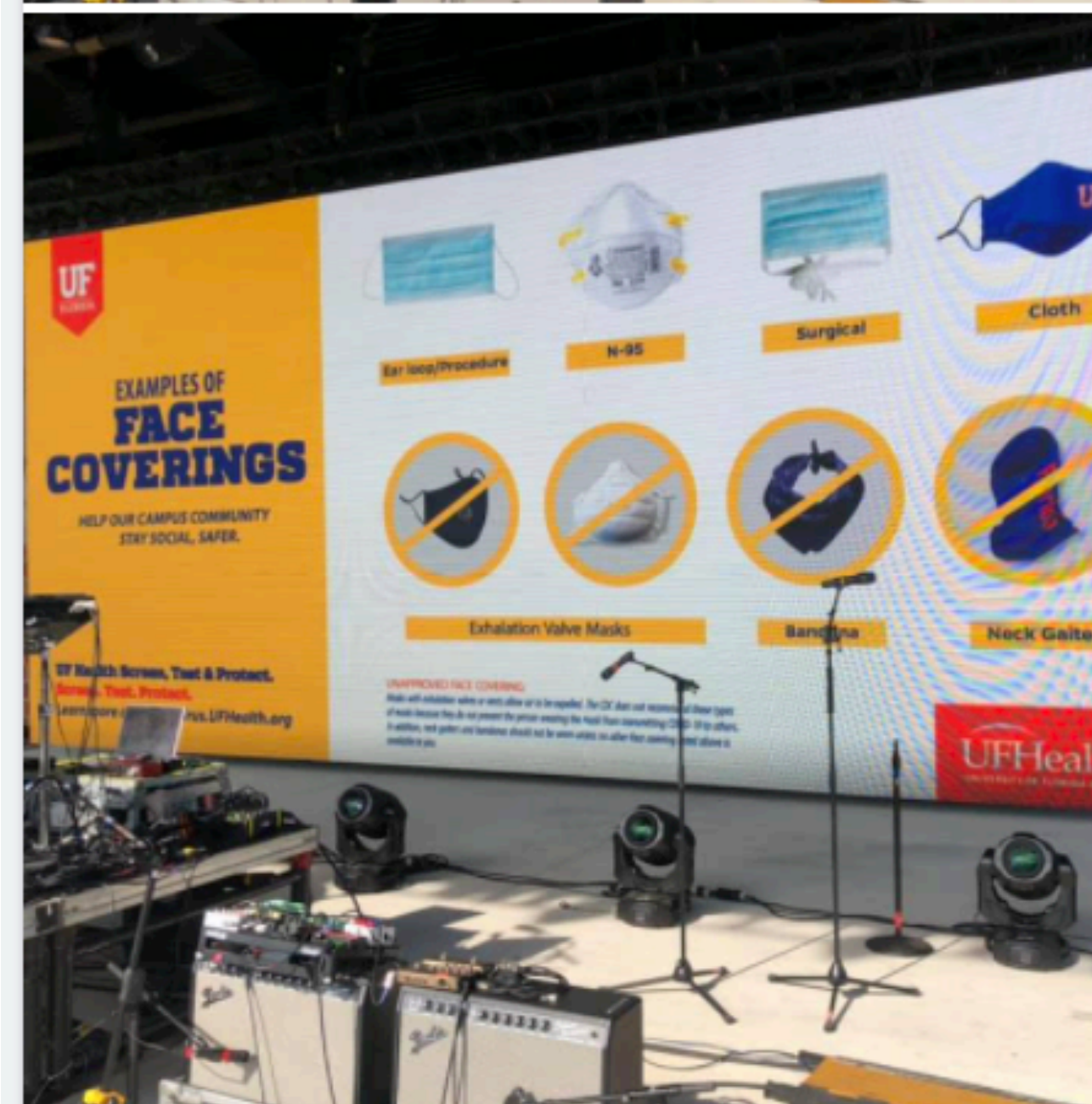
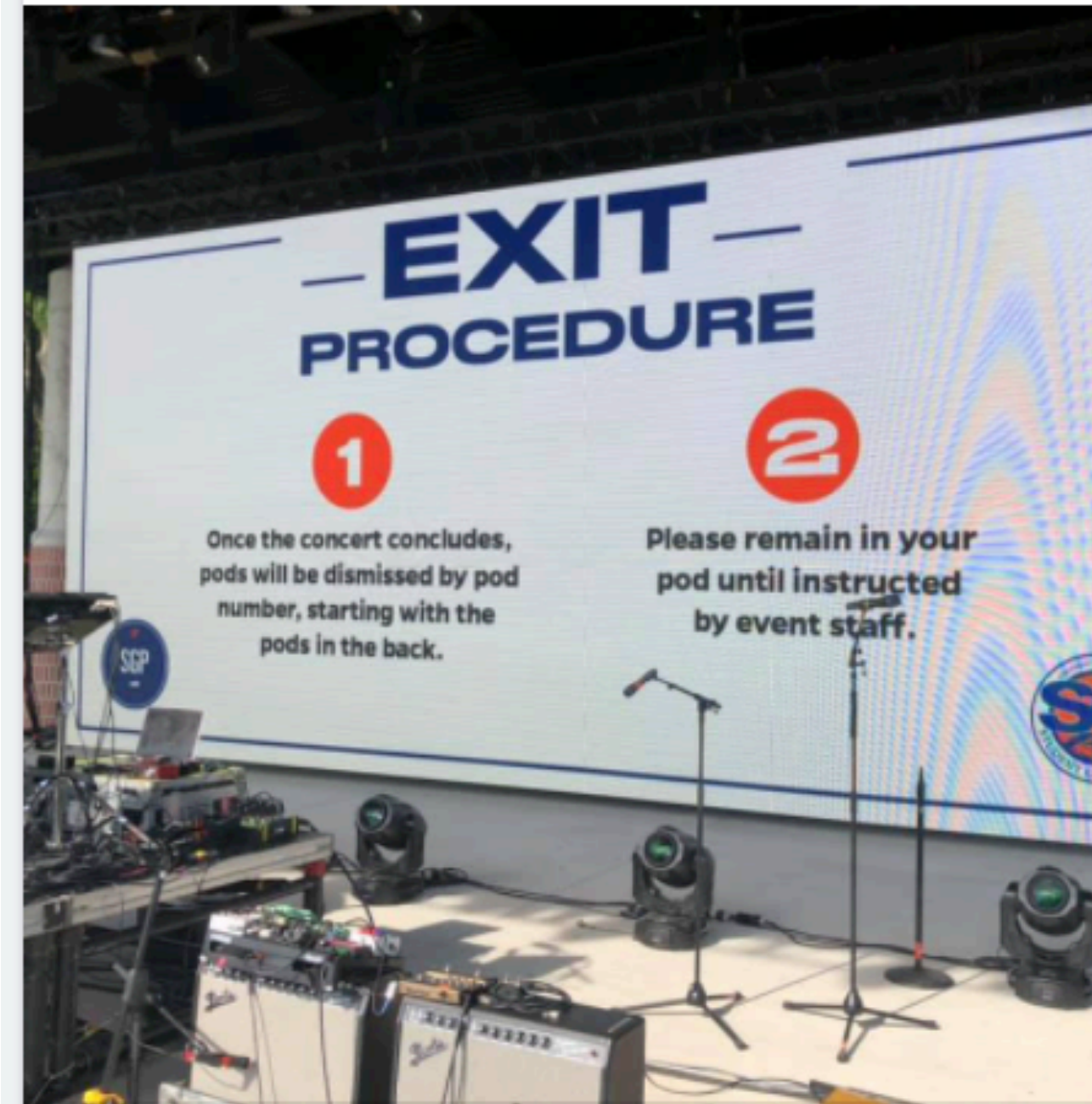
How did their pod system work? And did you find it to be beneficial to bringing back live events?

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

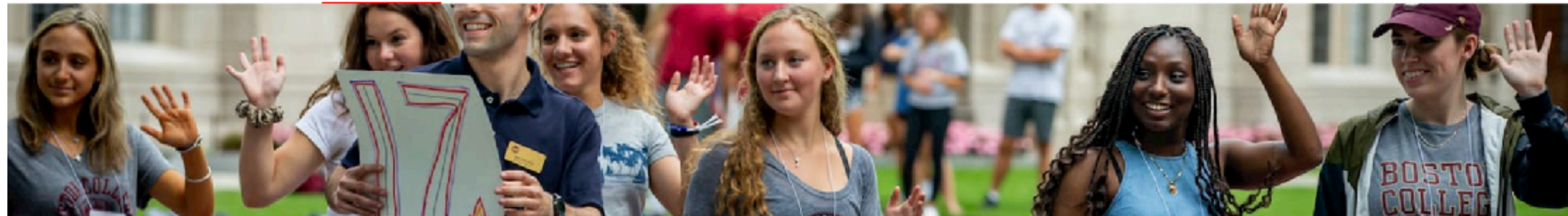
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Orientation 2021

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

<https://www.bc.edu/bc-web/offices/mission-ministry/sites/fye/orientation.html>



# 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...

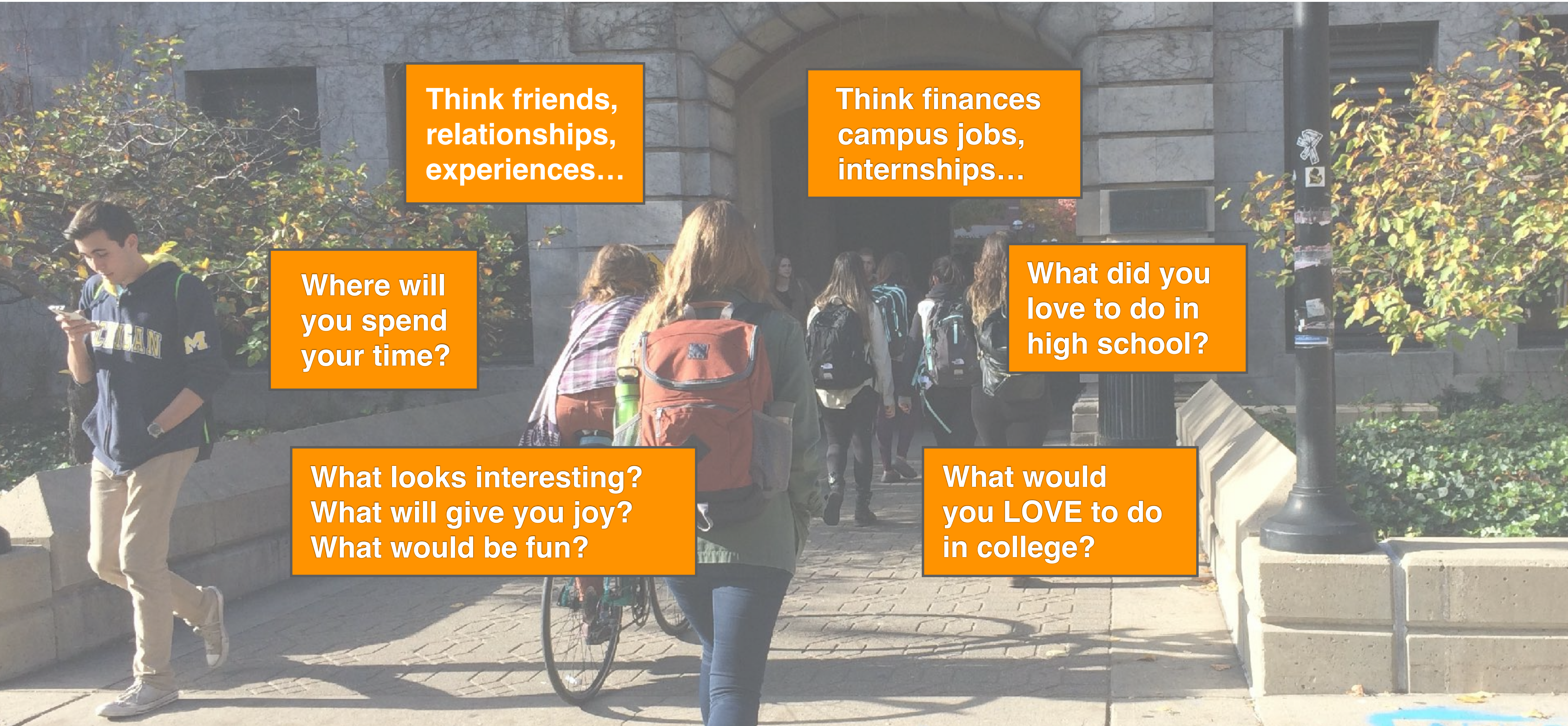
Think finances  
campus jobs,  
internships...

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*





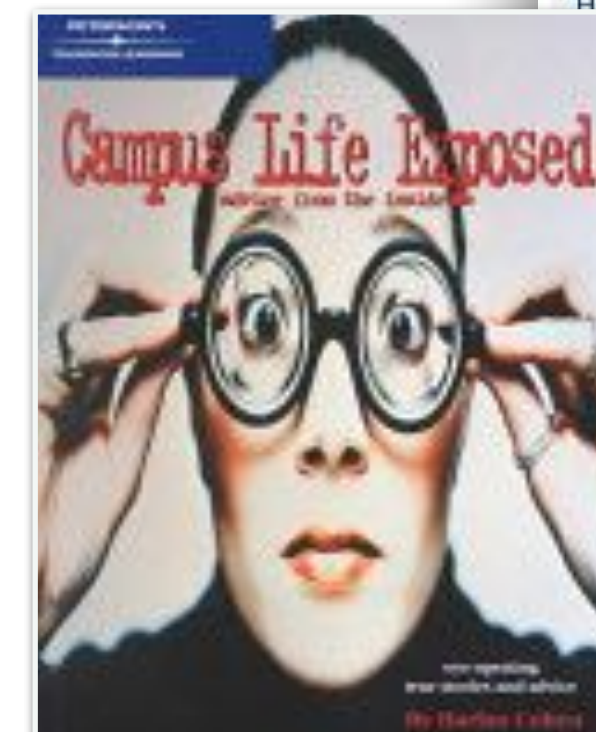
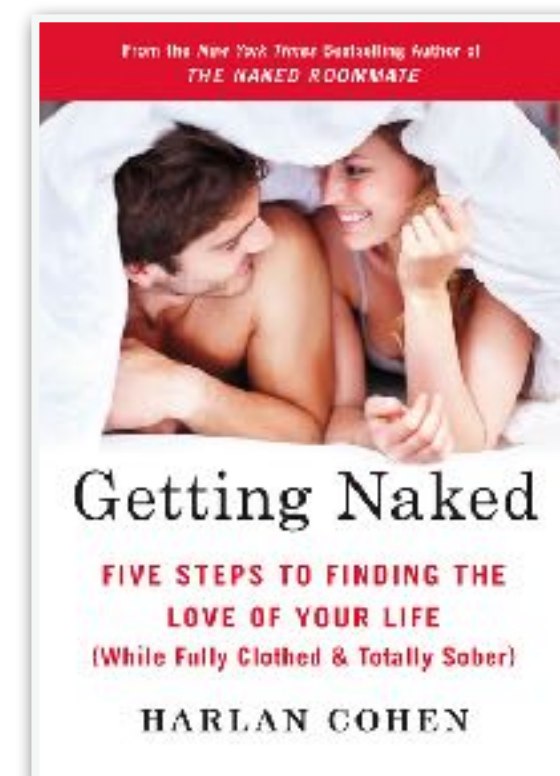
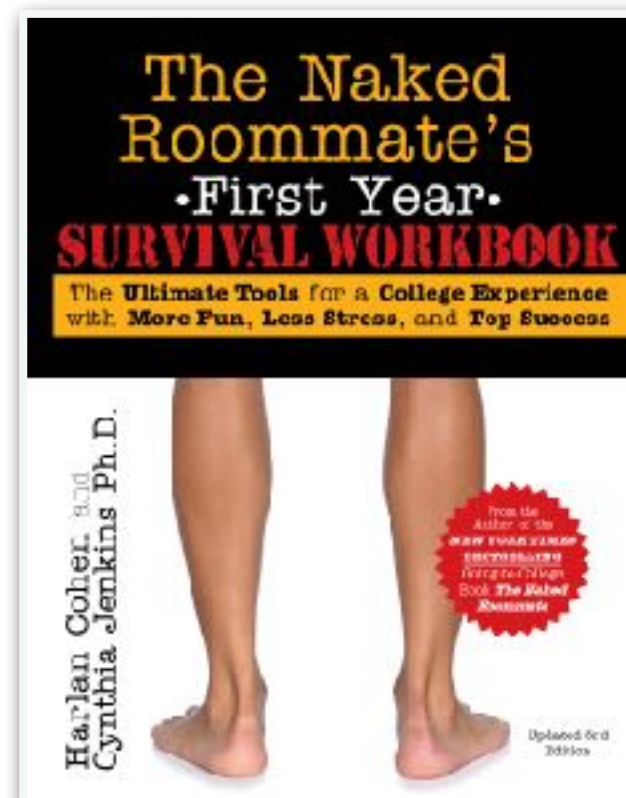
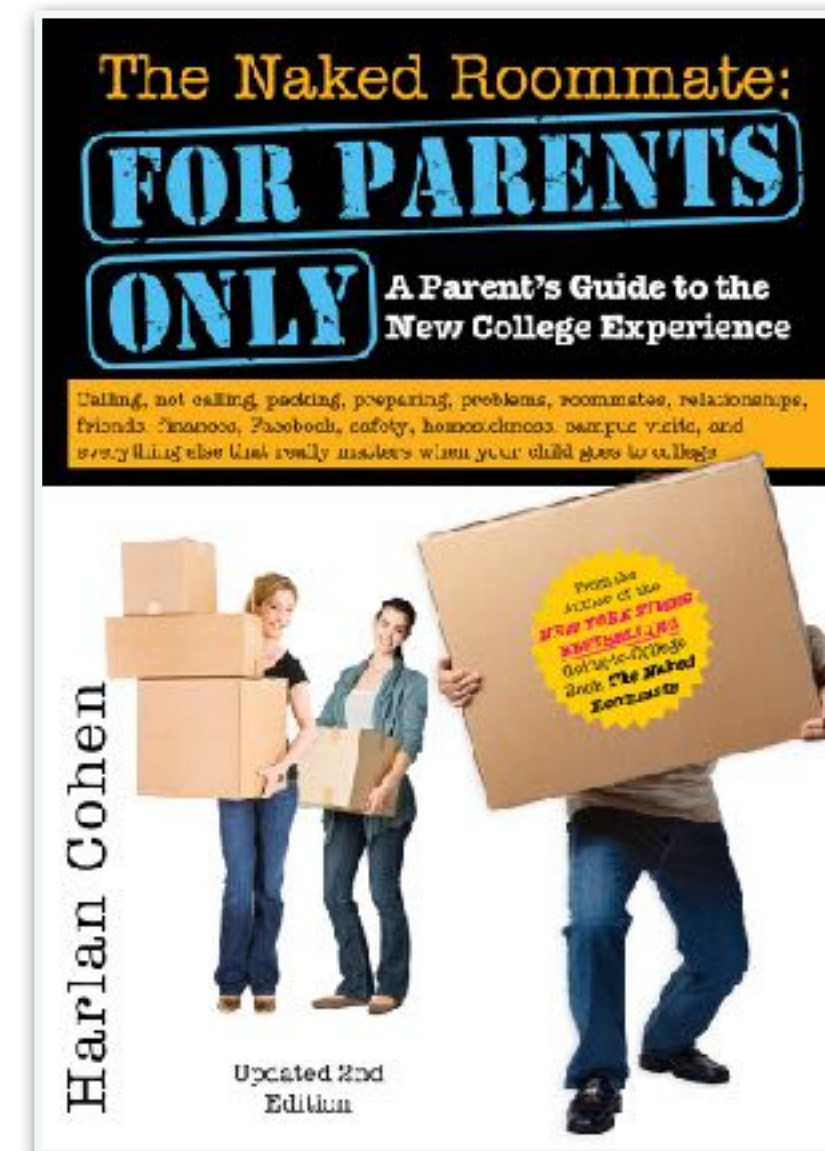
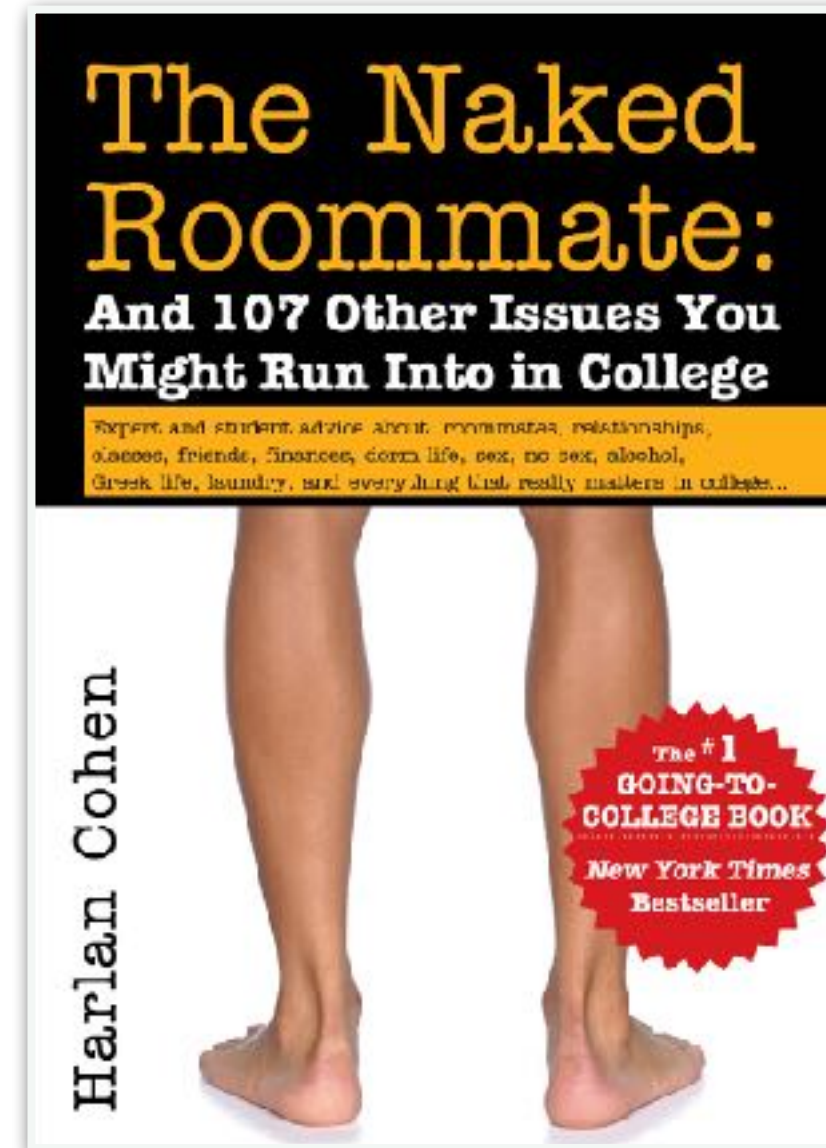
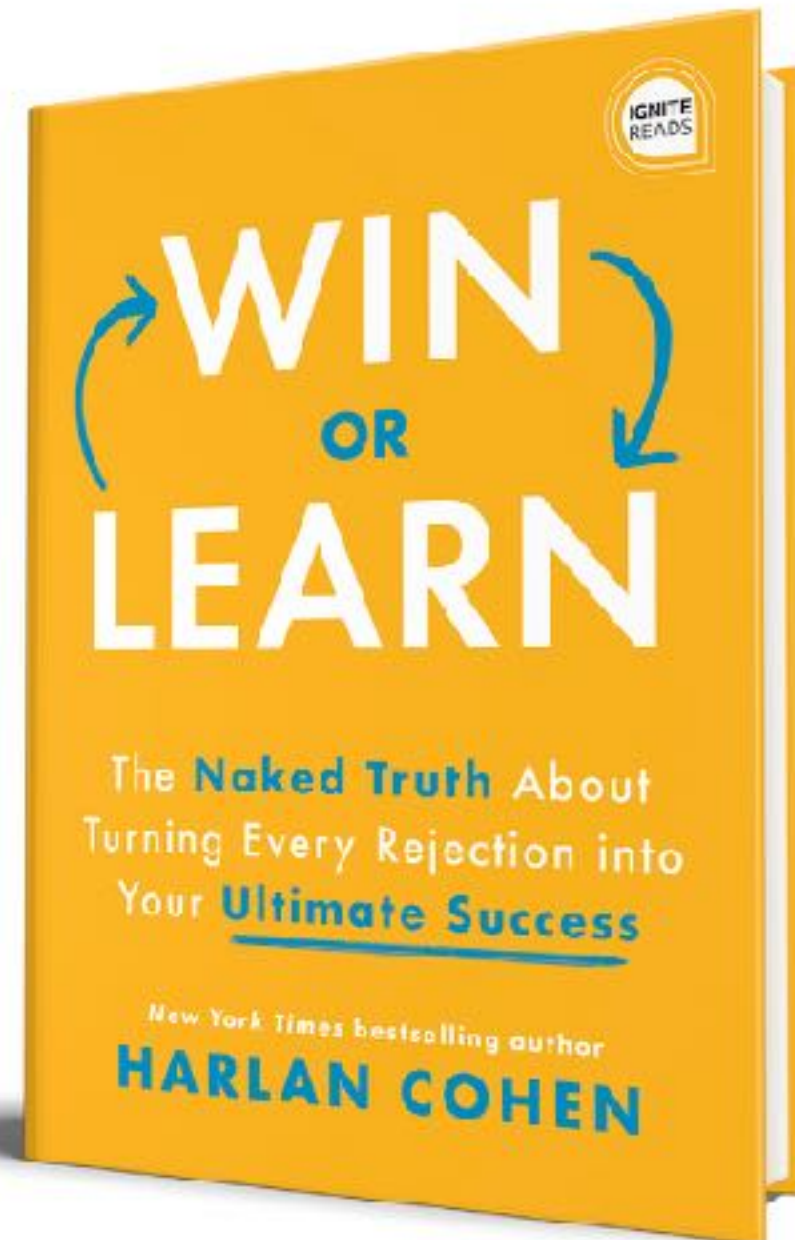
# #2 EXPECT THE UNEXPECTED



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>	<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>	<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>	<a href="#">Buy</a>

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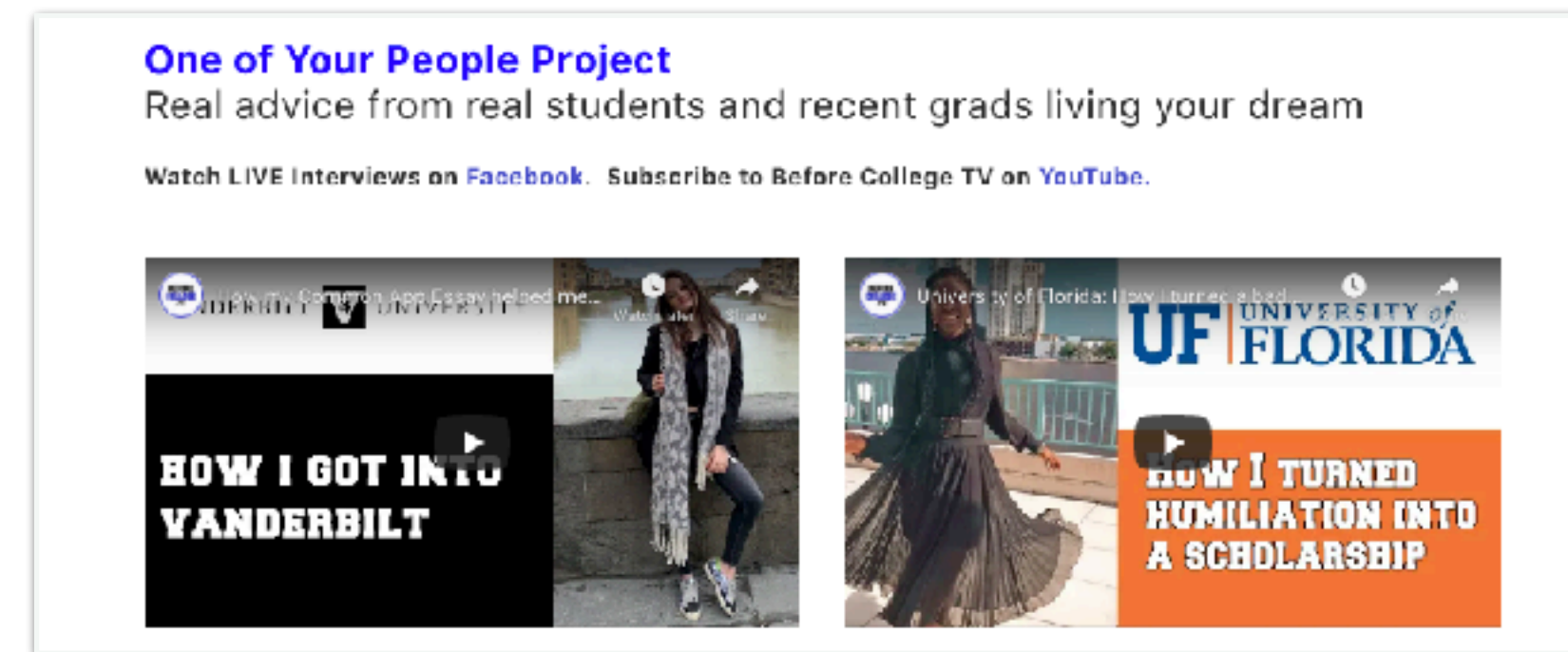
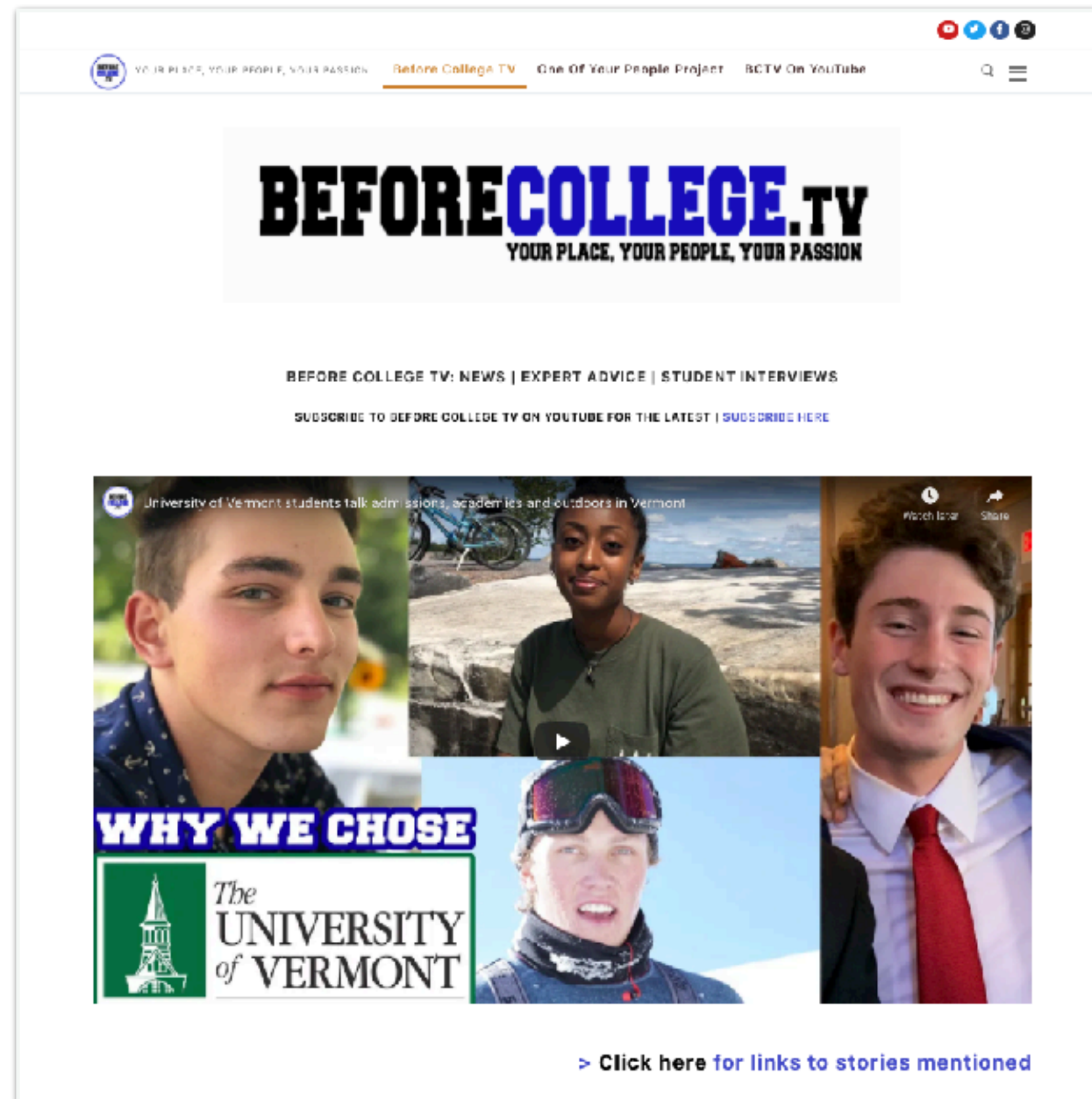


# I Speak to Help...



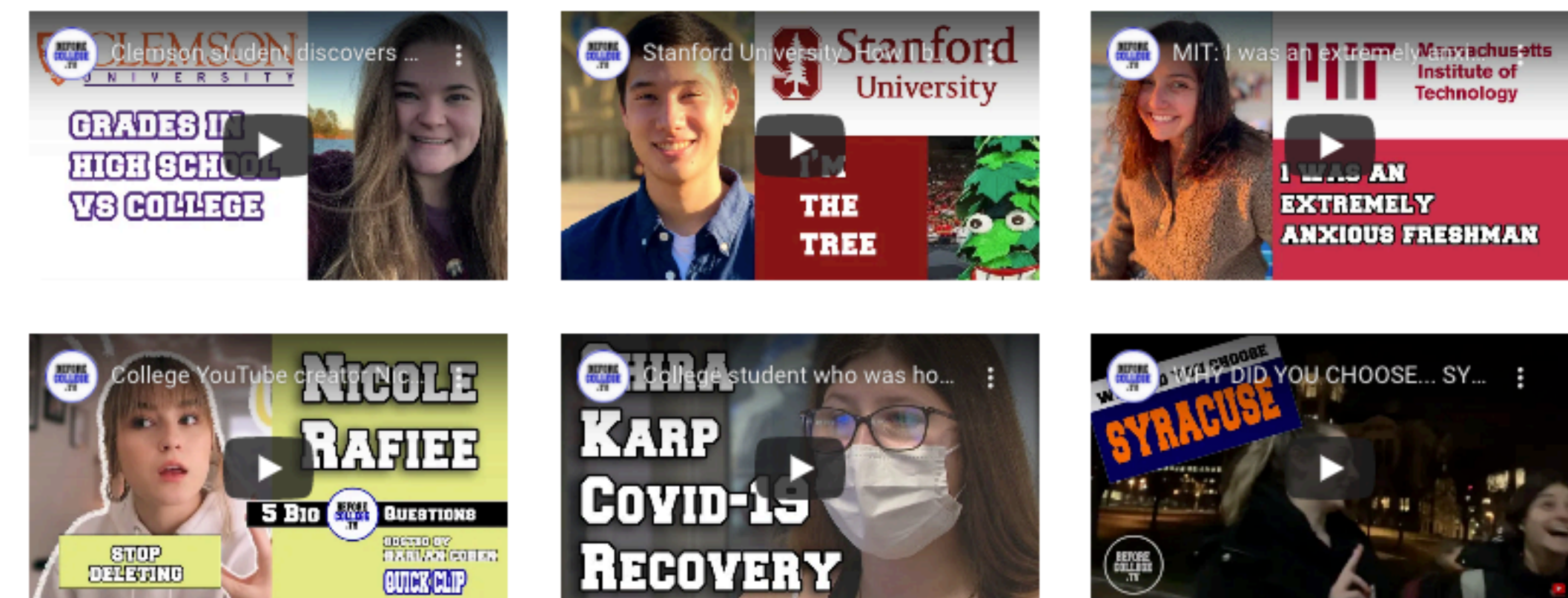


# I Share Videos of Students & Experts to Help...



## BeforeCollegeTV on YouTube

Subscribe to get the latest content





# 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**

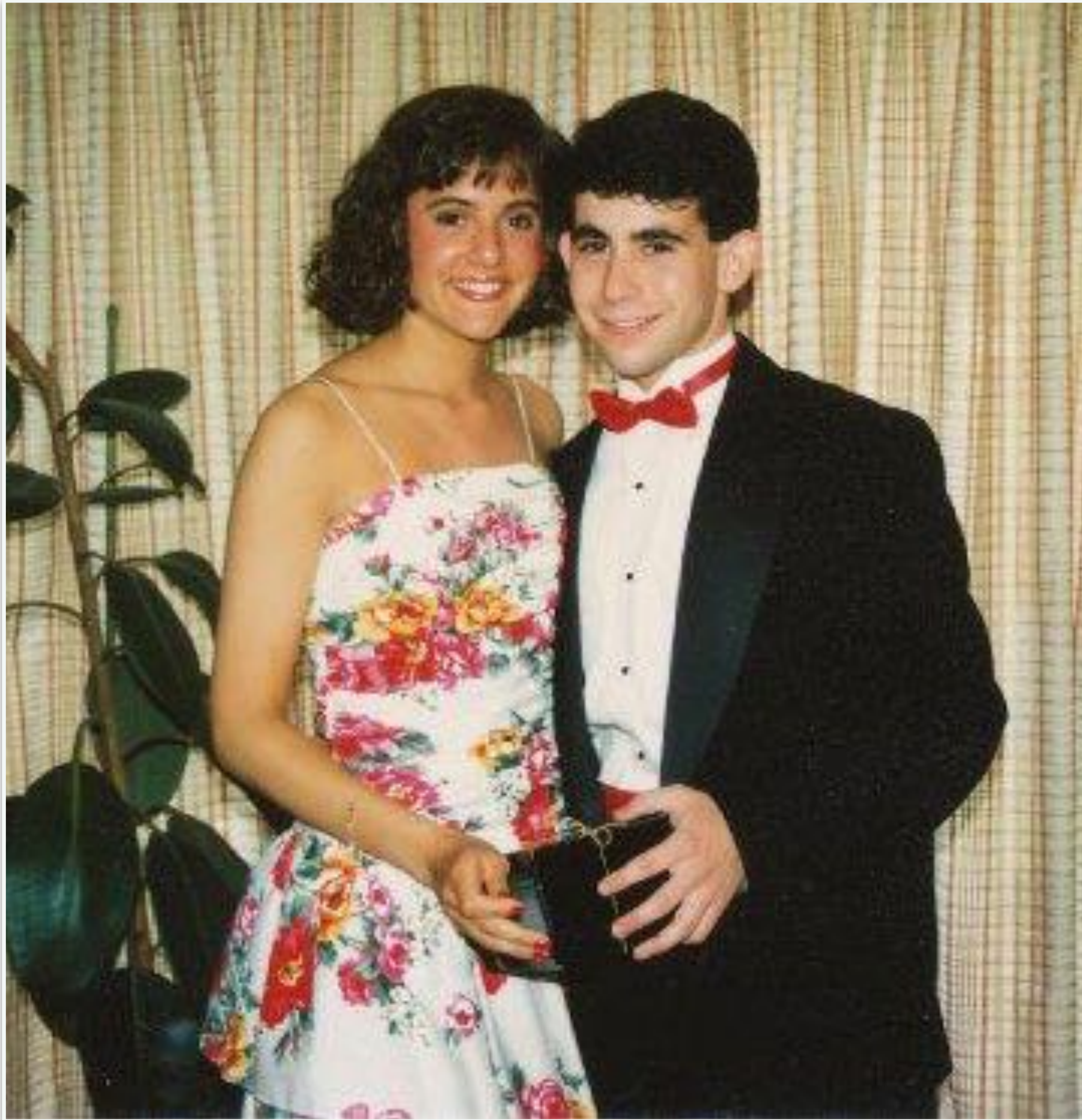


**X Didn't get into a fraternity**





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



**shot the LDR puppy**





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

MyUW ▼

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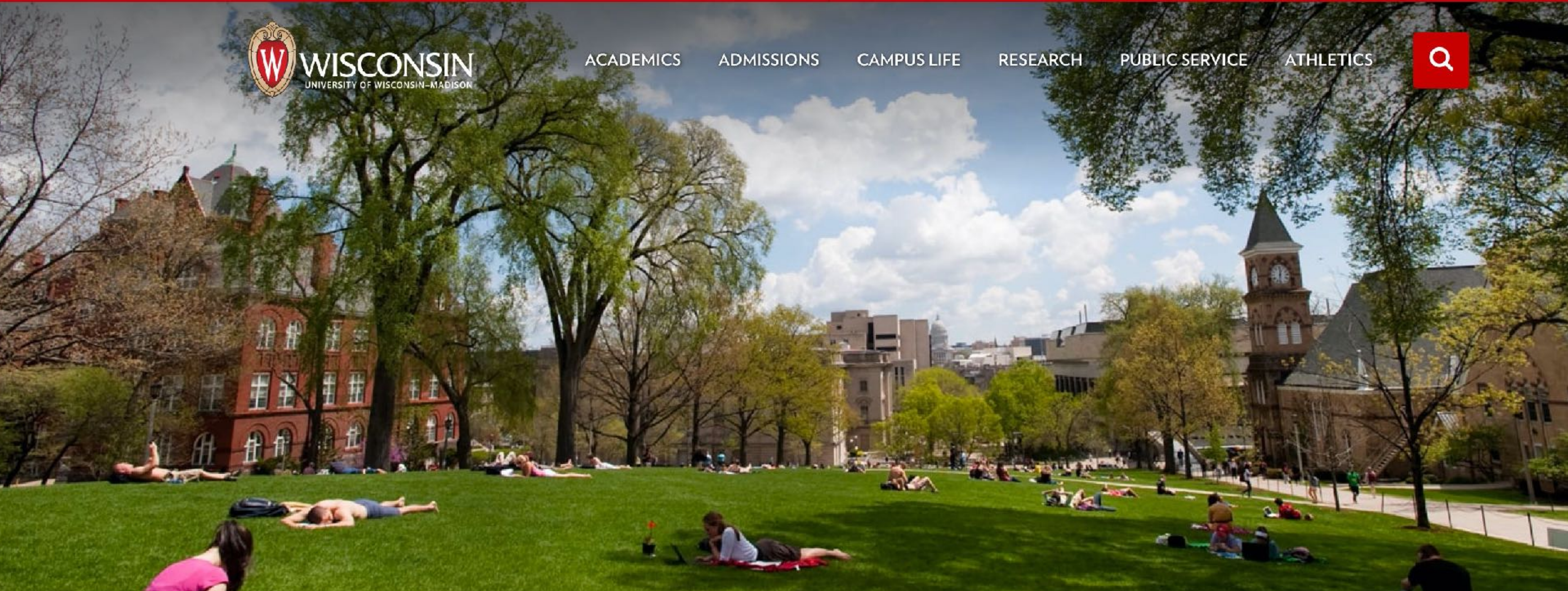
ADMISSIONS

CAMPUS LIFE

RESEARCH

PUBLIC SERVICE

ATHLETICS







# IT CAN STORM IN COLLEGE

There can be...

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



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







INDIANA UNIVERSITY BLOOMINGTON



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- 
- A young man with dark hair, wearing a grey t-shirt and blue shorts, stands with his back to the camera, looking at a large bronze sculpture of a woman reclining on a shell, surrounded by fish, in a pond. In the background is a large, light-colored building with many windows.
- 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

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
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 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 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 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

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
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 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 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 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**

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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

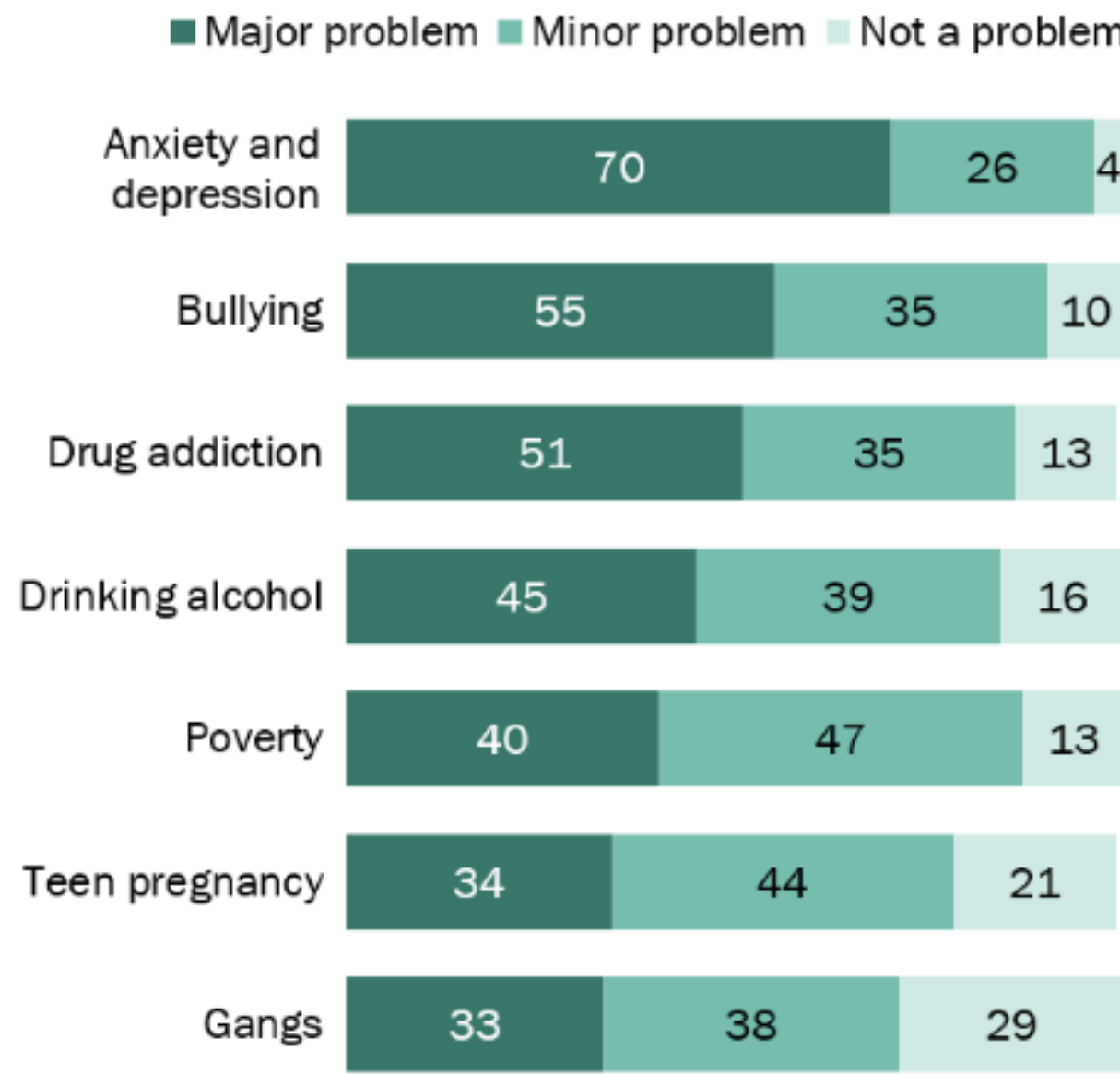
Parents are more likely to say they don't spend enough time with their teens than teens are to say the same about their parents

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**



A large, bold, orange capital letter 'S' is centered within a blue rectangular box. The box has a thin black border.

**Social**

A large, bold, orange capital letter 'E' is centered within a blue rectangular box. The box has a thin black border.

**Emotional**

A large, bold, orange capital letter 'P' is centered within a blue rectangular box. The box has a thin black border.

**Physical**

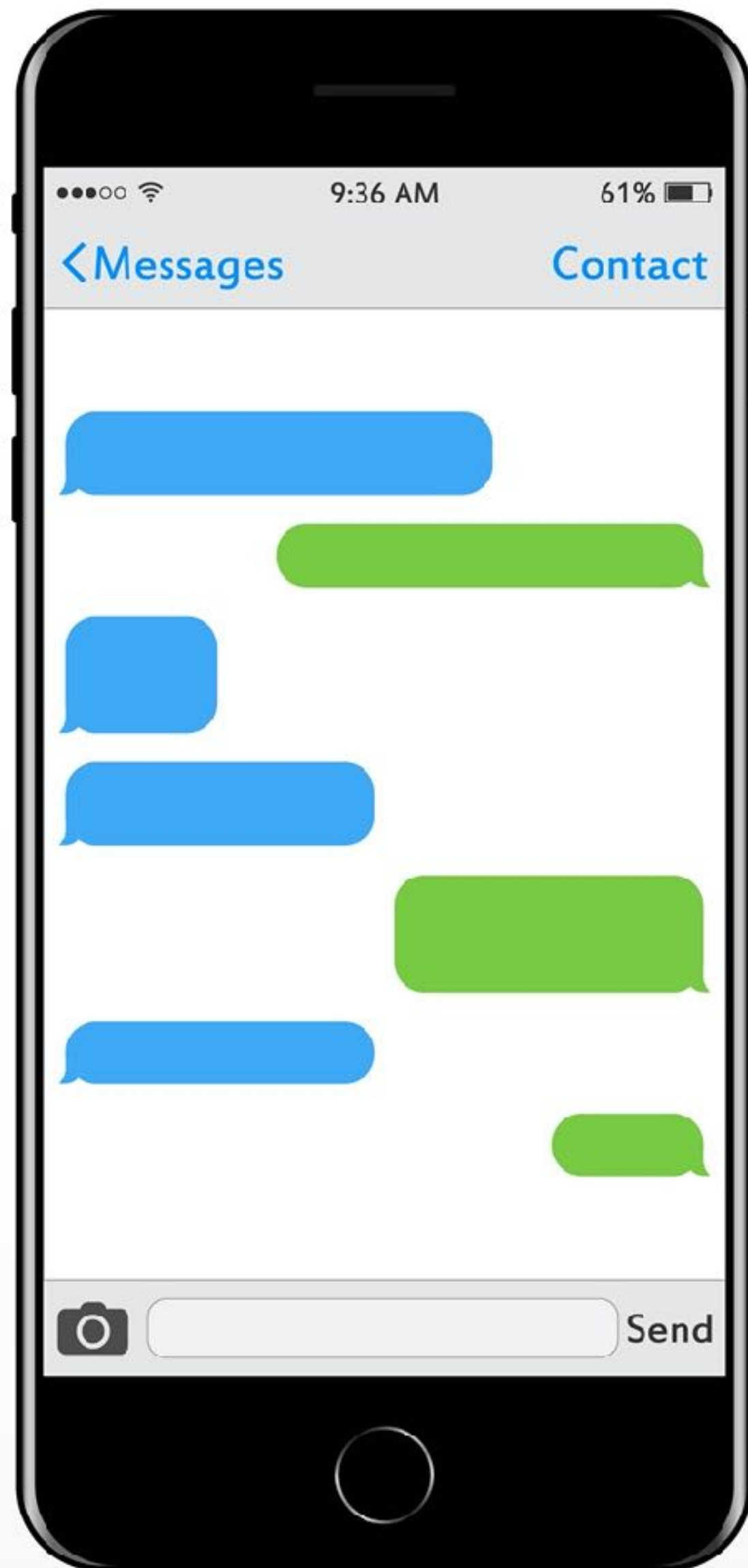
A large, bold, orange capital letter 'F' is centered within a blue rectangular box. The box has a thin black border.

**Financial**

A large, bold, orange capital letter 'A' is centered within a blue rectangular box. The box has a thin black border.

**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

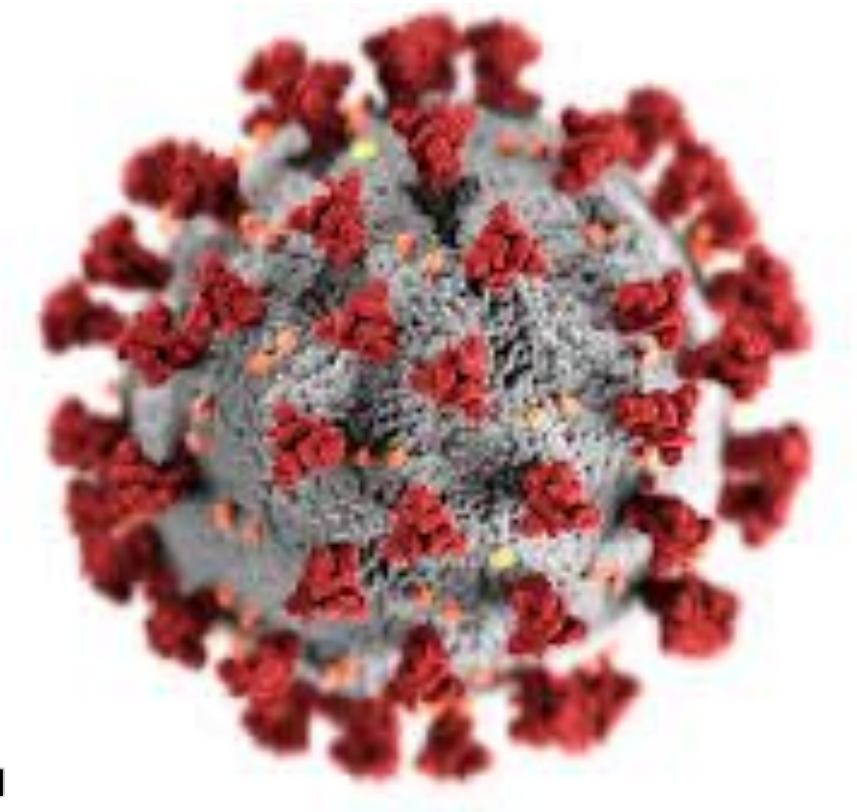
## **The Universal Rejection Truth**

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 will leave you free. The



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.

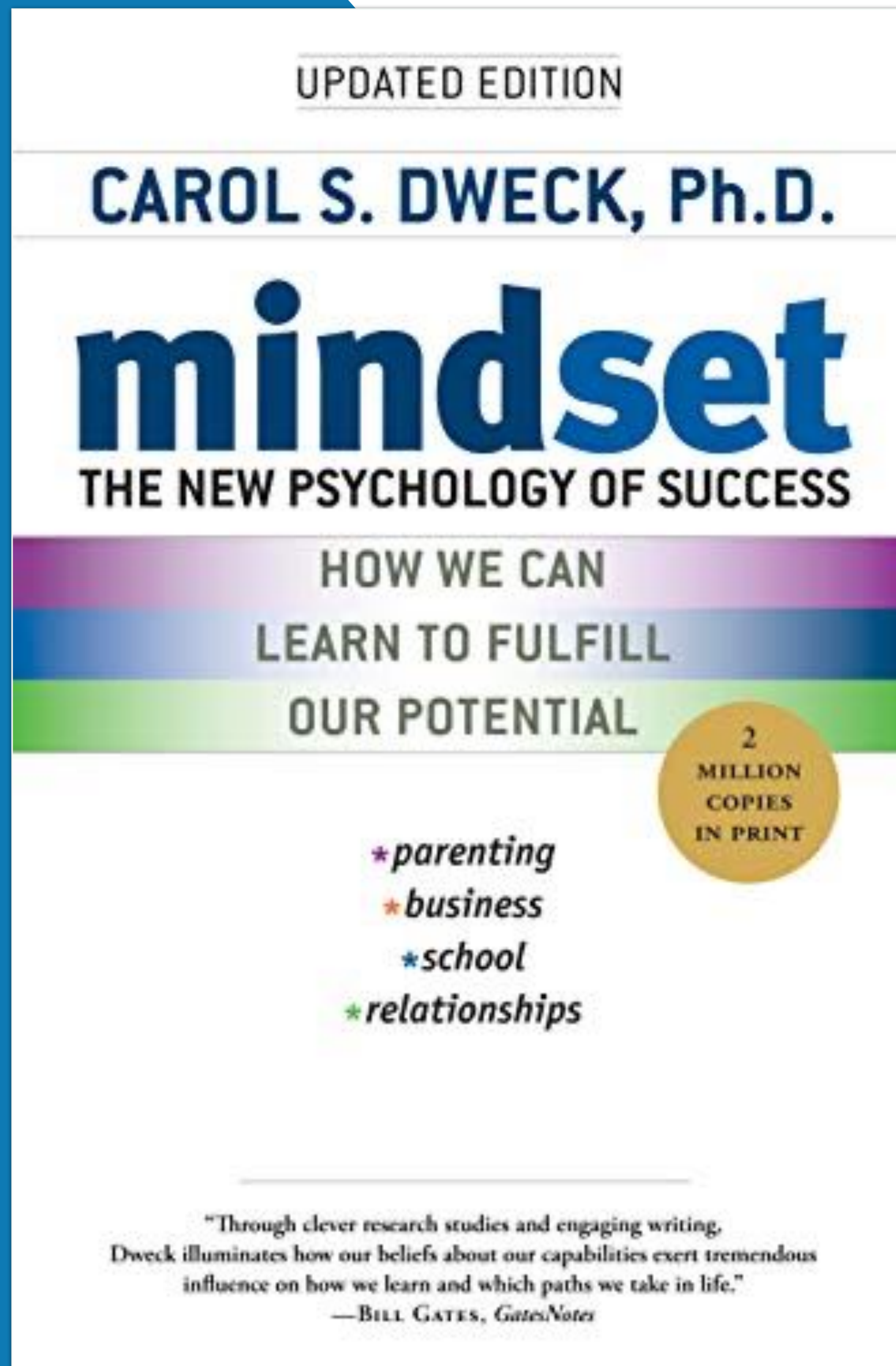
STEM is hard for everyone. Grades ultimately aren't what matters. Curiosity and persistence matter.

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

Tweet your reply







*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

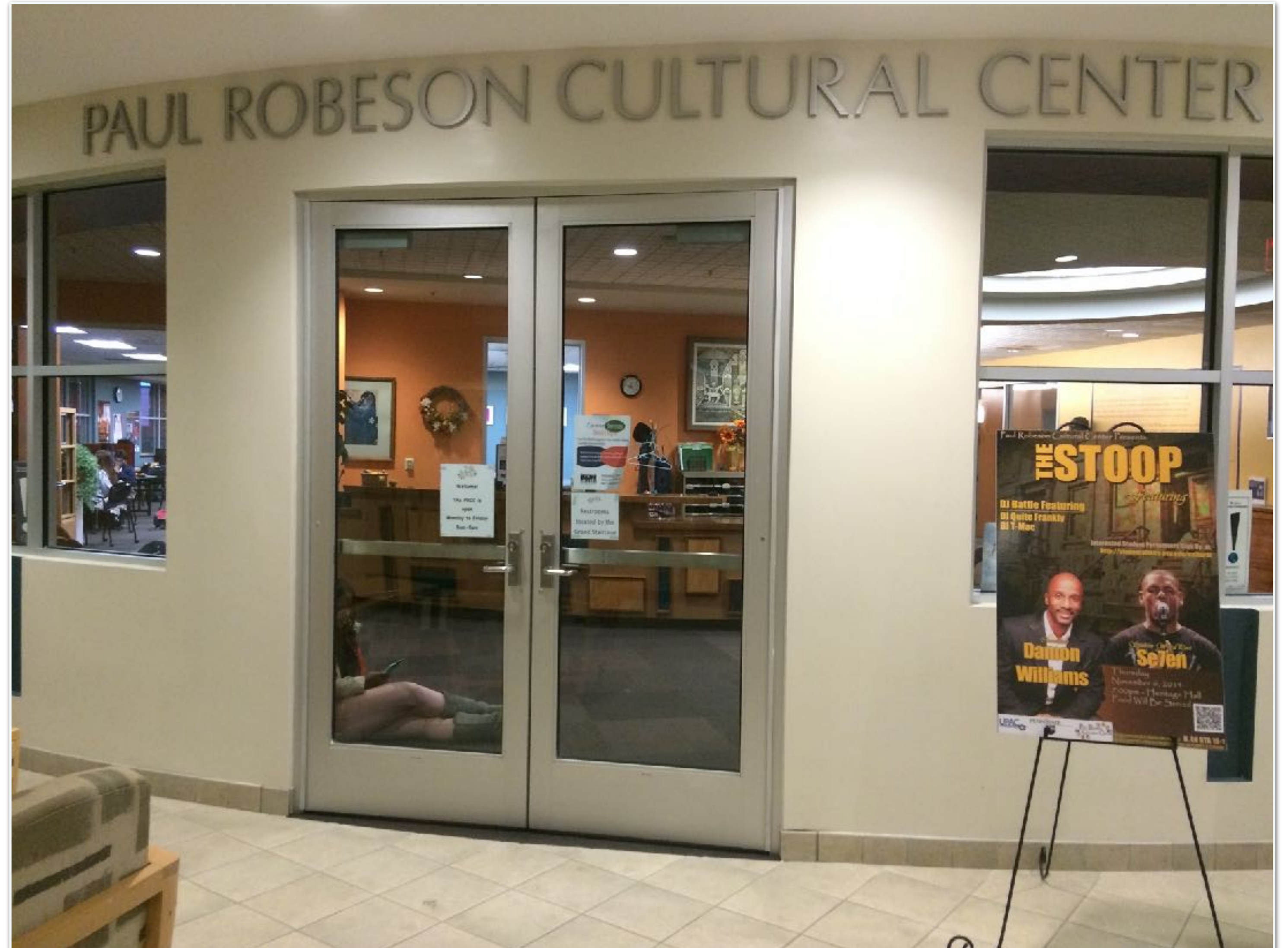
✧ WORK





# Places

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





# PLACES



## 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>



# PLACES

DENISON

Campus / Get Involved / Student Organizations

## Student Organizations



Getting the most out of your experience at Denison University means getting involved. There are more than 160 organizations on campus that are a vital part of the Denison University Community.

- › Arts Organizations
- › Club Sports & Intramurals
- › Cross-Cultural Communities
- › Events & Traditions
- › Fraternities & Sororities
- › Honoraria & Academic Interest Organizations
- › Media Organizations
- › Religious & Spiritual Life
- › Service Organizations
- › Social Justice & Advocacy Organizations
- › Special Interest Organizations

*Please note: This page does not contain a comprehensive list of student organizations and is subject to change.*

<https://denison.edu/campus/get-involved/student-student>

Forms, Policies, Publications

### Contact Us

#### Phone

740 587 6394

📍 Slayter Hall Student Union 310

[View all contacts »](#)

#### Dana Pursley

Director

[pursleyd@denison.edu](mailto:pursleyd@denison.edu)

740-587-5557

#### Kim Bentley

Assistant to the Director

[bentleyk@denison.edu](mailto:bentleyk@denison.edu)

740-587-5556



# 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**




A close-up of a clock face in the top right corner, showing the time as approximately 10:10. The clock has a white face with black numbers and hands.

# #7 BE PATIENT





A young woman with blonde hair is lying on her back on a green lawn, wearing a dark blue hoodie and jeans, with a pink backpack behind her. In the background, a large, light-colored university building with a green roof and many windows stands behind a row of trees with vibrant autumn foliage in shades of orange, yellow, and red. A group of people is sitting on the steps of the building. The sky is a clear, bright blue.

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

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



# FOLLOW THE 24 HOUR RULE

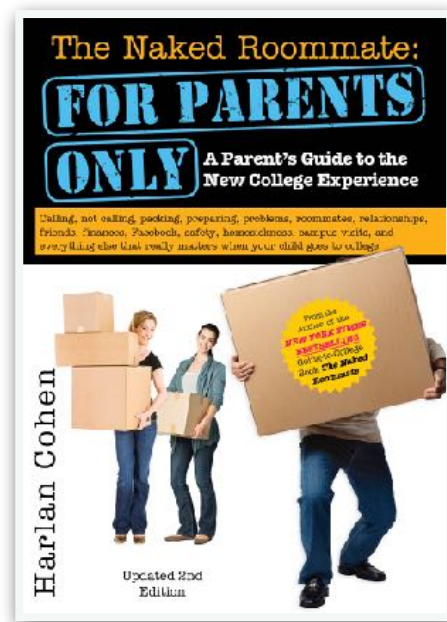
## What's going to happen?

- ✦ **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

The official Facebook page for the University of Wisconsin-Madison. Managed by staff of University Communications, a unit located within the Office of... [See More](#)

309,177 people like this including 35 of your friends

309,314 people follow this

374,918 people checked in here

<https://www.wisc.edu/>

(608) 263-2400


[Send Message](#)

[askbucky@uwmad.wisc.edu](mailto:askbucky@uwmad.wisc.edu)

**University of Wisconsin-Madison**  1h · 

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](#), [collegeseafoans](#) +3 more

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

POSTS

**Next Stop: NATIONAL SEMIFINAL**

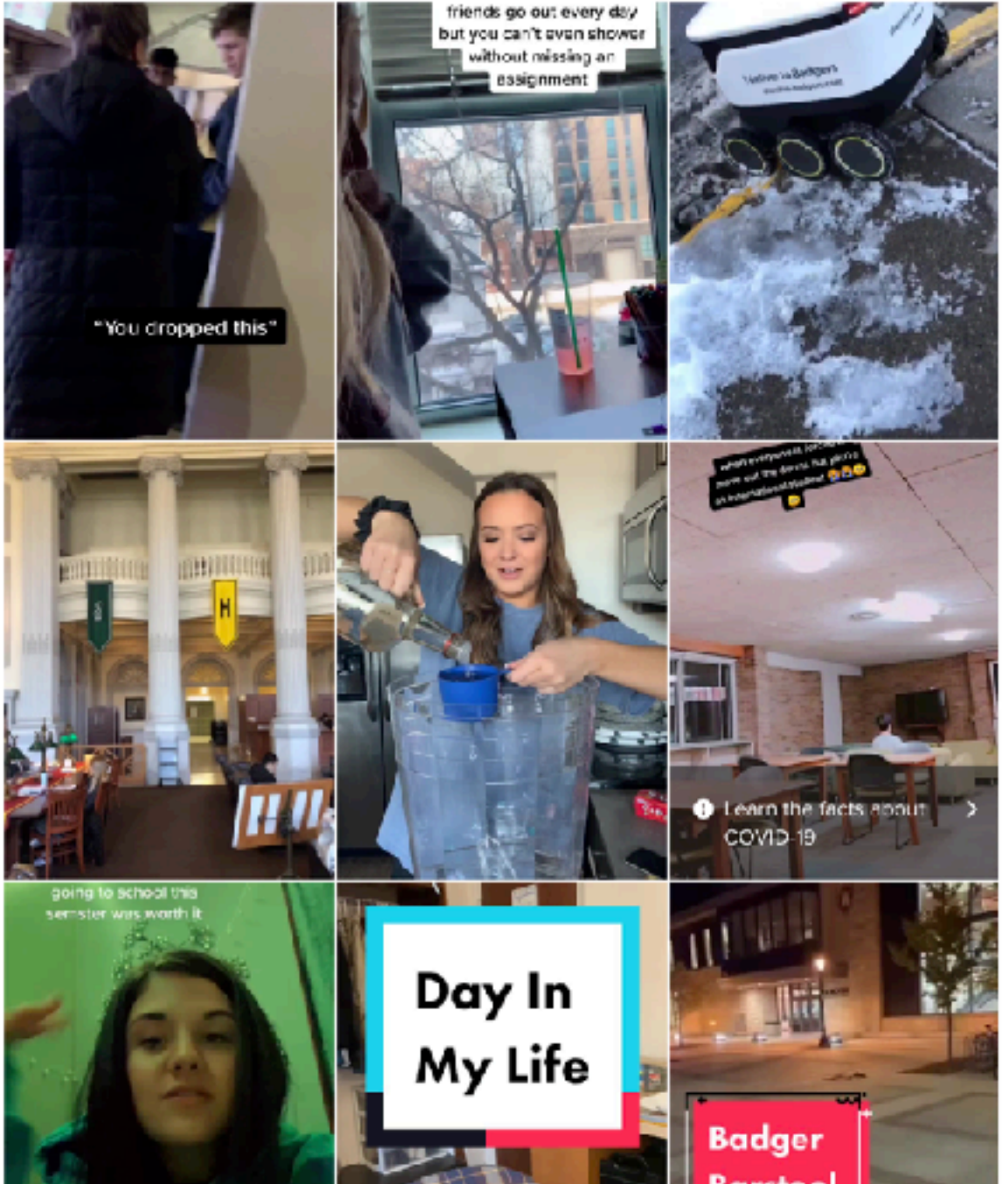
**As the Chauvin trial ends, how can we move forward?**  
A MESSAGE FROM CHANCELLOR REBECCA BLANK  
APRIL 16, 2021

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

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

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

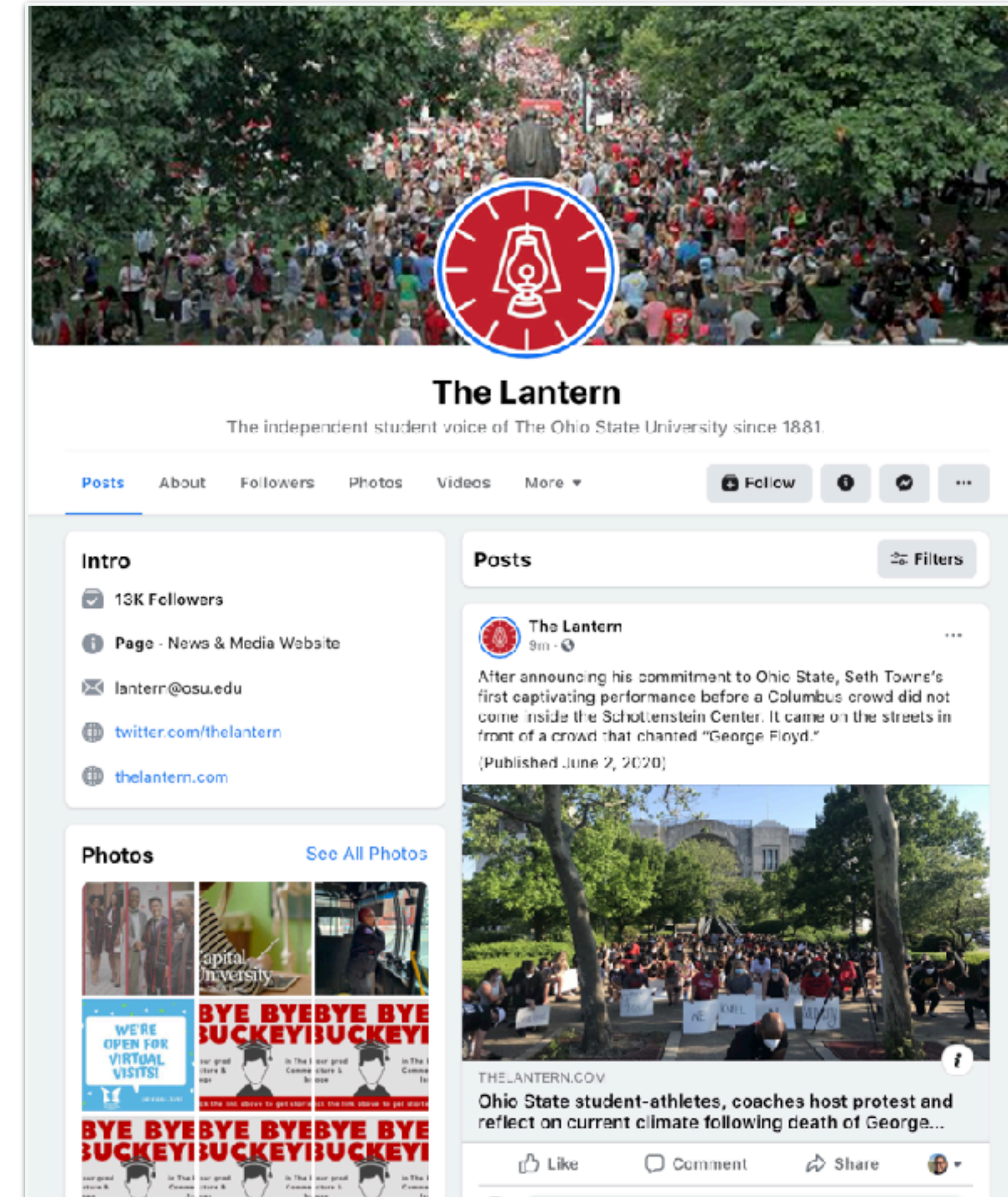
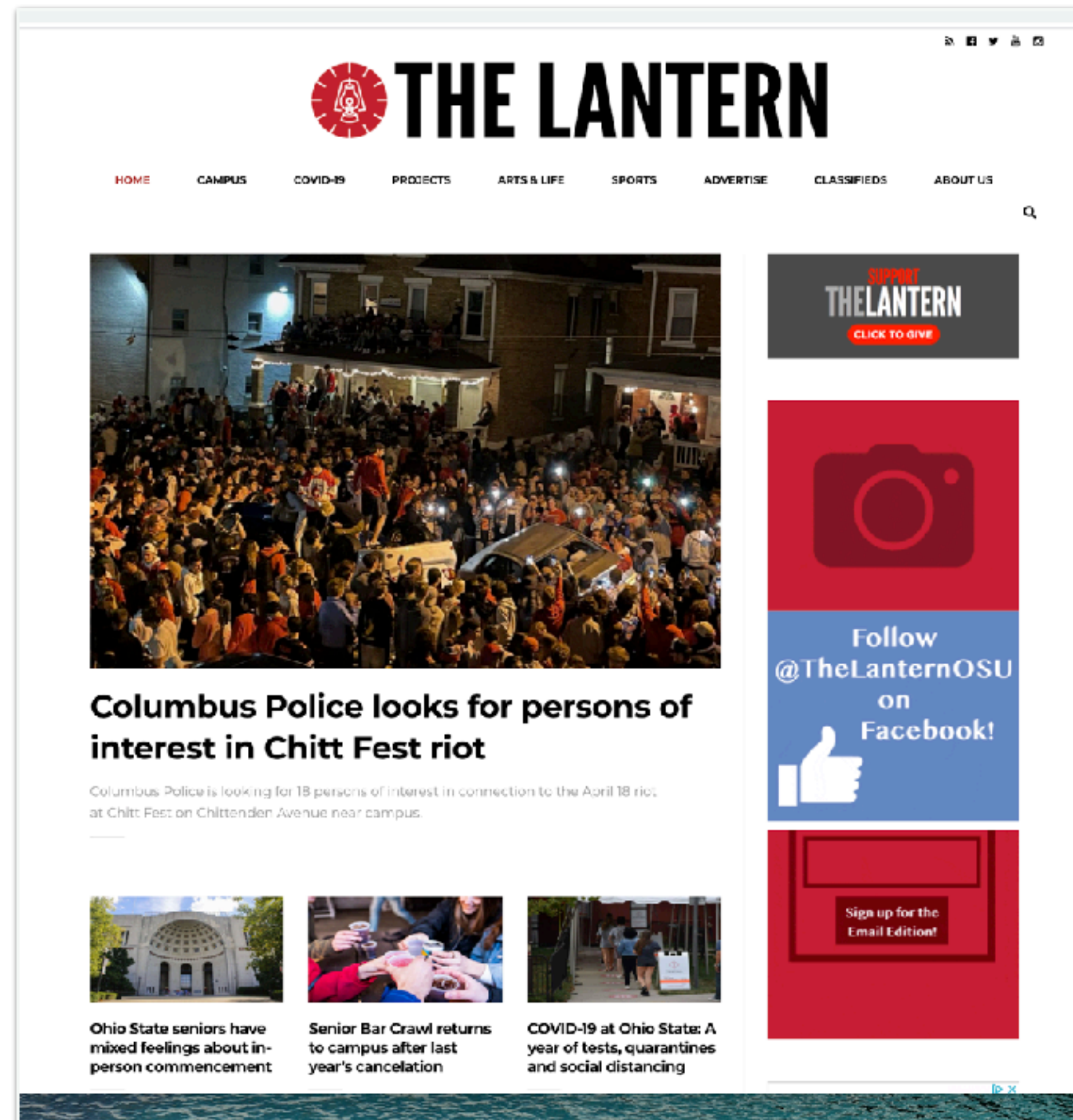
#uwmadison 35M views



ram



# #11 READ THE CAMPUS NEWSPAPER





# #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 form friendships**
- 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 Amount  
\$25,000

Loan Term  
10 years

Interest Rate  
3.4%

Years Remaining In School  
3 years

Monthly Payments In School  
\$0.00

CALCULATE

### LOAN BREAKDOWN

In-School Monthly Payment	Post-School Monthly Payment
\$0.00 42 Months <sup>2</sup>	\$275.32 120 Months

● Total Cost  
\$33,038.96

● Total Interest  
\$8,038.96

● Loan Amount  
\$25,000.00

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...

The screenshot shows the website for the Counseling and Consultation Service (CCS) at The Ohio State University. The header includes the OSU logo and navigation links. The main content area features a large banner with the text "COVID-19 UPDATES" and a "Learn More" button. Below the banner, there is a section titled "Our Services" which lists various services with corresponding icons: Phone Screenings, Group Counseling, On Demand Services, Mental Health Support, Family and Loved Ones Consultation, Faculty and Staff Consultation, Immediate Assistance, Referrals and Linkage, and Campus Outreach. A text box on the left describes the services provided by CCS.

OSU.EDU Help RuckeyLink Map Find People Welcome Search Ohio State

## COUNSELING AND CONSULTATION SERVICE

THE OHIO STATE UNIVERSITY  
OFFICE OF STUDENT LIFE  
Creating The Extraordinary Student Experience →

About Us Services Outreach Supporting Your Student Training Time and Change Need Immediate Assistance?

### COVID-19 UPDATES

Find resources and updates to our services related to COVID-19.  
Learn More →

#### Our Services

CCS provides individual and group mental health services, psychoeducational prevention and outreach programming to currently enrolled undergraduate, graduate and professional students. We also work with spouses/partners of students who are covered by the Student Health Insurance Benefits Plan.

I want to...

- Phone Screenings
- Group Counseling
- On Demand Services
- Mental Health Support
- Family and Loved Ones Consultation
- Faculty and Staff Consultation
- Immediate Assistance
- Referrals and Linkage
- Campus Outreach

Identify academic campus support resources...

The screenshot shows the website for Tutoring Services at Northeastern University College of Professional Studies. The header includes the university logo and navigation links. The main content area features a large banner with the text "Tutoring Services" and a description of the services. Below the banner, there is a section titled "Northeastern Writing Center" which lists various services with corresponding icons. A text box on the left describes the services provided by the Writing Center.

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

## 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 Fienberg](#).

#### 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?

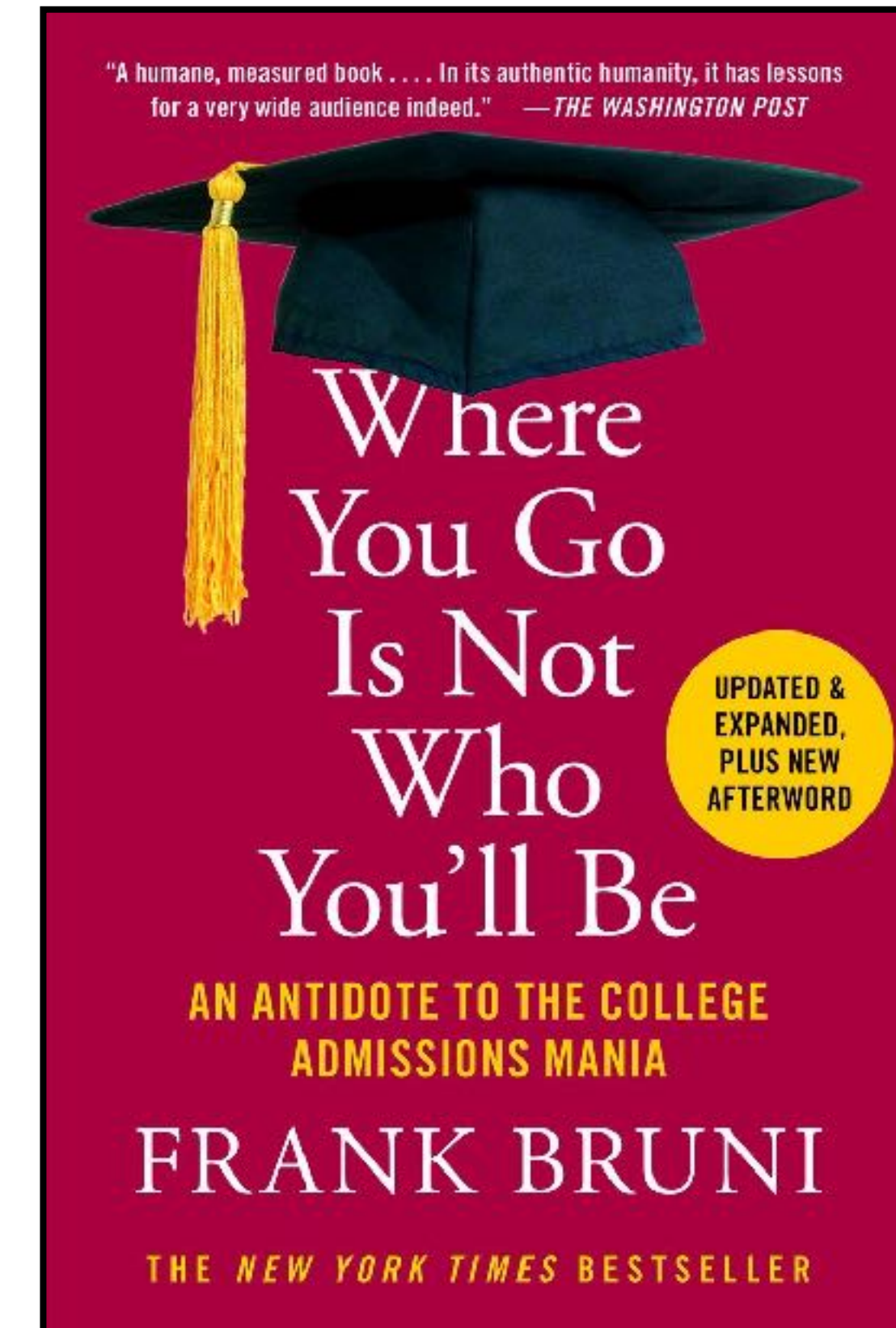
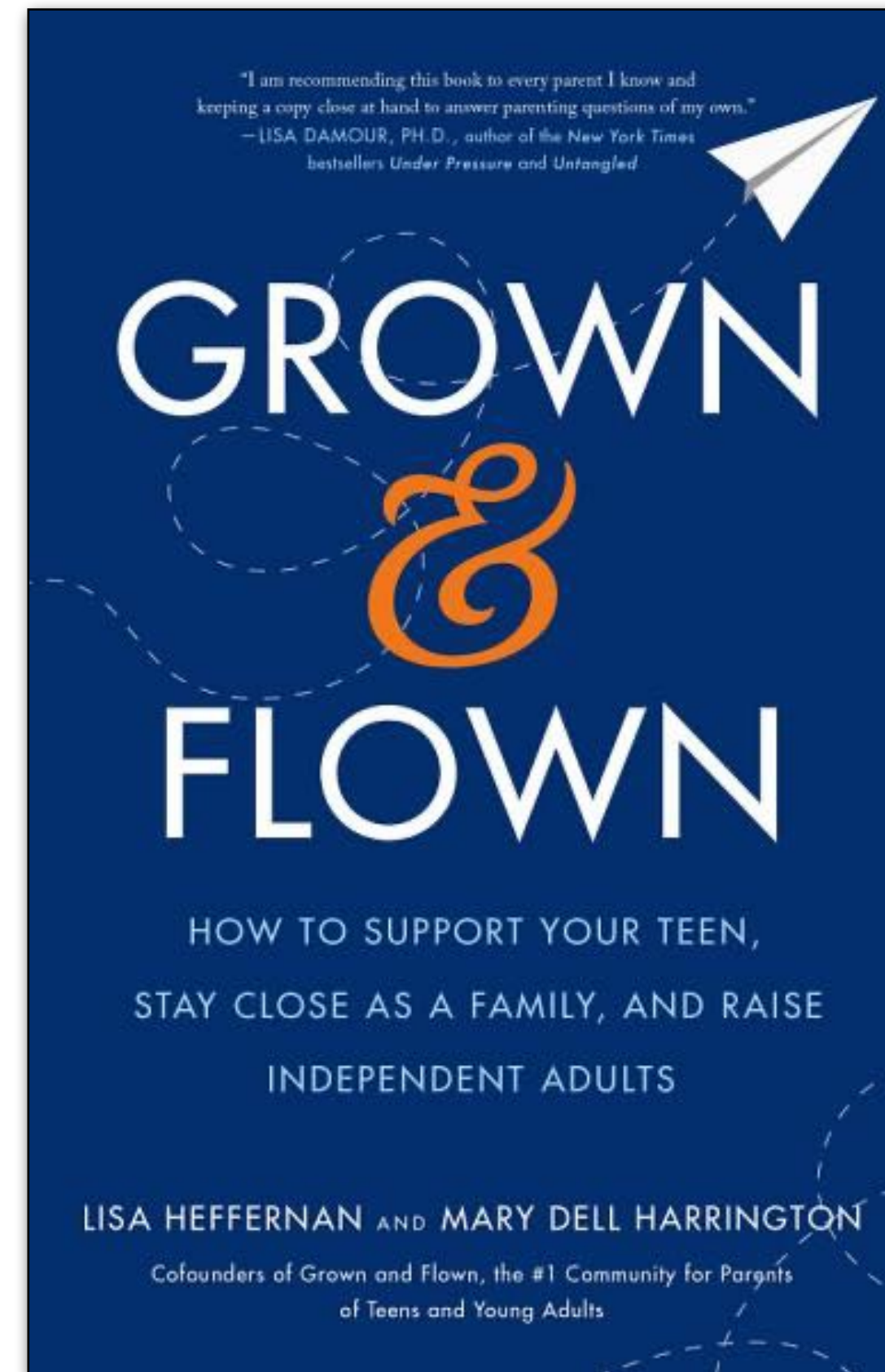
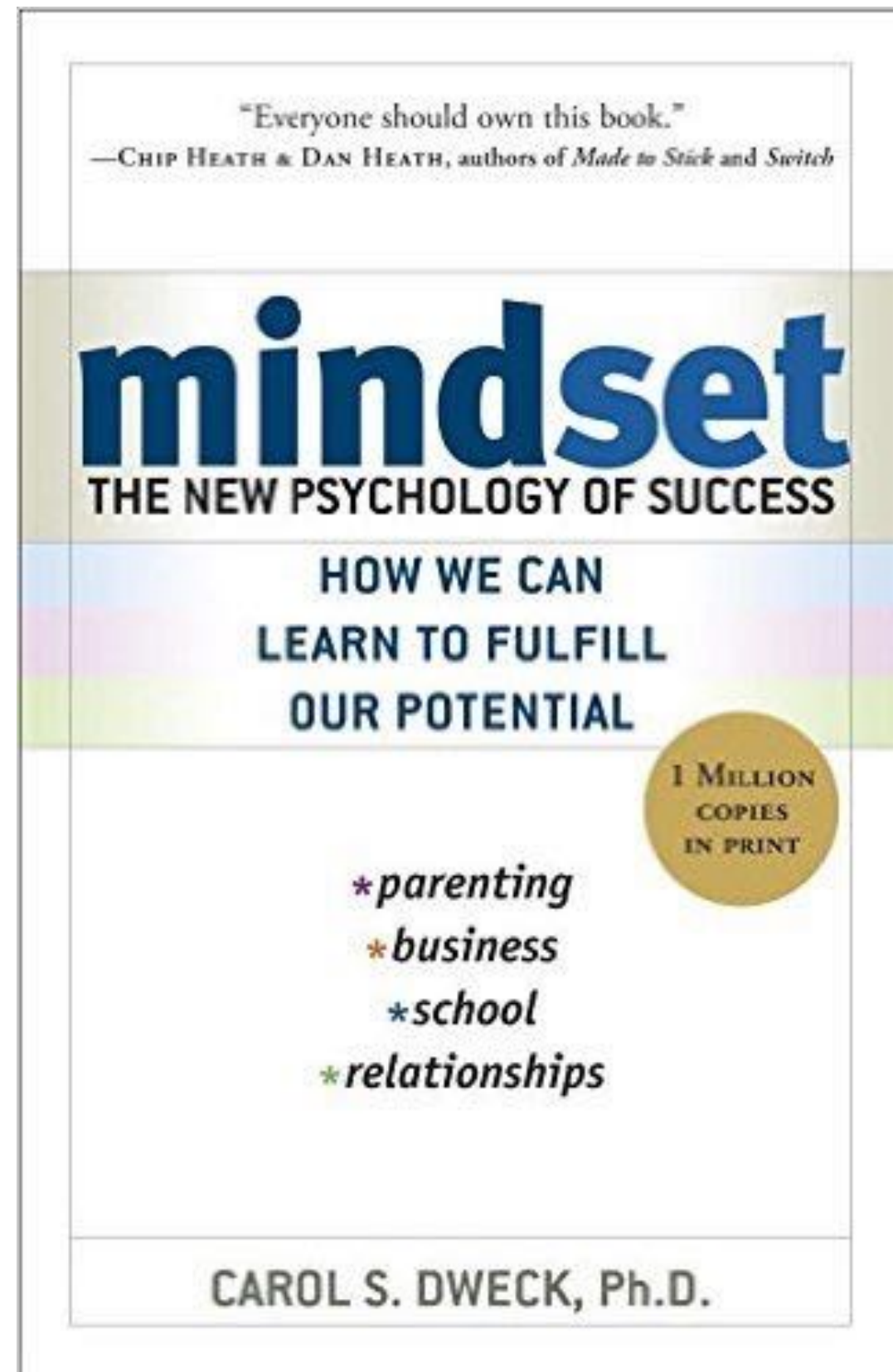


# **17 THINGS YOU NEED TO DO BEFORE GOING TO COLLEGE...**

- 
- 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...





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



# \$5,000 Scholarship



## 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.

REGISTER FOR WEBINAR → [April 27<sup>th</sup> at 8 pm ET](#)

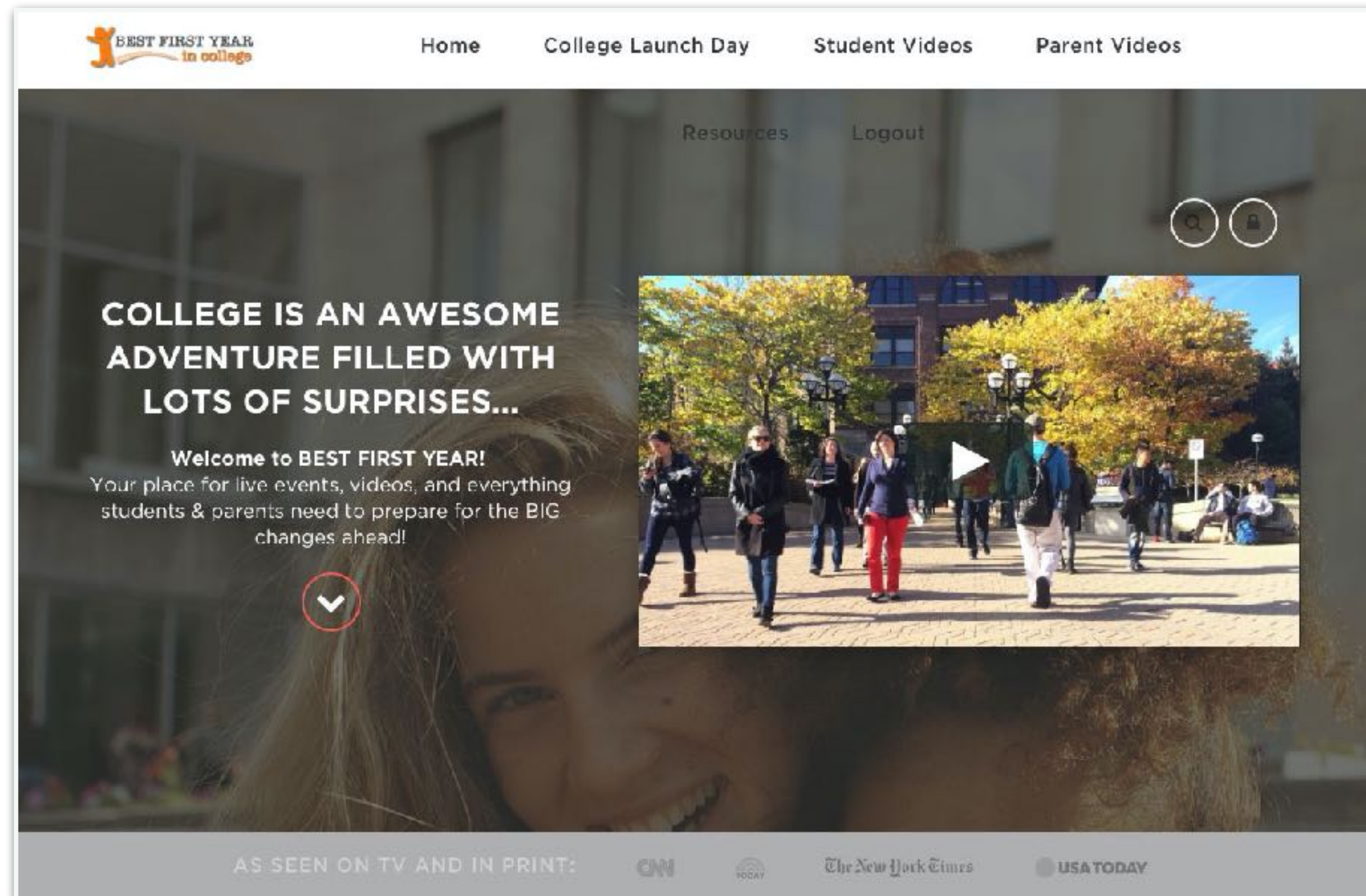
## Win a \$5,000 Scholarship for College!

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.

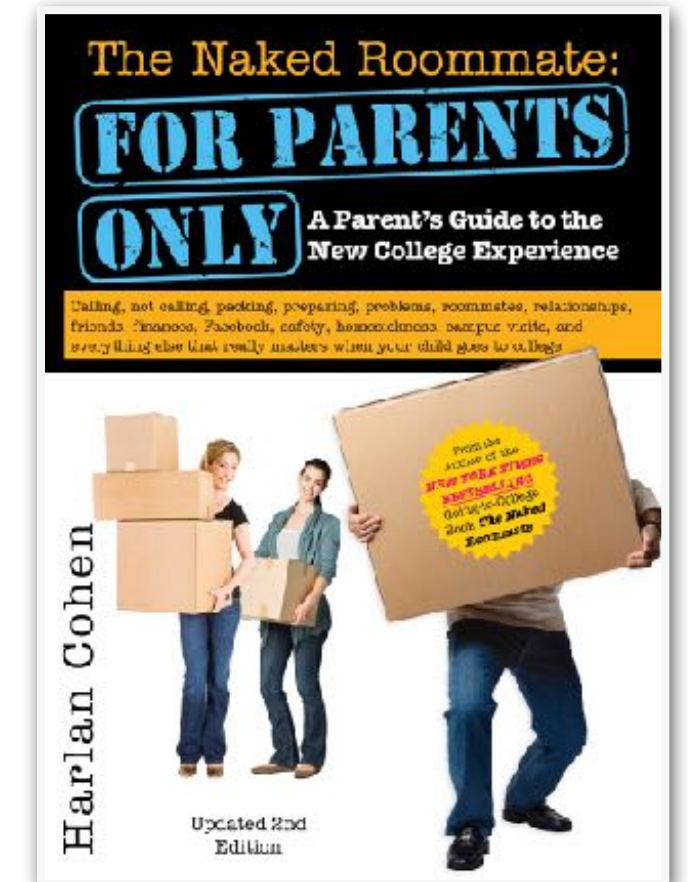
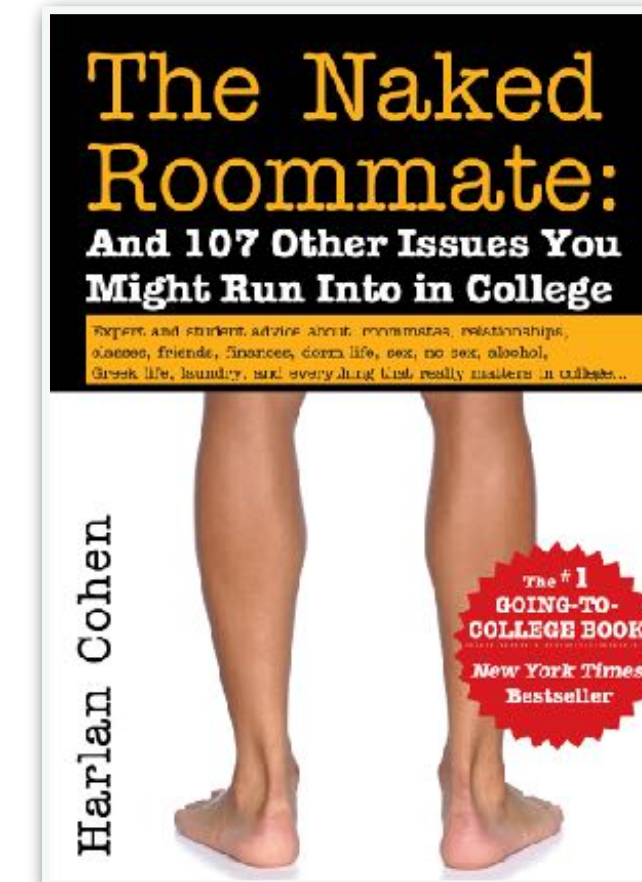
<https://collegeave.site/5000-scholarship>



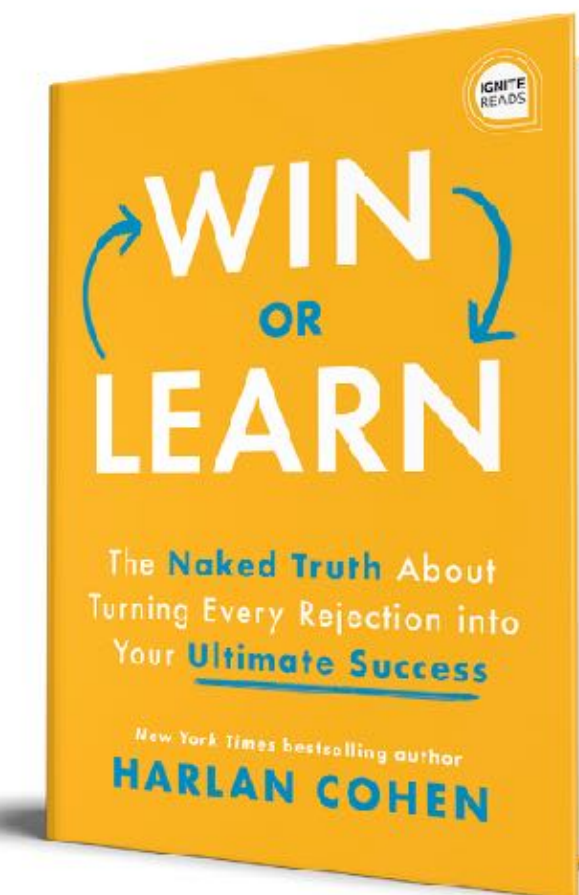
# ADDITIONAL RESOURCES



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



New Book!





# BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION

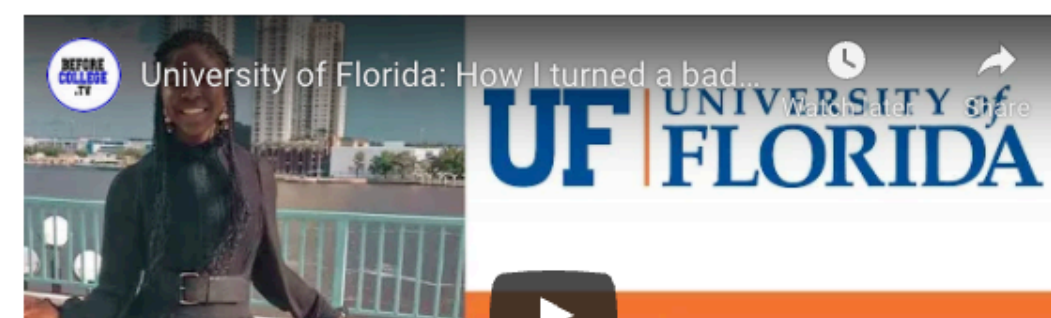
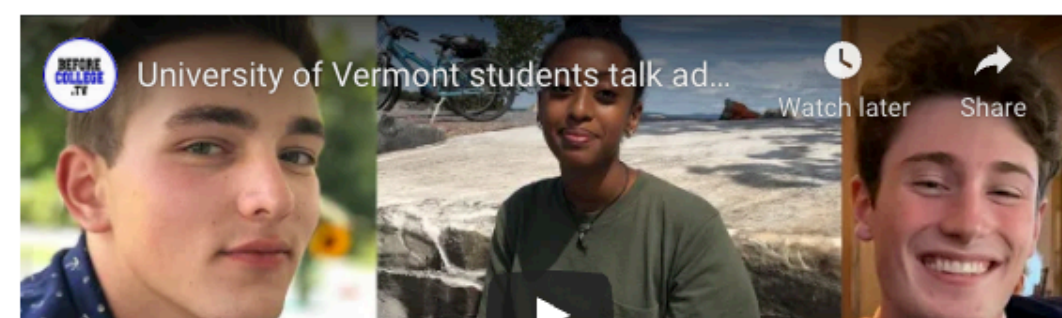


> [Click here for links to stories mentioned](#)

## 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](#).



GO TO WATCH:



[Yale University](#)

[www.BeforeCollege.TV](http://www.BeforeCollege.TV)



# HARLAN COHEN

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



/HelpMeHarlan



@HarlanCohen



**HARLAN COHEN PRESENTS**



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

**[www.HarlanCohen.com/National2021](http://www.HarlanCohen.com/National2021)**

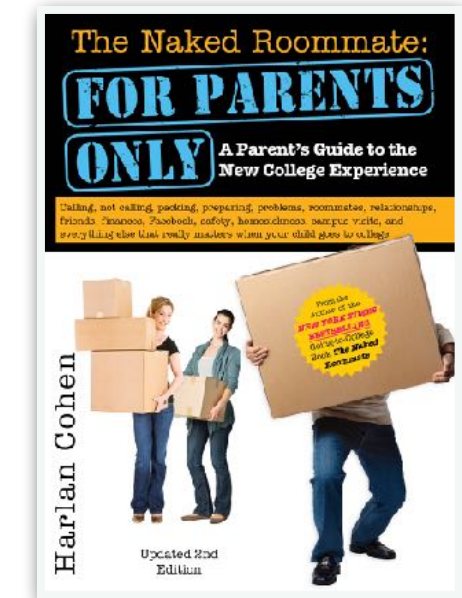
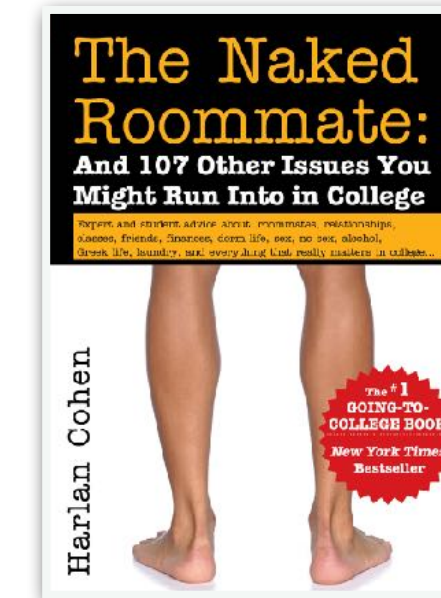
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