

NEW  
TRIER  
HIGH SCHOOL



NEW YORK TIMES BESTSELLING AUTHOR

## Harlan Cohen's 17 Things You Need To Do Before College.



Replay, slides, and resources  
[www.HarlanCohen.com/newtrier23](http://www.HarlanCohen.com/newtrier23)

Brought to you by:

College **AVE**  
STUDENT LOANS



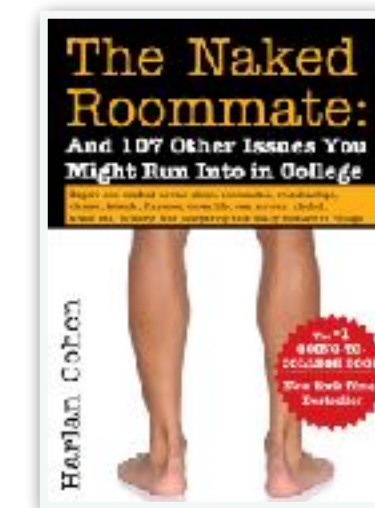
/HelpMeHarlan



@HarlanCohen



<https://discord.gg/39taSnZVyn>



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



## Win Harlan Cohen's \$2,500 Spring Scholarship

College Ave is teaming up once again with New York Times best-selling author and college life expert Harlan Cohen to help you navigate the road to college with success. And we want to help you pay for college with less stress. This Spring, we are giving away a \$2,500 scholarship to one lucky family. Winning free money for college through scholarships is one way to create your best college experience.



Win a \$2,500 Scholarship for College!<sup>1</sup>

No essay. No strings. Entering is fast and easy, and could have a major impact on your college journey.

# Giving Away 3 Gift Cards

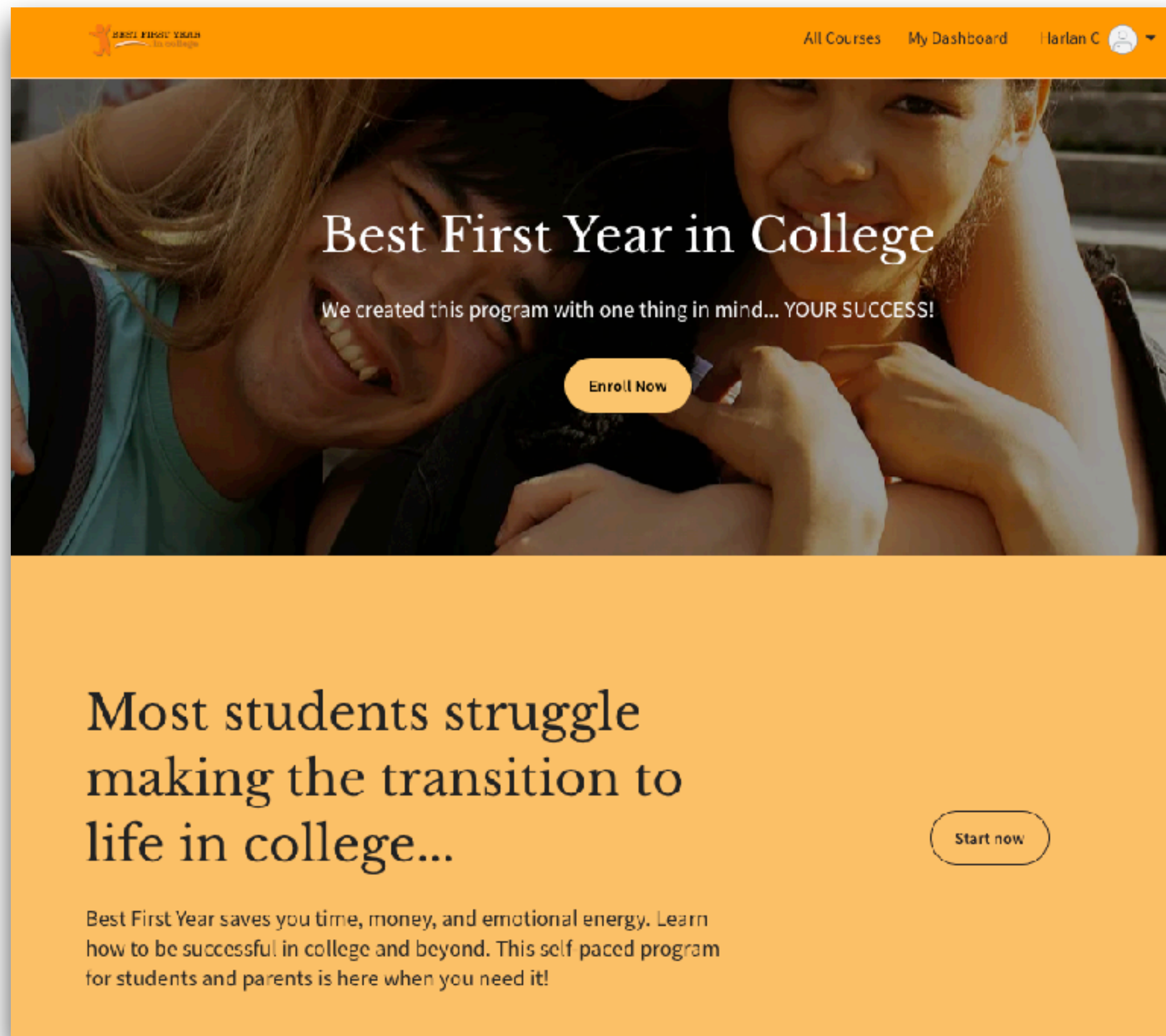


**\$25 Amazon Gift Card to buy books**

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**College AVE**<sup>®</sup>  
STUDENT LOANS

# Two 1-year Memberships to Best First Year!

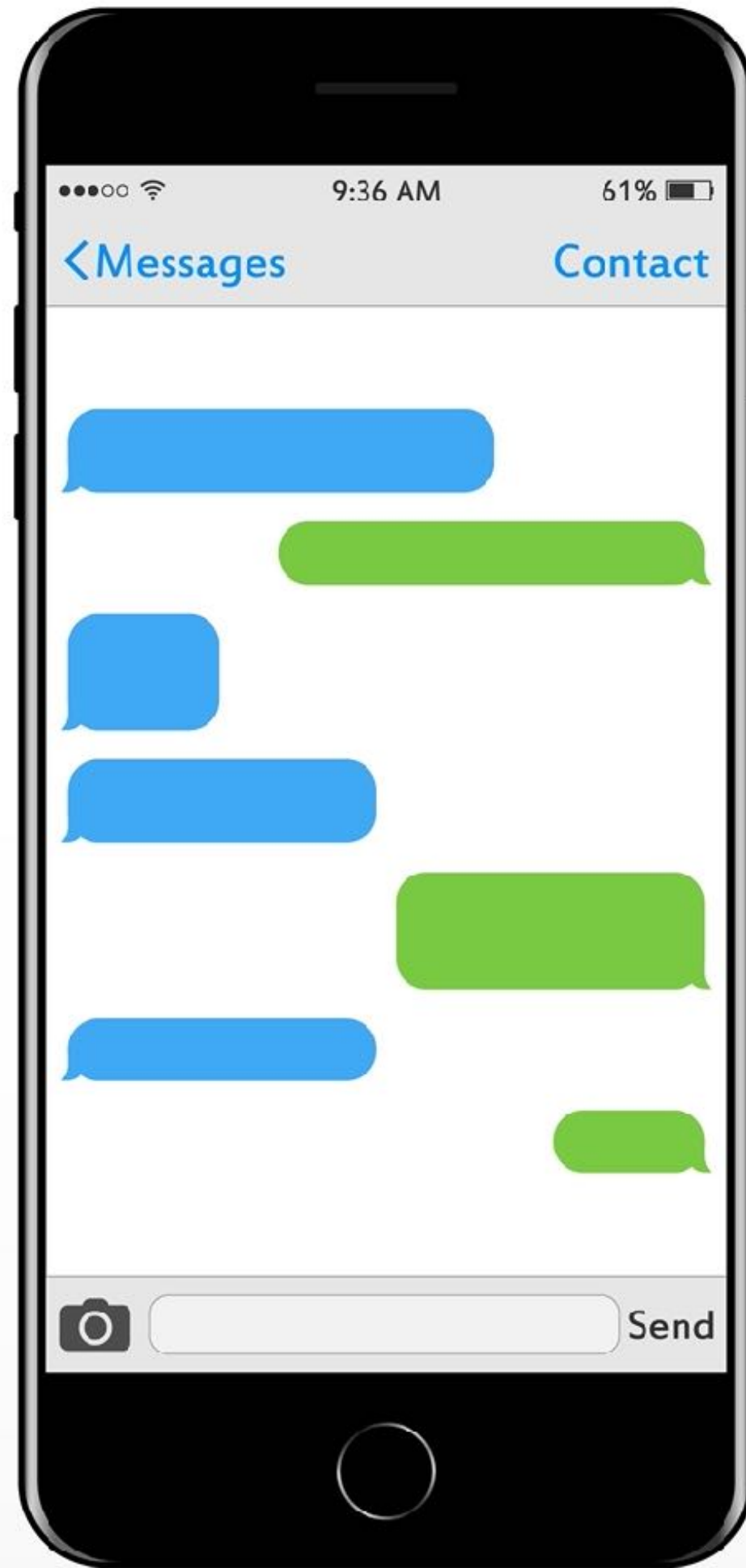


The screenshot shows the Best First Year website interface. At the top, there is an orange navigation bar with the Best First Year logo on the left and links for 'All Courses', 'My Dashboard', and a user profile 'Harlan C.' on the right. Below the navigation bar is a large hero image of three young women smiling and hugging. Overlaid on this image is the text 'Best First Year in College' in a large, white, serif font, followed by the tagline 'We created this program with one thing in mind... YOUR SUCCESS!' in a smaller, white, sans-serif font. A yellow 'Enroll Now' button is positioned in the center of the hero image. Below the hero image is a solid orange section with the text 'Most students struggle making the transition to life in college...' in a dark, serif font. To the right of this text is a white 'Start now' button. At the bottom of this orange section, there is a short paragraph: 'Best First Year saves you time, money, and emotional energy. Learn how to be successful in college and beyond. This self paced program for students and parents is here when you need it!'.

[courses.bestfirstyear.com](https://courses.bestfirstyear.com)

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STUDENT LOANS

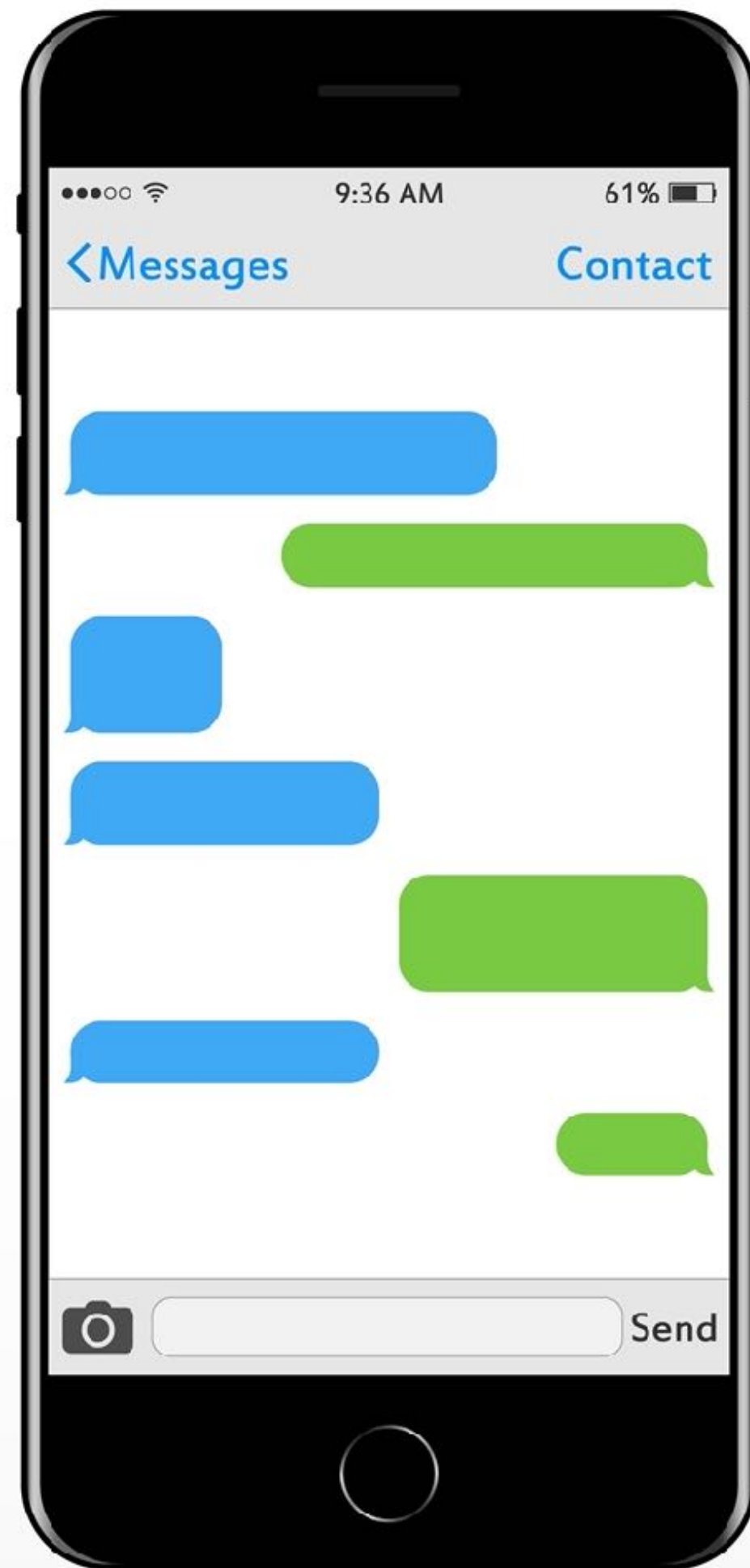


# On a scale 1-10 How are you today?

---

- 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**

Answer in the chat...



On a scale 1-10

**How nervous are you about college?**

**In a few words, explain your answer...**

**10 = Extremely Nervous**

**9 = Very Nervous**

**8 = Pretty Nervous**

**7 = Fairly Nervous**

**6 = Barely Nervous**

**5 = Not Nervous**

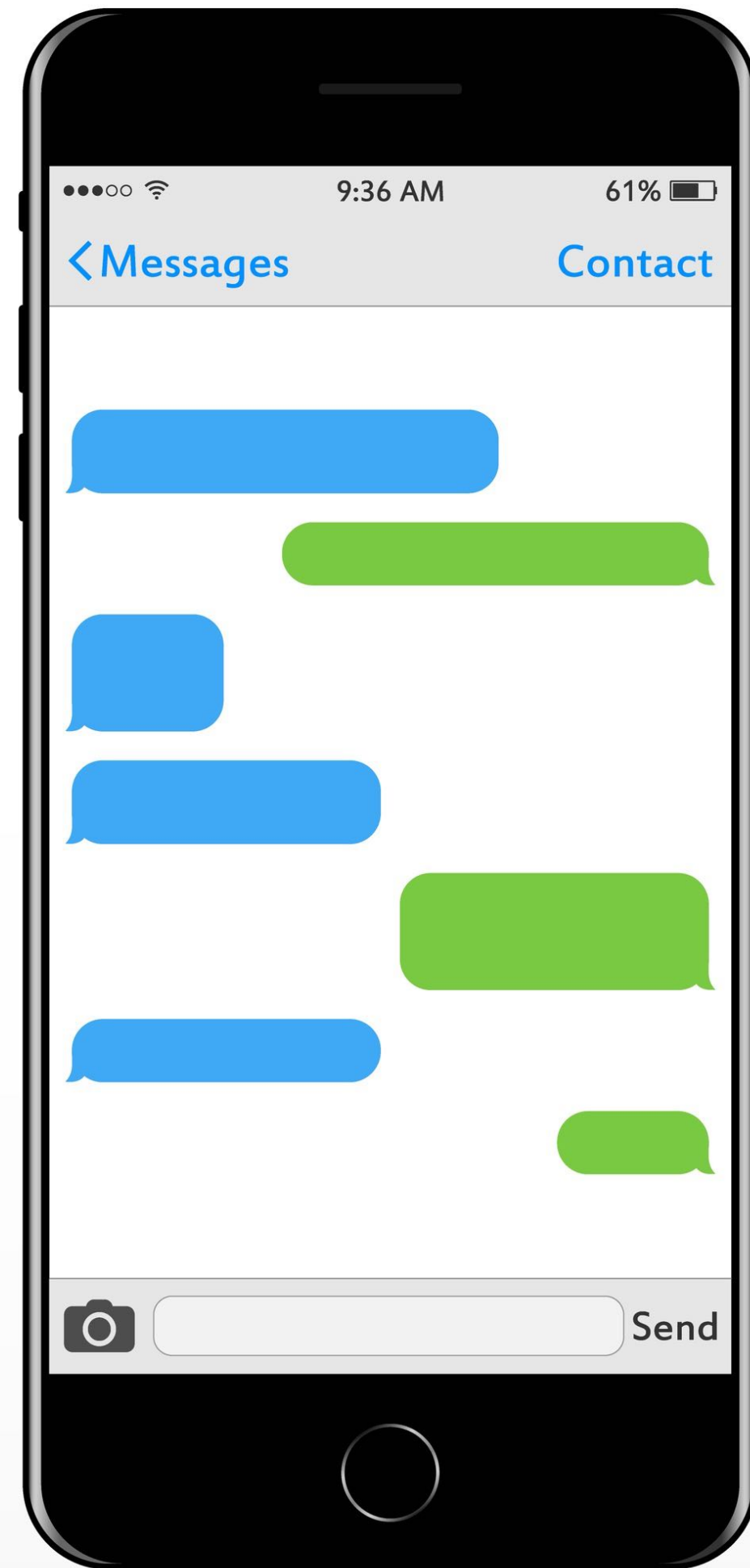
**4 = Somewhat Calm**

**3 = Pretty Calm**

**2 = Very Calm**

**1 = Surprisingly Calm**

**Answer in the chat...**



# TEXT ME YOUR QUESTIONS DURING OUR EVENT

---

Use chat or text me:  
**321-345-9070**



IT ALL STARTS  
BY DREAMING **BIG**



**Bad News:  
Students have missed  
out on a lot.**

**Good News:  
There is a path for  
everyone.**



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

# GETTING IN...

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



FORBES > LEADERSHIP > EDUCATION

## Acceptance Rates By The Ivies, Other Elite Colleges Stay At Historic Lows

Michael T. Nietzel Senior Contributor @

*I am a former university president who writes about higher education.*

Follow

0

Apr 1, 2023, 05:00am EDT

Listen to article 5 minutes



Yale University has announced its acceptance rate for the Class of 2027 was 4.35%, the lowest in its ... [+] GETTY

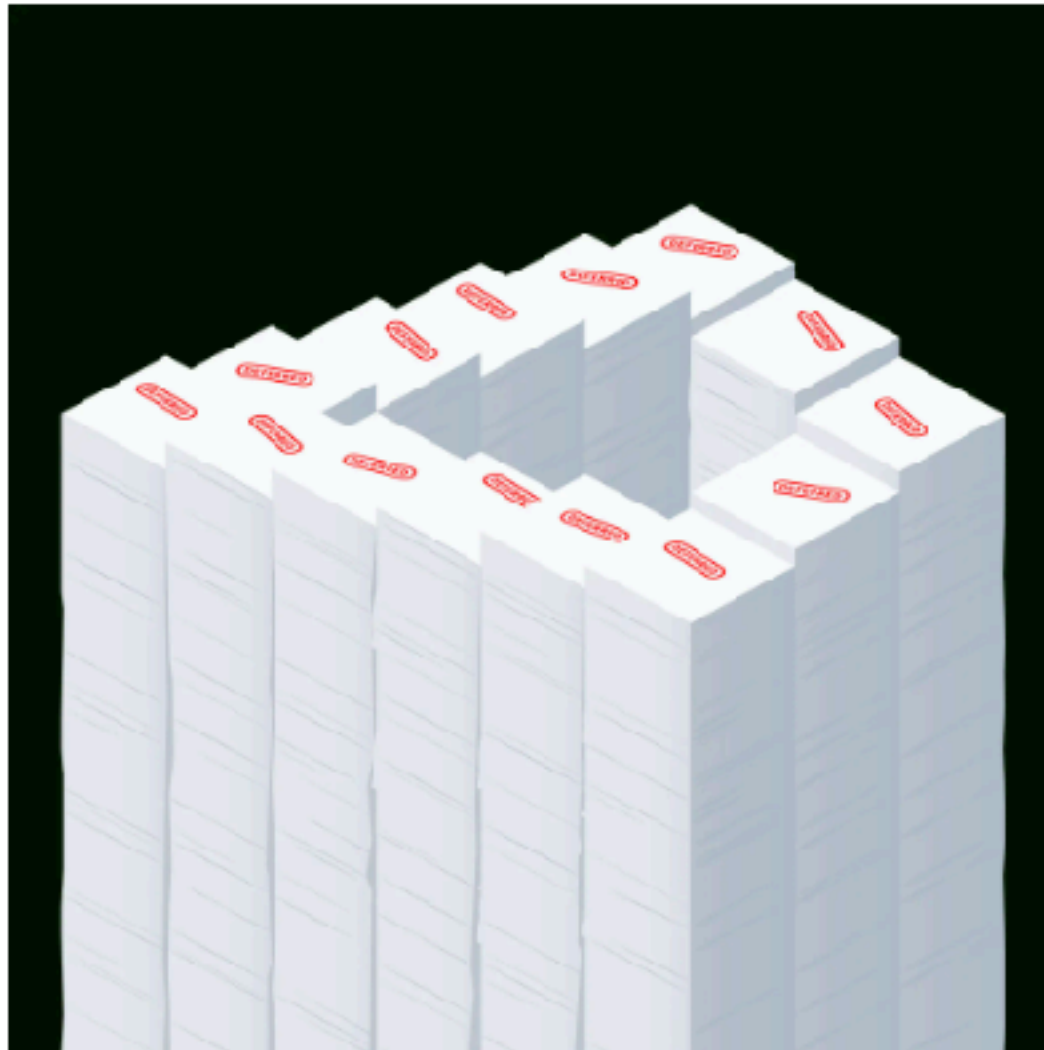
Last Thursday was Ivy Day, the date where all of the eight Ivy League universities send out admission offers to the hundreds of thousands of applicants hoping to be accepted by one of them.

# GETTING IN...

The New York Times

## The Cynical Reason College Applications Are Surging

March 16, 2023



Ben Wiseman

 Give this article    339

By Jeffrey Selingo

The number of college applications filed through the Common Application, the single online application now used by more than a thousand institutions, [has jumped 30 percent over the past three years](#). That equates to some 1.56 million additional applications sent by this year's class compared to their counterparts in the class of 2020 — although the classes are roughly the same size.

Clemson, for example, received 26,000 applications this year for its first-ever early action cycle and then got an additional 32,000 regular decision applications for a freshman class that will end up having around 4,500 students. Overall, applications were up 10 percent from the previous admissions season. The University of Southern California, which like Clemson offered early action for the first time this year, recorded an even bigger increase — 16 percent — having collected 40,000 early applications and then doubled that number during the regular decision cycle for a first-year class expected to be just 3,400. The University of Wisconsin-Madison landed 45,000 early applications, a 10 percent increase over last year.

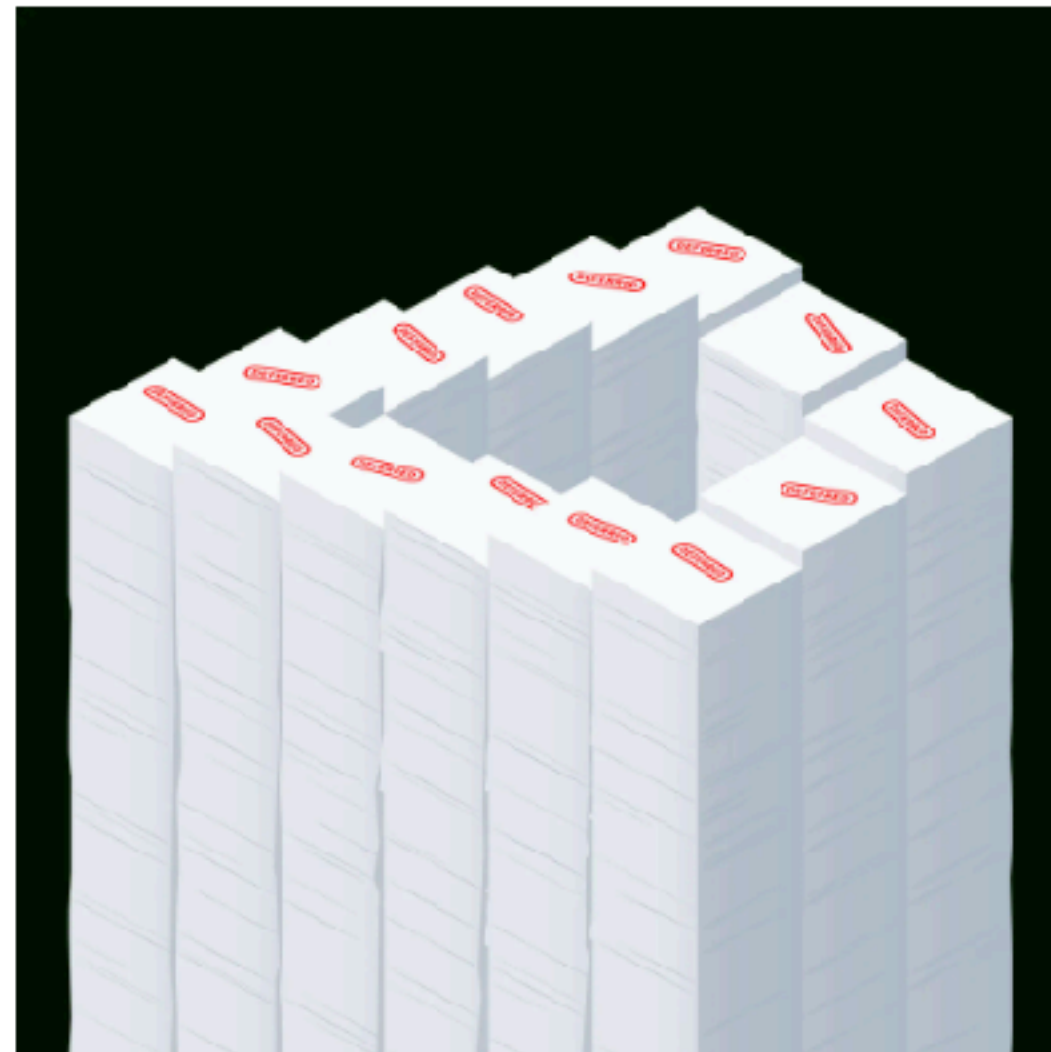
<https://www.nytimes.com/2023/03/16/opinion/college-admissions-common-app.html>

# GETTING IN...

The New York Times

## The Cynical Reason College Applications Are Surging

March 16, 2023



Ben Wiseman

Give this article



339

By Jeffrey Selinger

Now these colleges had another problem on their hands: They didn't want to fill too much of their classes early in case applicants they really want come along in the regular decision pool. So instead of giving students "peace and solace" (as Clark said), they often didn't give them *any* answer. They punted the decision on many early applicants by telling them they were deferred to the later regular round. Wisconsin deferred 17,000 of its 45,000 early action applicants. U.S.C. deferred around 38,000 — some 94 percent — of its early pool. (It accepted the other 6 percent and rejected no one.) Clemson told nearly 15,000 of its 26,000 early applicants to wait another two-plus months for a decision. (It rejected only 300.)

**FACT:**  
WHERE YOU TO GO TO COLLEGE IS NOT  
AS IMPORTANT AS YOU THINK

**5 BIG** **BEFORE COLLEGE .TV** **QUESTIONS**

**DR. DENISE POPE**  
SENIOR LECTURER AT STANFORD UNIVERSITY  
CO-FOUNDER OF CHALLENGE SUCCESS

HOSTED BY  
**HARLAN COHEN**

<https://www.youtube.com/@helpmeharlan>

**When you find your people and  
places based on what you want  
it becomes the best school.**



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

---

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WELLNESS ON CAMPUS



## Colleges Are Investing in Student Mental Health. But ‘There’s Still a Long Way to Go,’ Survey Finds.

By [Eva Surovell](#) | JANUARY 18, 2023



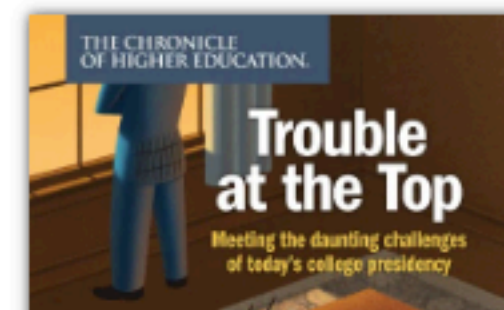
ISTOCK

Though colleges are taking steps to address students’ mental-health needs on campus, student-affairs officials say that demand for treatment continues to exceed existing resources.

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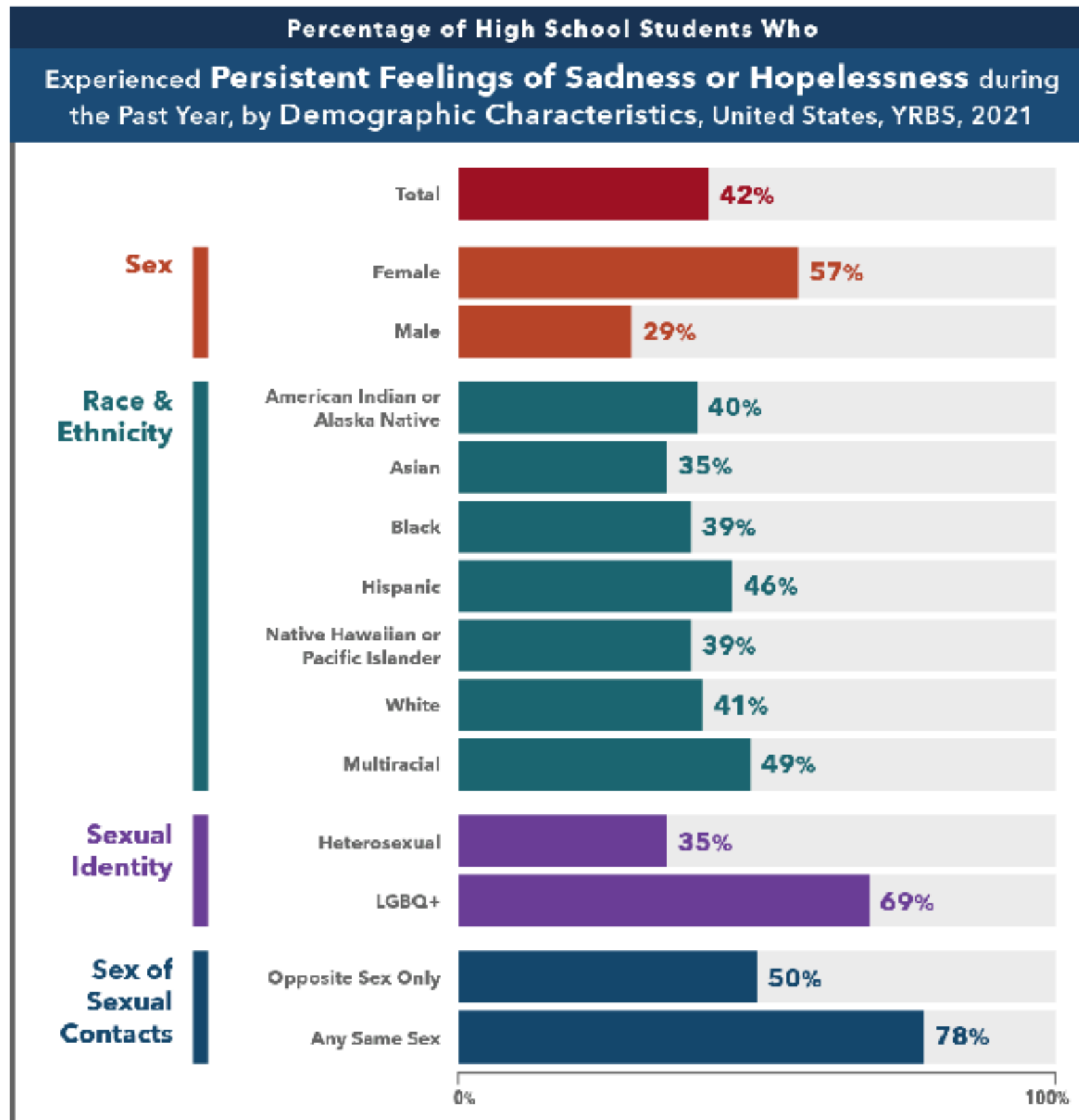


Harlan Cohen's  
17 Things You Need to Do...



## PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

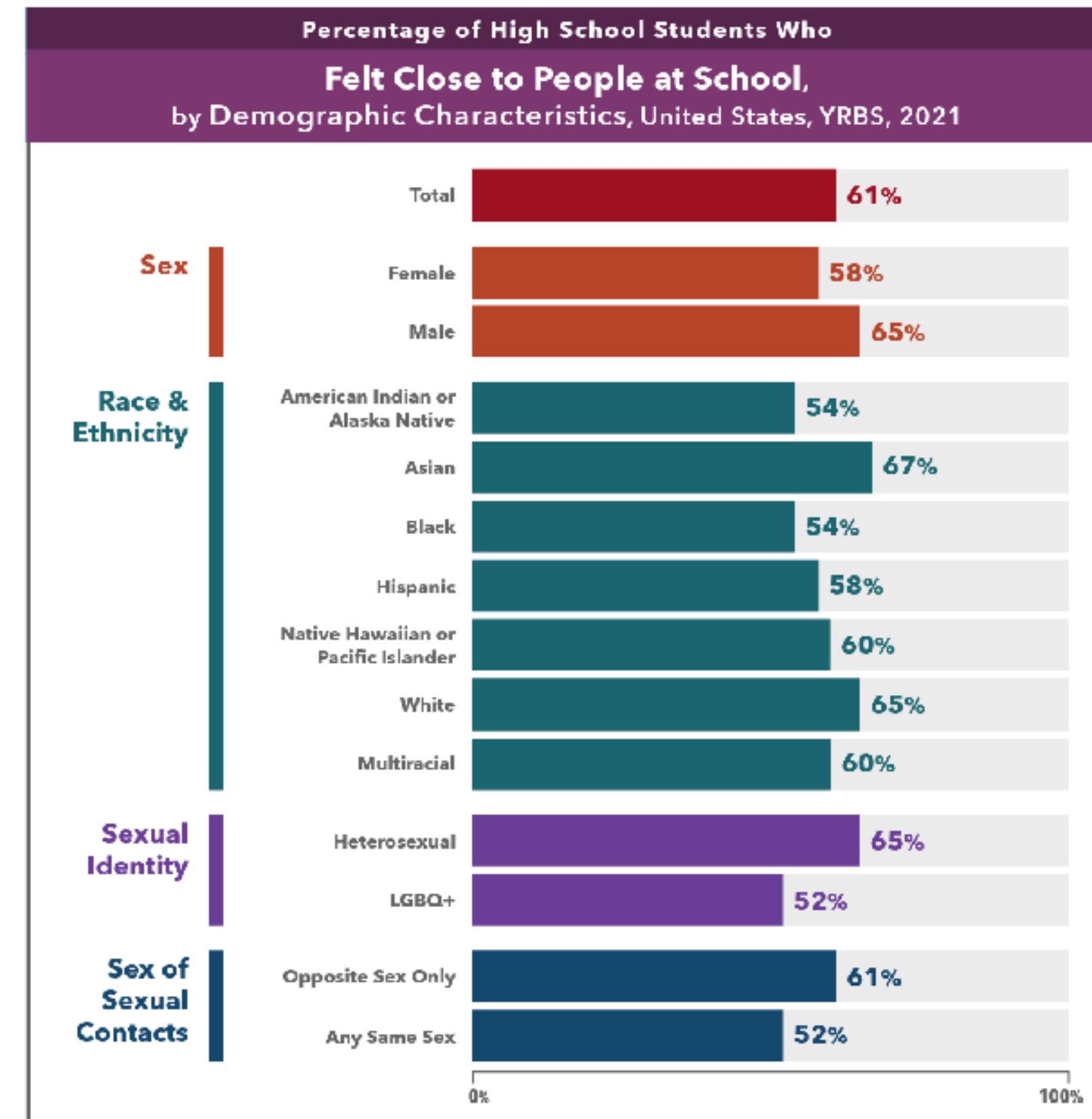
In 2021, 42% of high school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities. Female students were more likely than male students to experience persistent feelings of sadness or hopelessness. Hispanic and multiracial students were more likely than Asian, Black, and White students to experience persistent feelings of sadness or hopelessness. LGBTQ+ students and students who had any same-sex partners were more likely than their peers to experience persistent feelings of sadness or hopelessness.



MENTAL HEALTH AND SUICIDALITY

## SCHOOL CONNECTEDNESS

In 2021, 61% of high school students felt a sense of school connectedness, measured by agreeing or strongly agreeing that they felt close to people at school. Male students were more likely than female students to feel close to people at school. White students were more likely than students from most other racial and ethnic groups to feel close to people at school. Heterosexual students and students who had only opposite-sex partners were more likely than their peers to feel close to people at school.



Note: The "school connectedness" variable was added to the national YRBS in 2021; therefore, trends are not available.

NEW AND EMERGING NATIONAL DATA



## 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](#).



[Home](#) / [Stories](#)

## Free, 24/7 virtual mental health care services will be available to students

IU is partnering with TimelyMD to better meet students' needs

FOR IMMEDIATE RELEASE Jan 31, 2023



Twitter

Facebook

BLOOMINGTON, Ind. — With studies continually finding that more than half of college students meet criteria for depression or anxiety, Indiana University is further broadening access to student mental health services through a partnership with TimelyMD and its [TimelyCare](#) platform.

The virtual mental health service will begin to roll out to IU campuses in late March. By late summer, undergraduate and graduate students on all IU campuses, as well as IU Online students, will have free access to TimelyCare.

“The health and well-being of our students is a top priority for me and our university as a whole,” IU President Pamela Whitten said. “The ability to give our students 24/7 access to the mental health care they need will be a significant supplement to the in-person services available on our campuses. When students have the resources they need to best manage their health,



IU will introduce virtual mental health services, expanding on its commitment to students' mental health and wellness.  
*Photo by Getty Images*

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

# **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. PRACTICE PATIENCE**

**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 ACADEMIC SUPPORT**

**16.1 MENTAL HEALTH TRANSITION PLAN**

**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...



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

# Focus on what **YOU** want

## Why do **YOU** want to go to college?

Think friends, relationships, experiences...

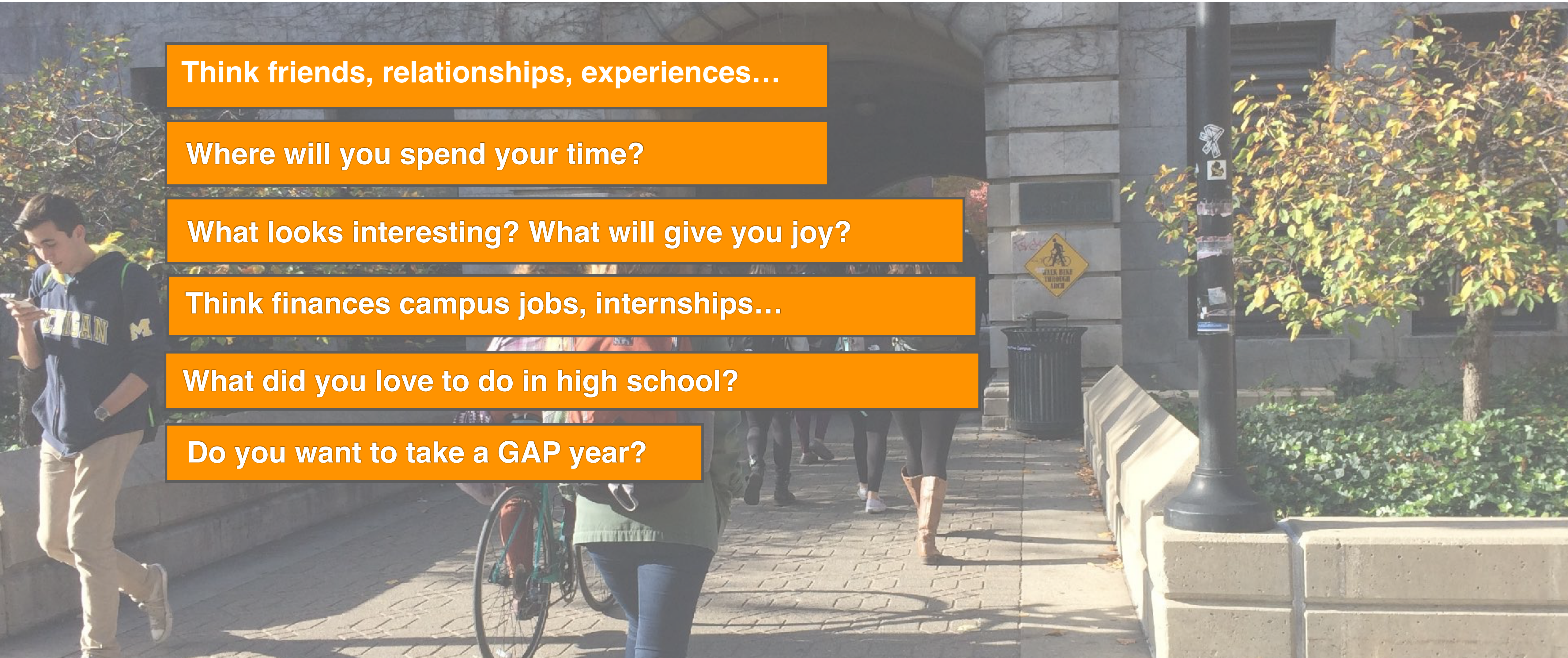
Where will you spend your time?

What looks interesting? What will give you joy?

Think finances campus jobs, internships...

What did you love to do in high school?

Do you want to take a GAP year?



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

- *Nelson Mandela*





# #2 EXPECT THE UNEXPECTED



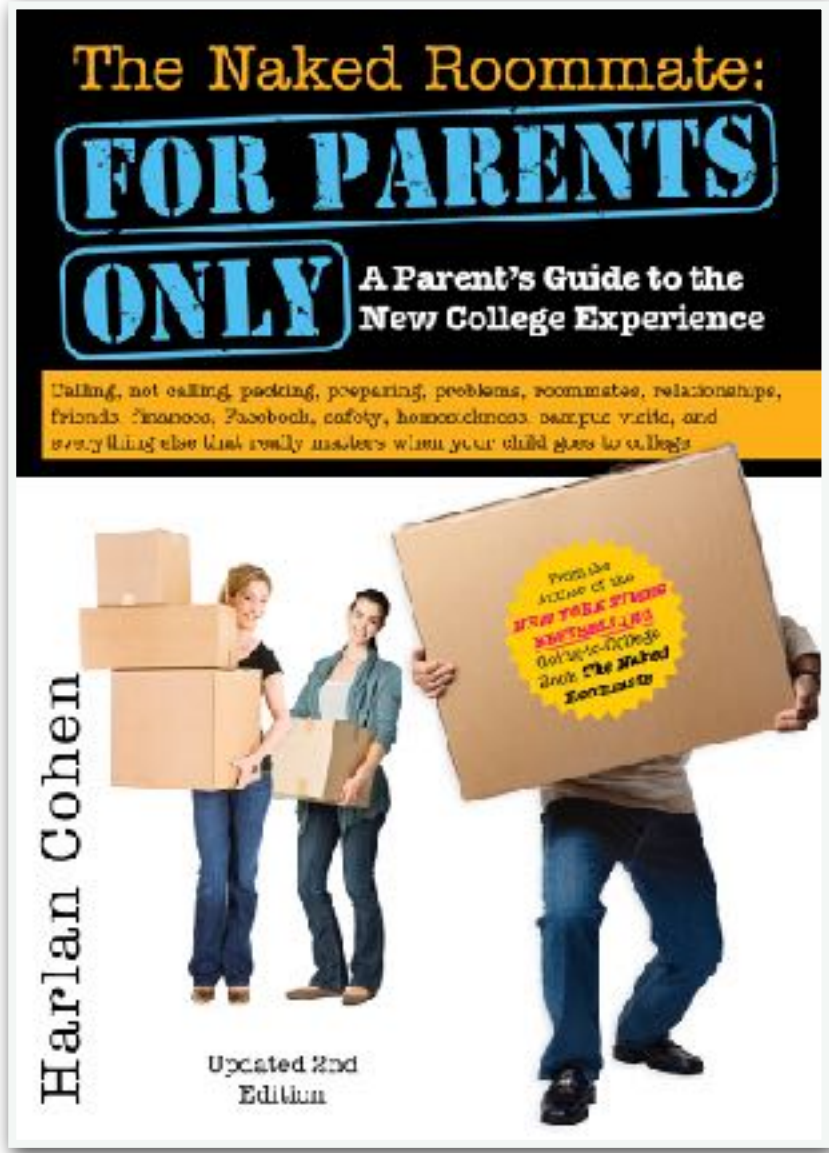
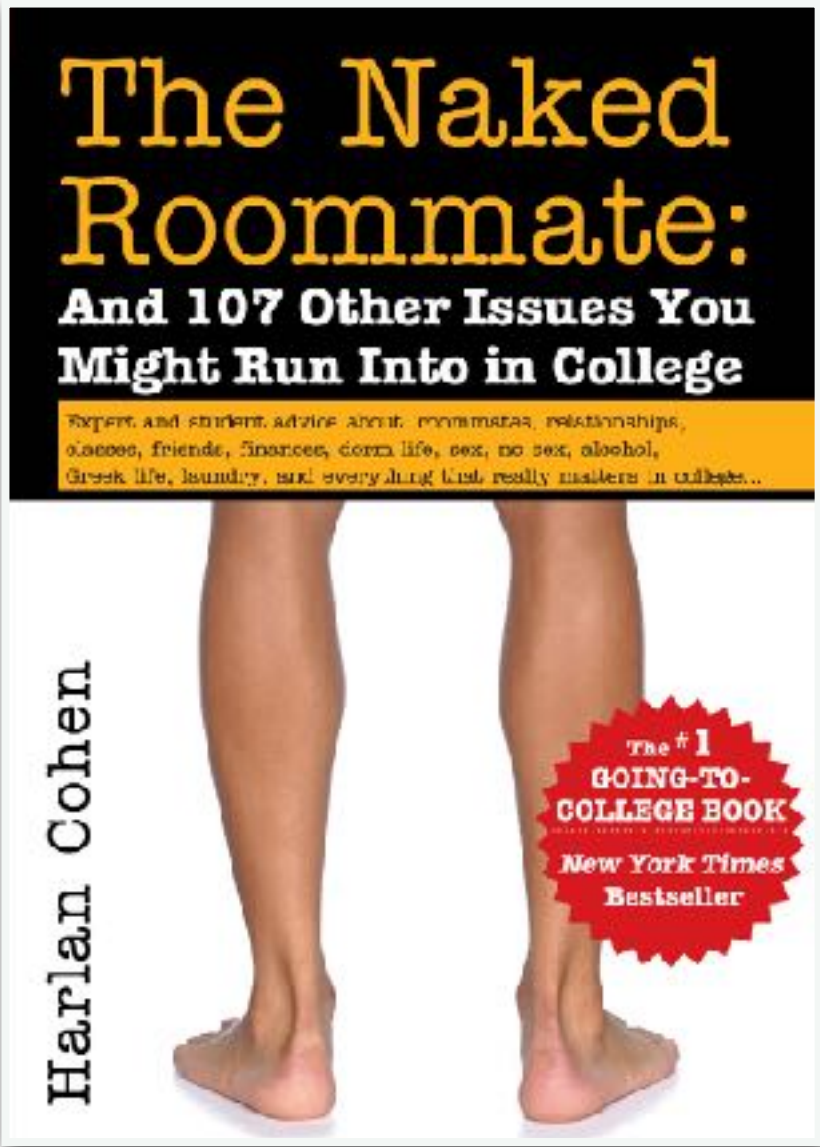
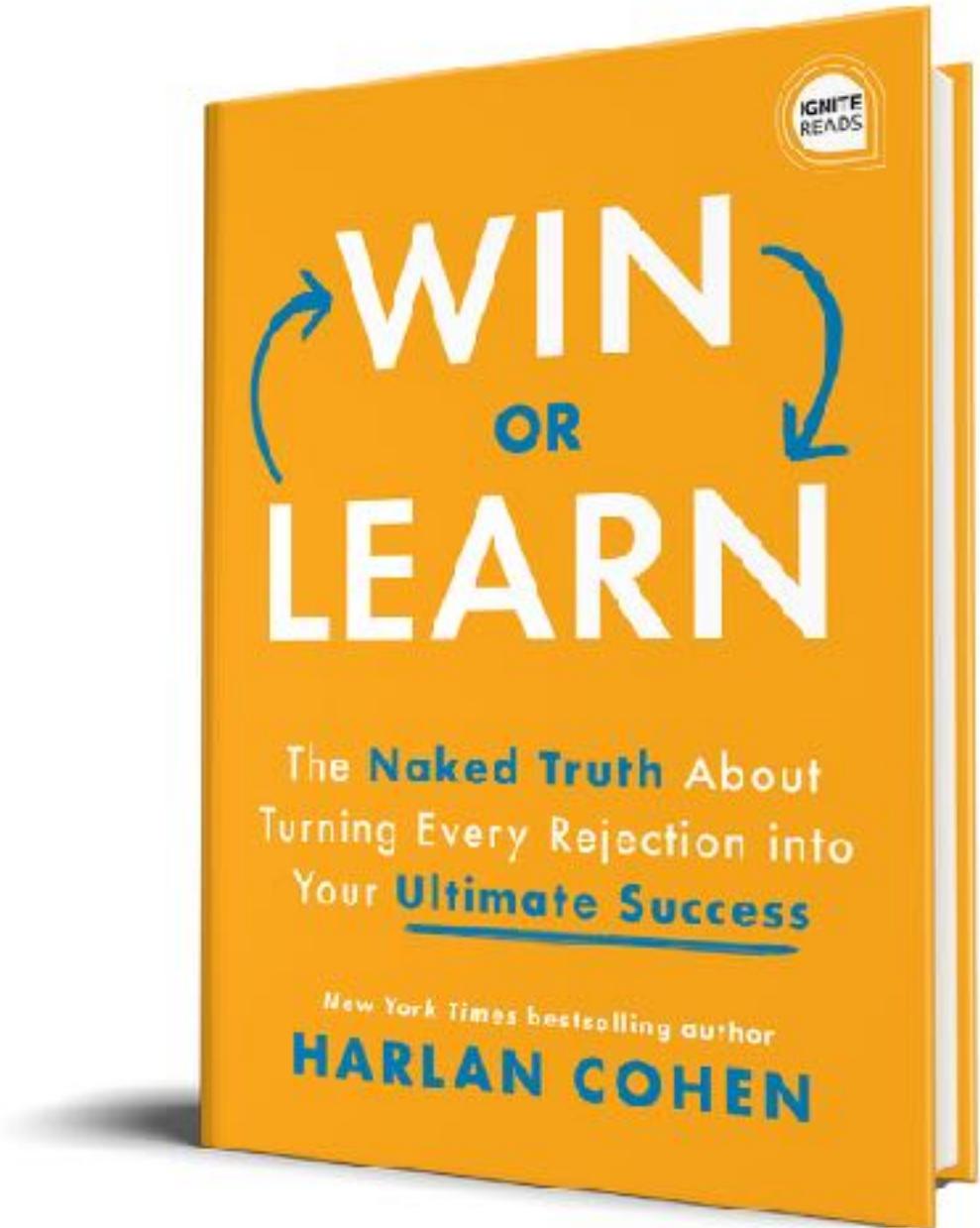
RAs Kim Cahill (Wheelock'21) (from left) and Kelly Bertkus (Wheelock'21) helping Abdullah Robins (CAS'21), who's showing his proof of a scheduled COVID-19 test before getting the key to his dorm. Showing proof of a scheduled COVID-19 test is required for all students moving into campus housing.

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

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<http://www.bu.edu/articles/2020/a-quiet-start-to-boston-university-move-in/>

# I Write Books To Help...

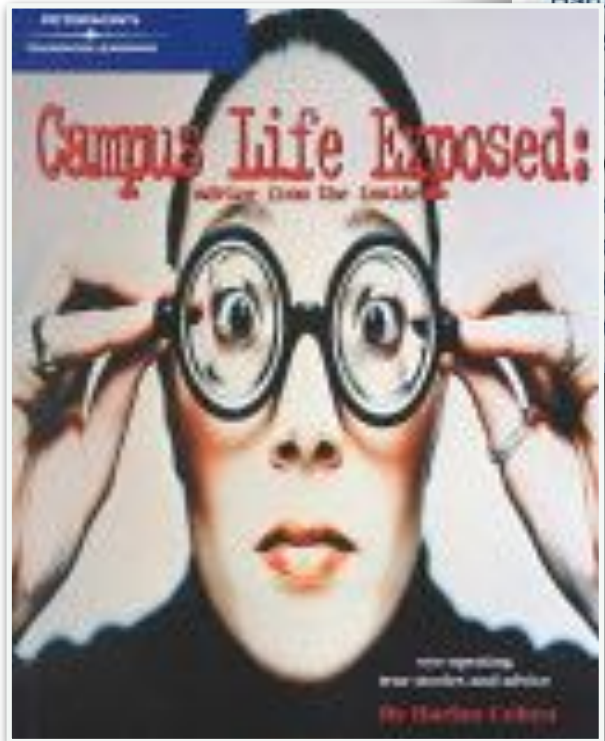
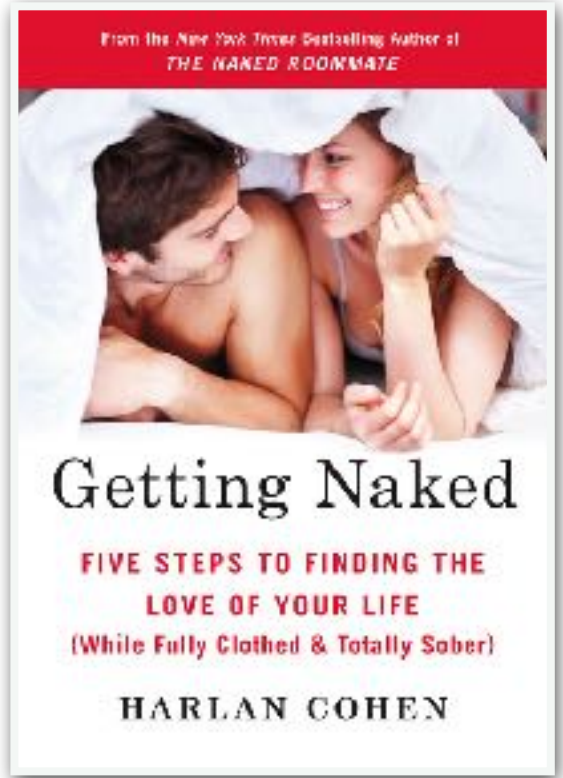
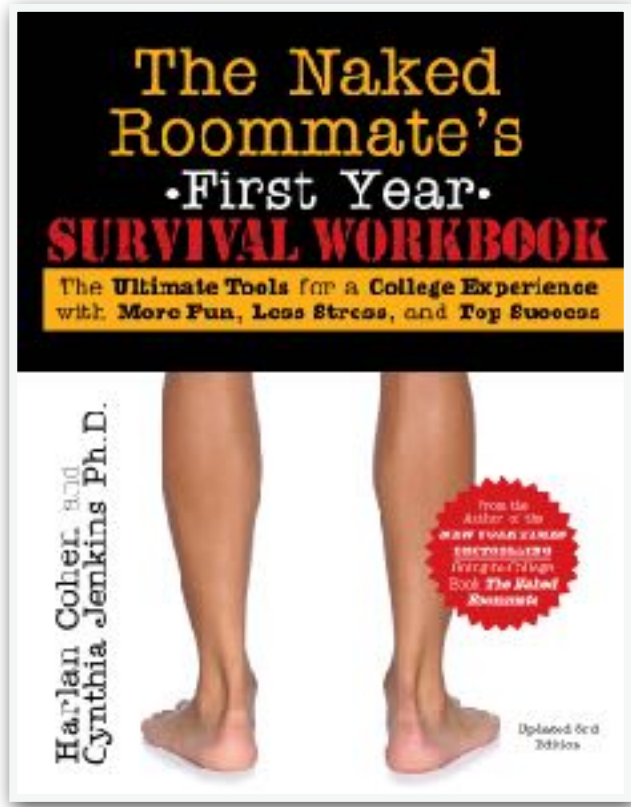


BEST SELLERS > EDUCATION

### 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>



# Visit high school and college campuses...



# Share videos on social media to help...



helpmeharlan

Harlan Cohen

Edit profile



995 Following 574.2K Followers 25.9M Likes

Author #1 College Book NAKED ROOMMATE, NY Times bestselling author, 2help

linktr.ee/harlancohen

Videos Liked

Playlists



Life Tips

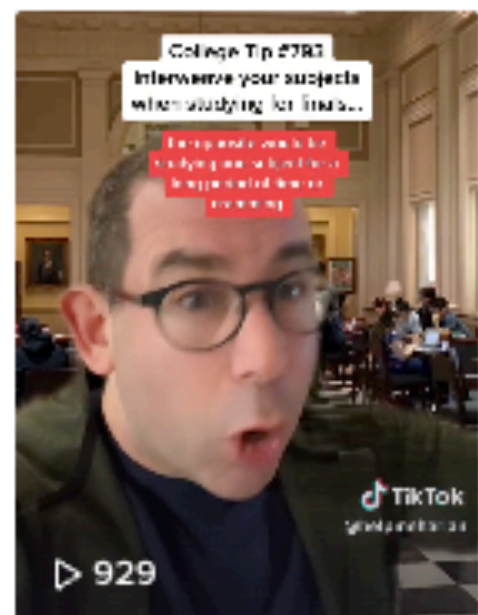
84 posts



Dating Experiment

7 posts

videos



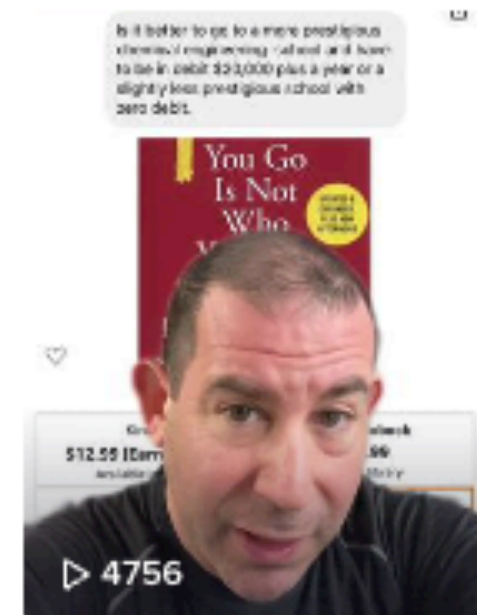
College Tip 793: Interweave...



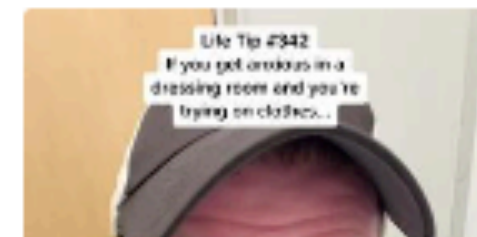
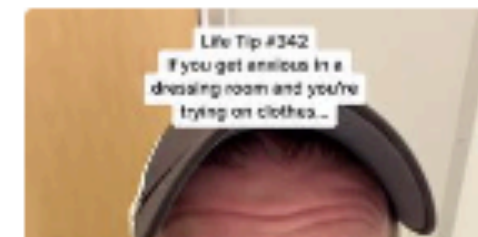
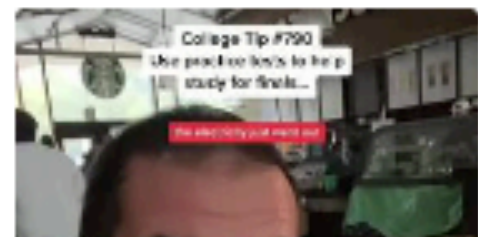
Live College Q&A with Har...



Life Tip 346: If you're mise...



College Tip 792: Is more p...



harlancohen

Edit profile

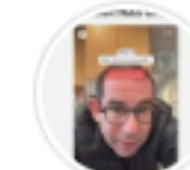
Ad tools

1,659 posts 187K followers 1,197 following

Harlan Cohen he/him/his  
Author  
TikTok 565k+ (helpmeharlan)  
NY Times bestselling author & journalist  
Mission: I ❤️ 2 help  
www.HarlanCohen.com  
Inquires: media@helpmeharlan.com  
linktr.ee/harlancohen



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URSELF



PAY 4 COLL...



TODAY



BOOKS

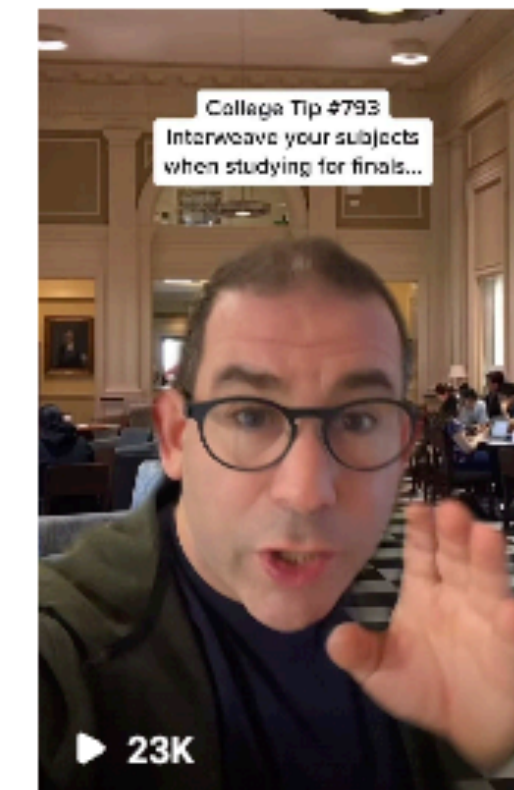


COURSES

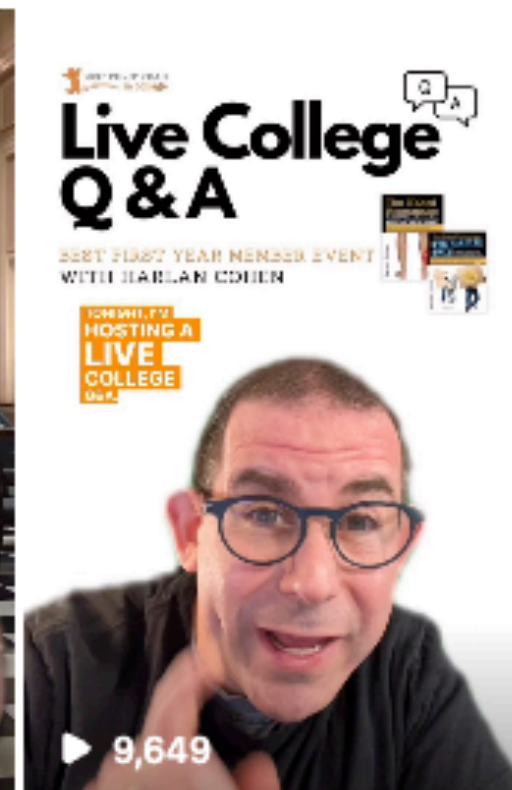


New

POSTS REELS SAVED TAGGED



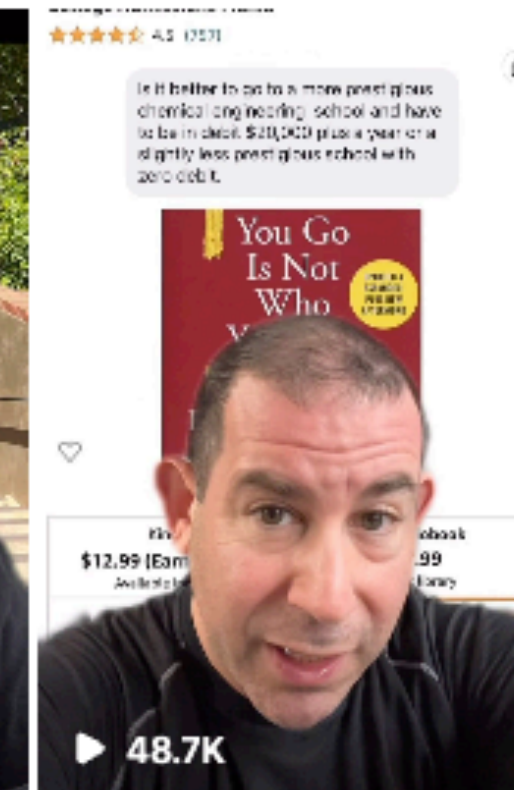
23K



9,649



30.3K



48.7K

**This is my family...**



# 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



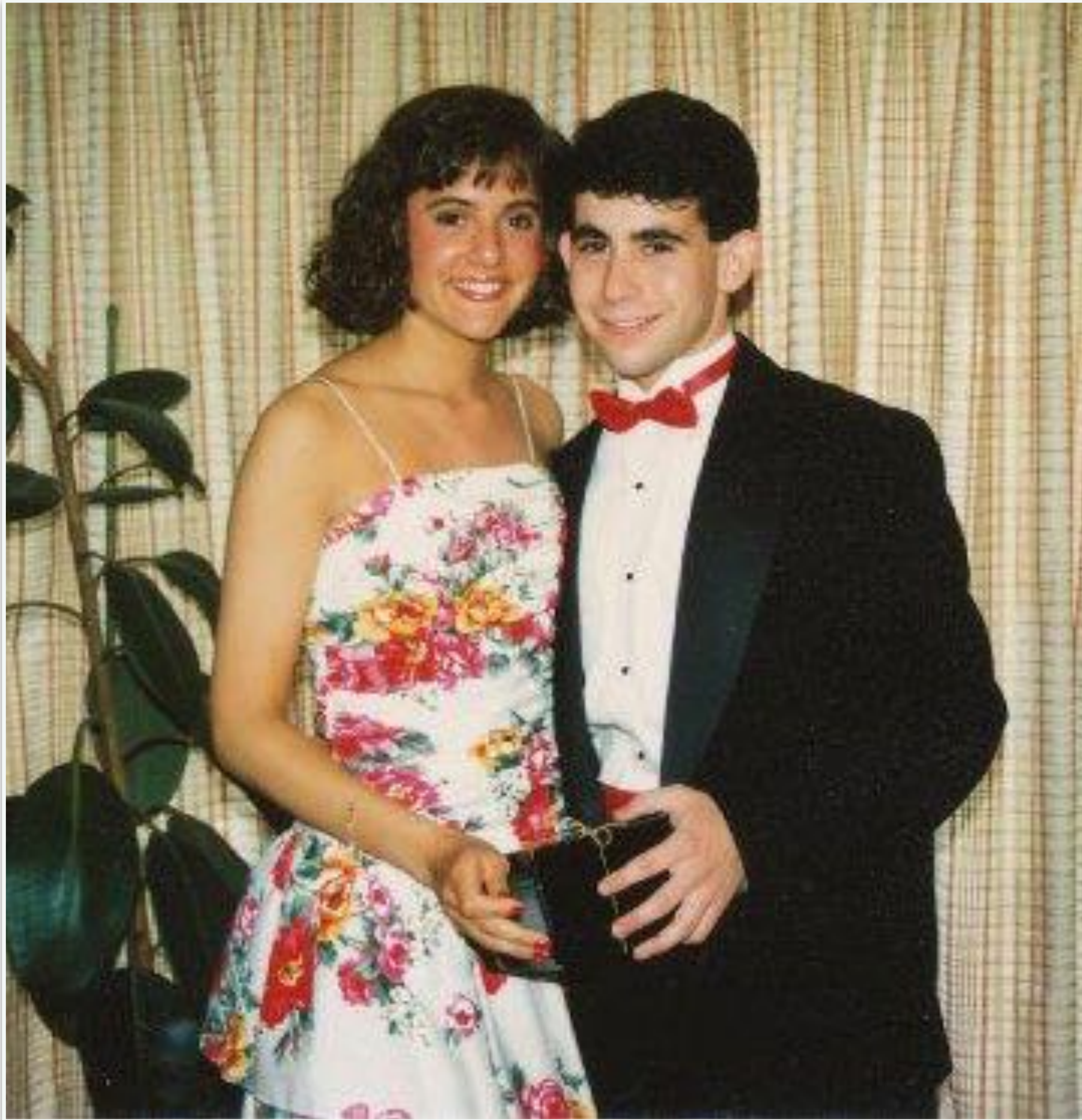
**X Roommate was not my friend**



**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...



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





[ABOUT](#)

[ADMISSIONS](#)

[ACADEMICS](#)

[RESEARCH](#)

[HOOSIER LIFE](#)

[YOUR FUTURE](#)

[ALUMNI & GIVING](#)

[NEWS & EVENTS](#)

- 
- A young man with dark hair, wearing a grey t-shirt and blue shorts, stands with his back to the camera, looking towards the Fisher Fountain. The fountain is a large bronze sculpture of a woman reclining on a shell, surrounded by fish. In the background, a large, classical-style building with columns is visible under a clear blue sky.
- **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



**SEARCH**

**SELECTION**

**TRANSITION**

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

**S**

**Social**

**E**

**Emotional**

**P**

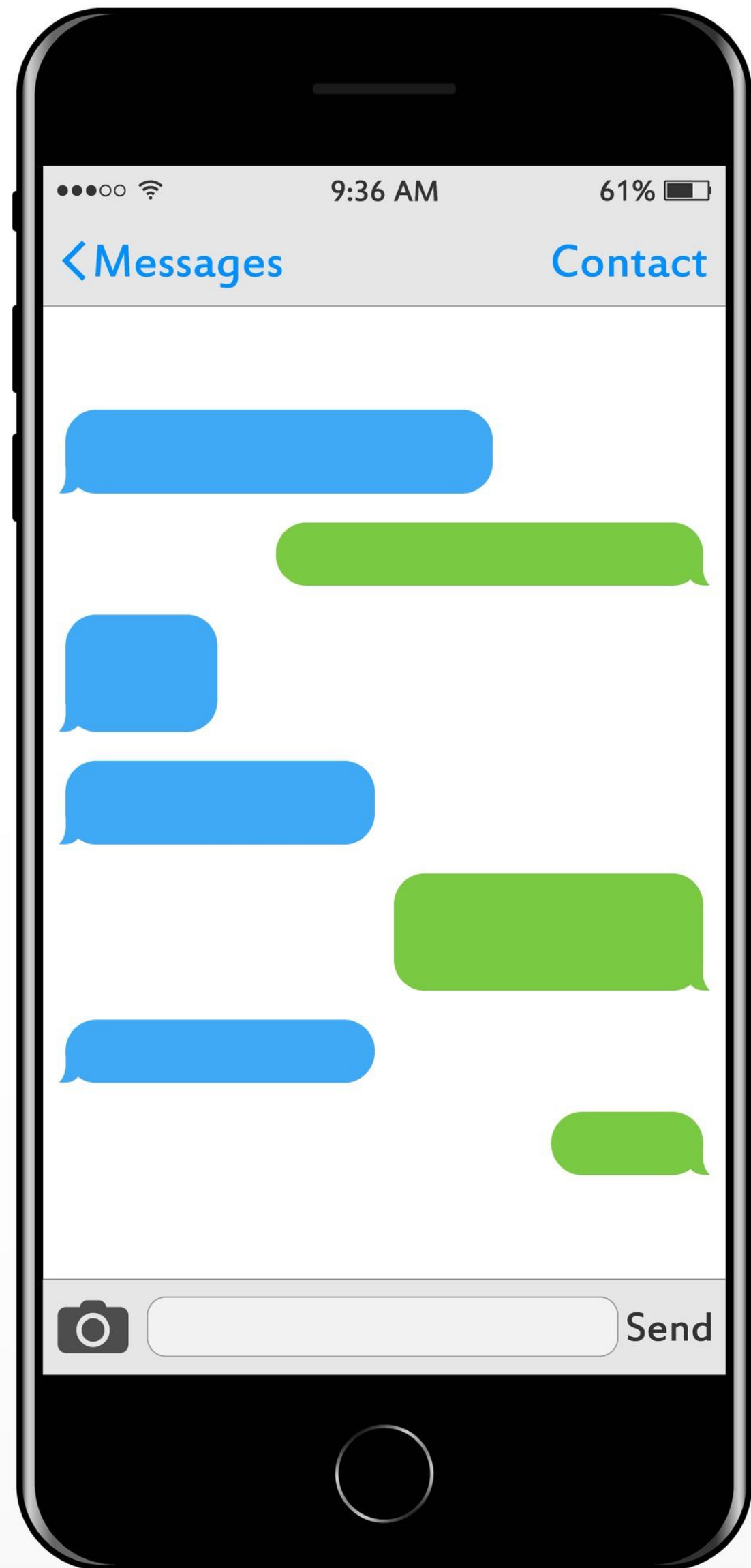
**Physical**

**F**

**Financial**

**A**

**Academic**



# Which Transition Makes You The Most Uncomfortable?

---

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

Answer in the chat...



# **#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!**



EDUCATION

## To help new students adapt, some colleges are eliminating grades

March 26, 2023 · 6:10 AM ET

By Jon Marcus

FROM [THE HECHINGER REPORT](#)



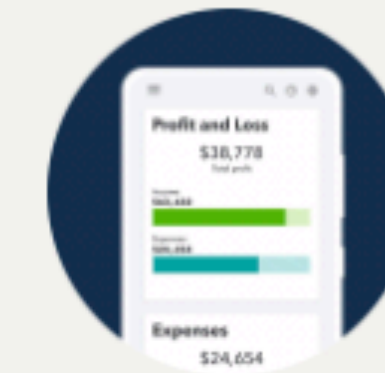
LA Johnson/NPR

Joy Malak floundered through her freshman year in college.

"I had to learn how to balance my finances. I had to learn how to balance work and school and the relationship I'm in." The hardest part about being a new college student, Malak said, "is not the coursework. It's learning how to be an adult."

That took a toll on her grades. "I didn't do well," said Malak, who powered through and is now in her sophomore year as a neuroscience and literature double major at the University of California, Santa Cruz, or UCSC. "It took a while for me to detangle my sense of self-worth from the grades that I was getting. It made me consider switching out of my major a handful of times."

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



# #4 EMBRACE THE UNIVERSAL REJECTION TRUTH



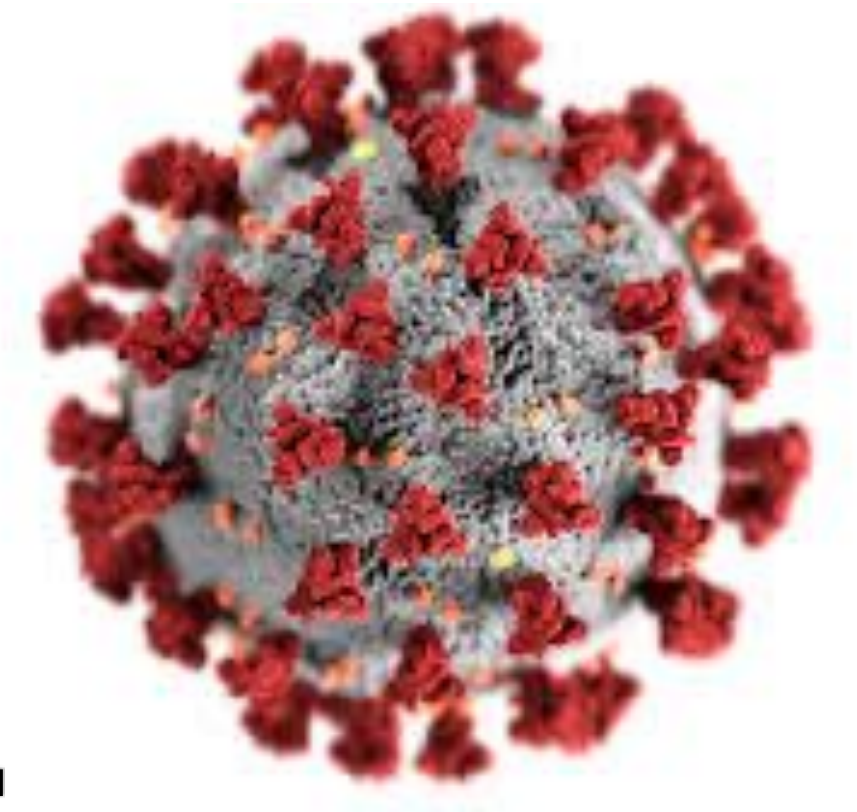
Win or Learn

## 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

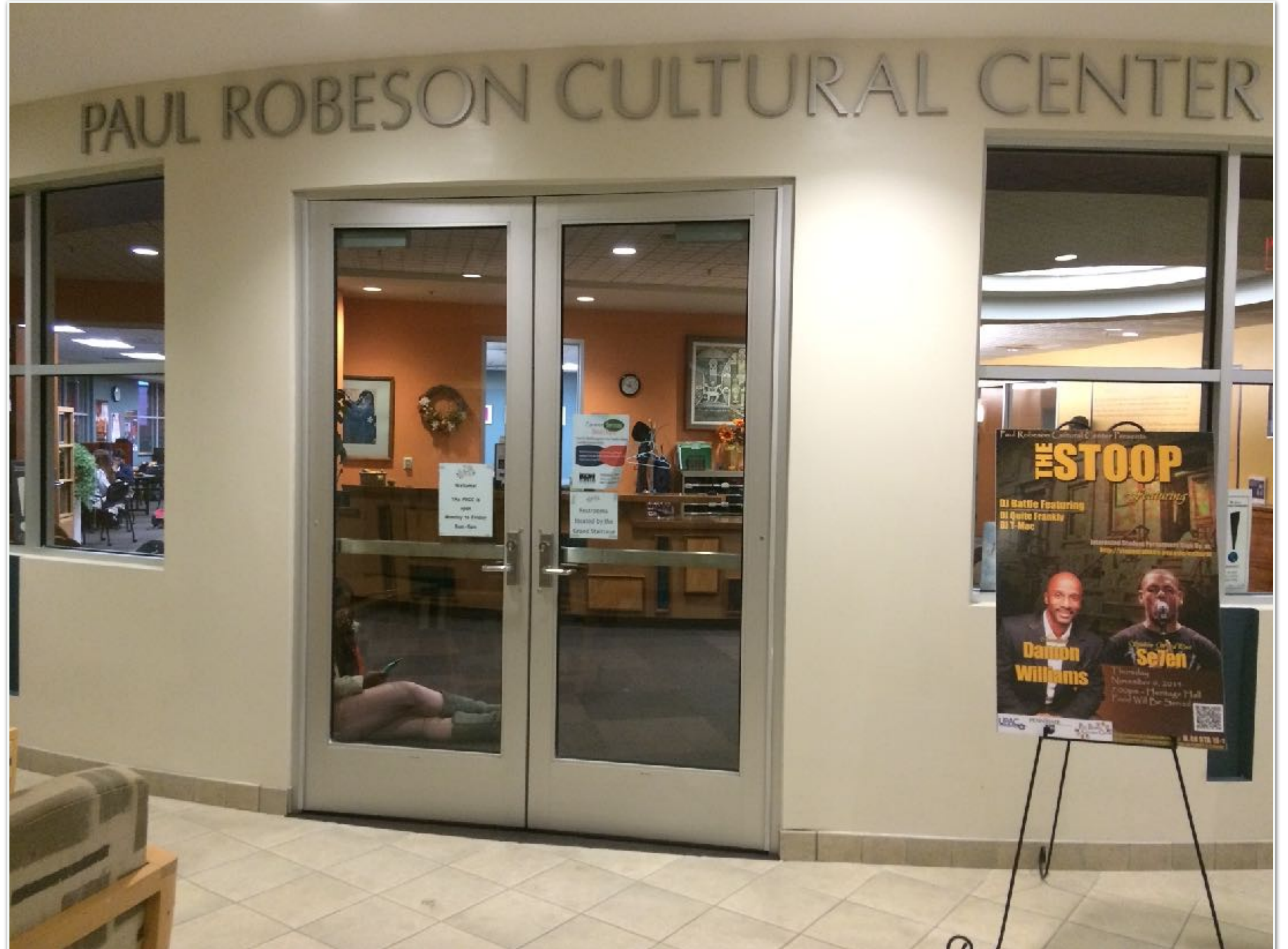
✧ LOVE

✧ WORK



# Places

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

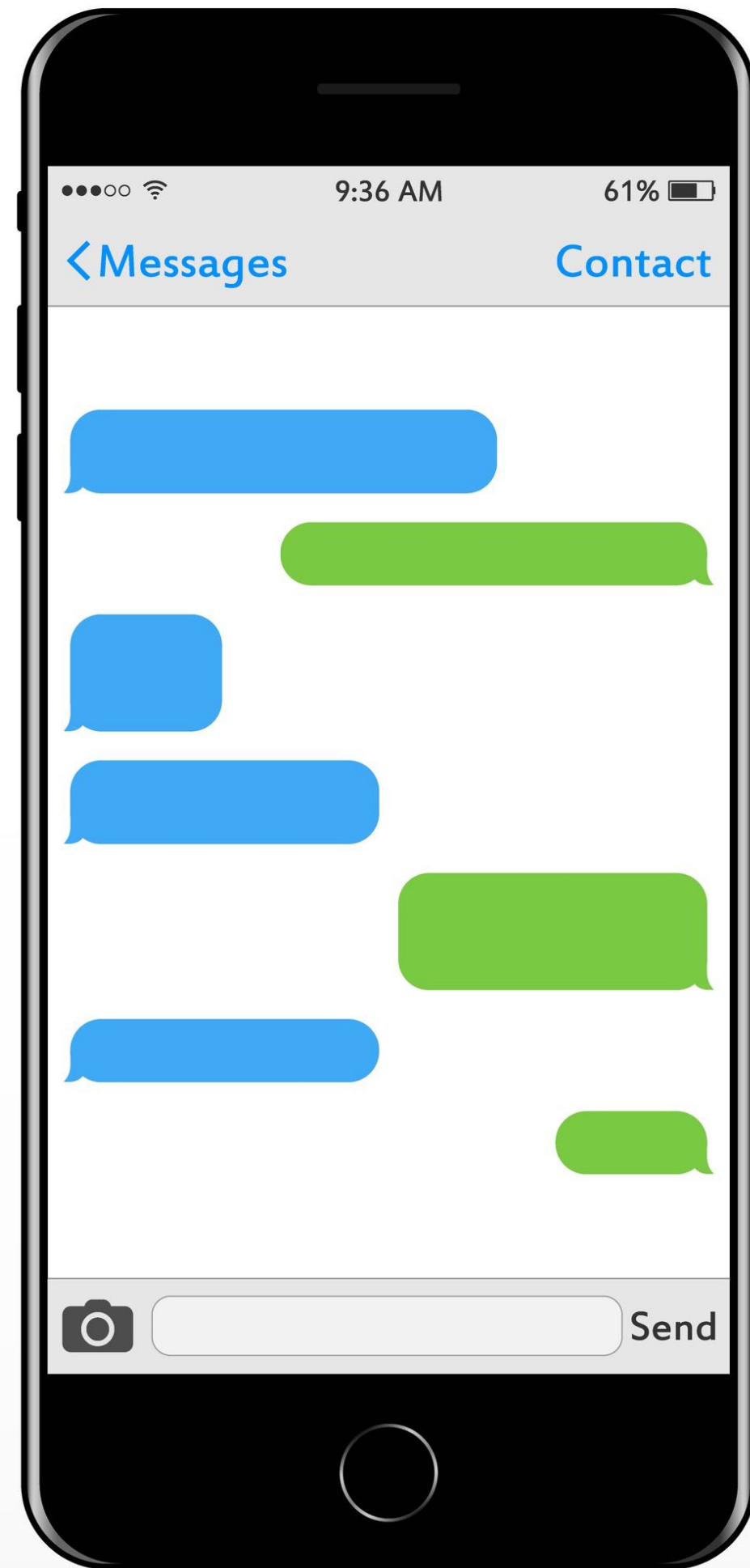
#### Kim Bentley

Assistant to the Director

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

740-587-5556





**TEXT ME YOUR  
QUESTIONS DURING  
OUR EVENT**

---

**321-345-9070**

# #6 FIND YOUR FIVE PEOPLE





**People who  
volunteer to help**

**People you ask  
or enlist to help**

**People who are  
paid to help**

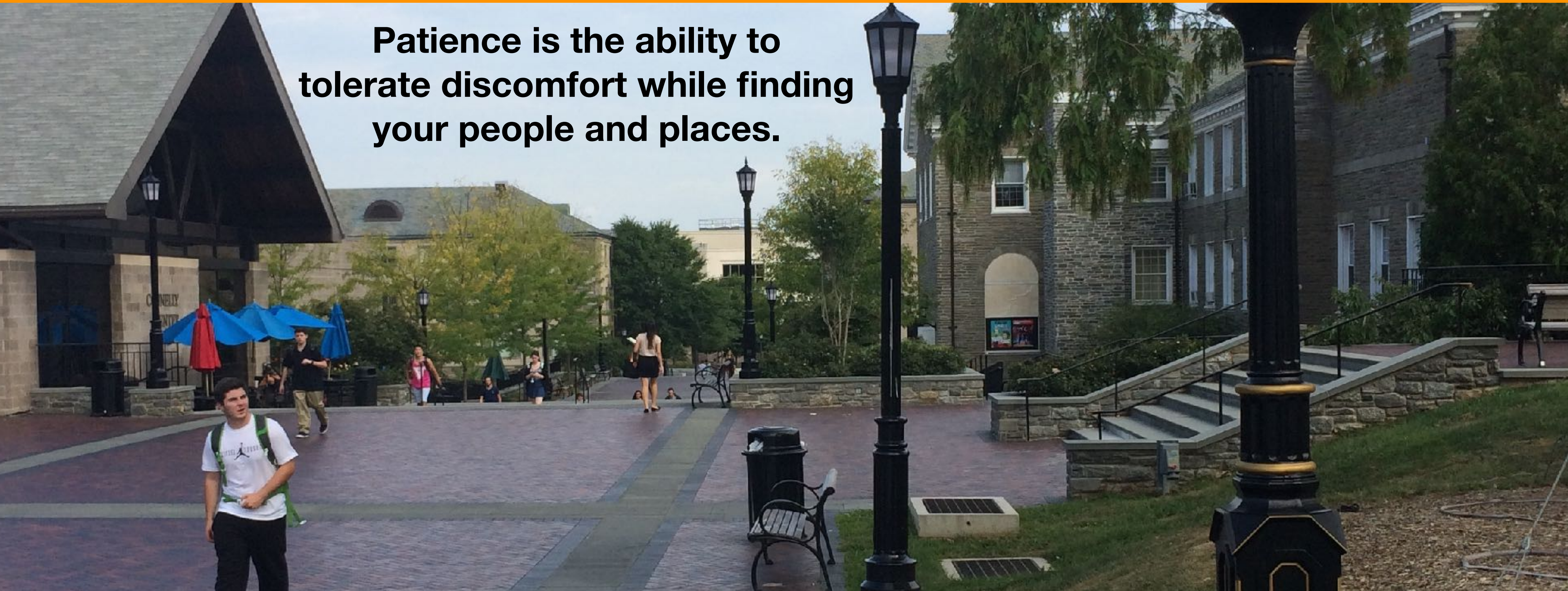
**Who are some of these people?**


- 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



# #7 PRACTICE PATIENCE

**Patience is the ability to tolerate discomfort while finding your people and places.**





**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?

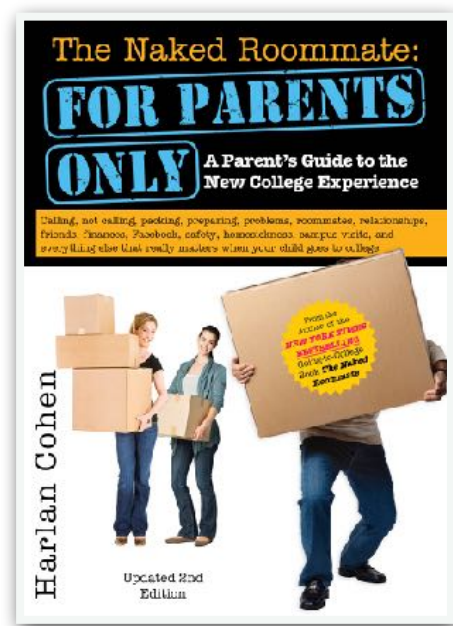
- ✦ **NOTHING** - The problem will still be there tomorrow.
- ✦ **SOLUTION** - You (or your child) will solve the problem.
- ✦ **NEW PROBLEM(S)** - The old problem will no longer be a problem because new and exciting other problems will pop up.

**BONUS:**  
Practice asking  
for help!





# #8 TALK TO YOUR PARENTS



## Talk about...

- Communicating
- Advocating for yourself
- Money / Budget
- Academic Expectations
- Getting Help
- HIPAA & FERPA

Are you looking to vent or do you want advice?



# #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

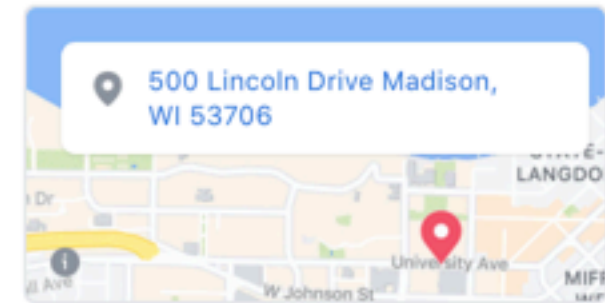
Home Events Videos Photos More

Like

Message

About

See All



The official Facebook page for the University of Wisconsin-Madison. Managed by staff of University Communications, a unit located within the Office of...

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

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](https://earthday.nelson.wisc.edu)

Home

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

1

1 Comment

Like

Comment

Share

Most Relevant

Instagram

Search



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



Safer Badger



Support



COVID-19



Study spa...

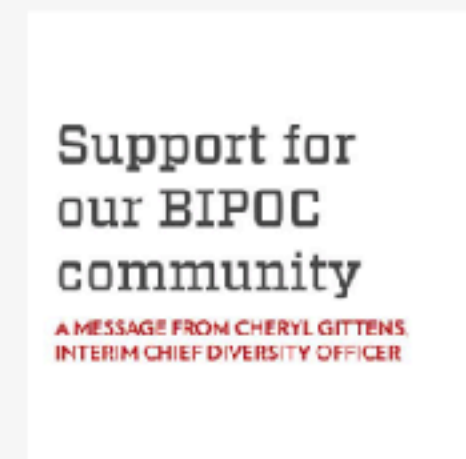
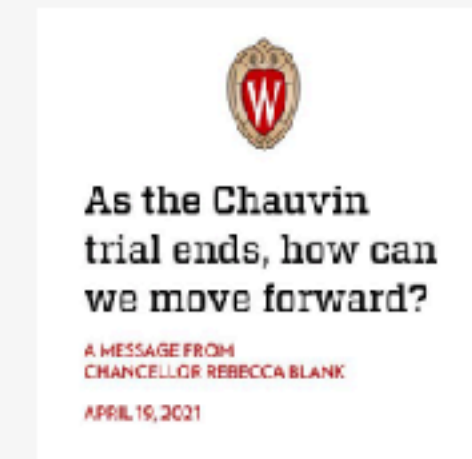
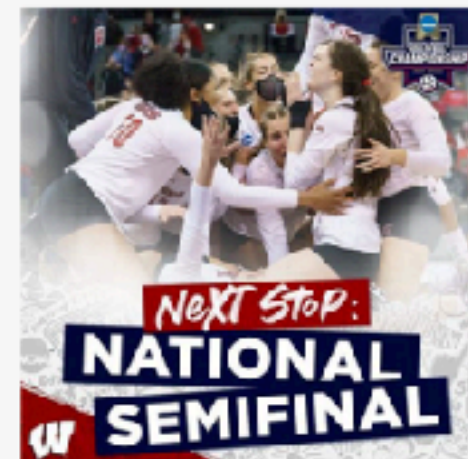


#BadgerA...

POSTS

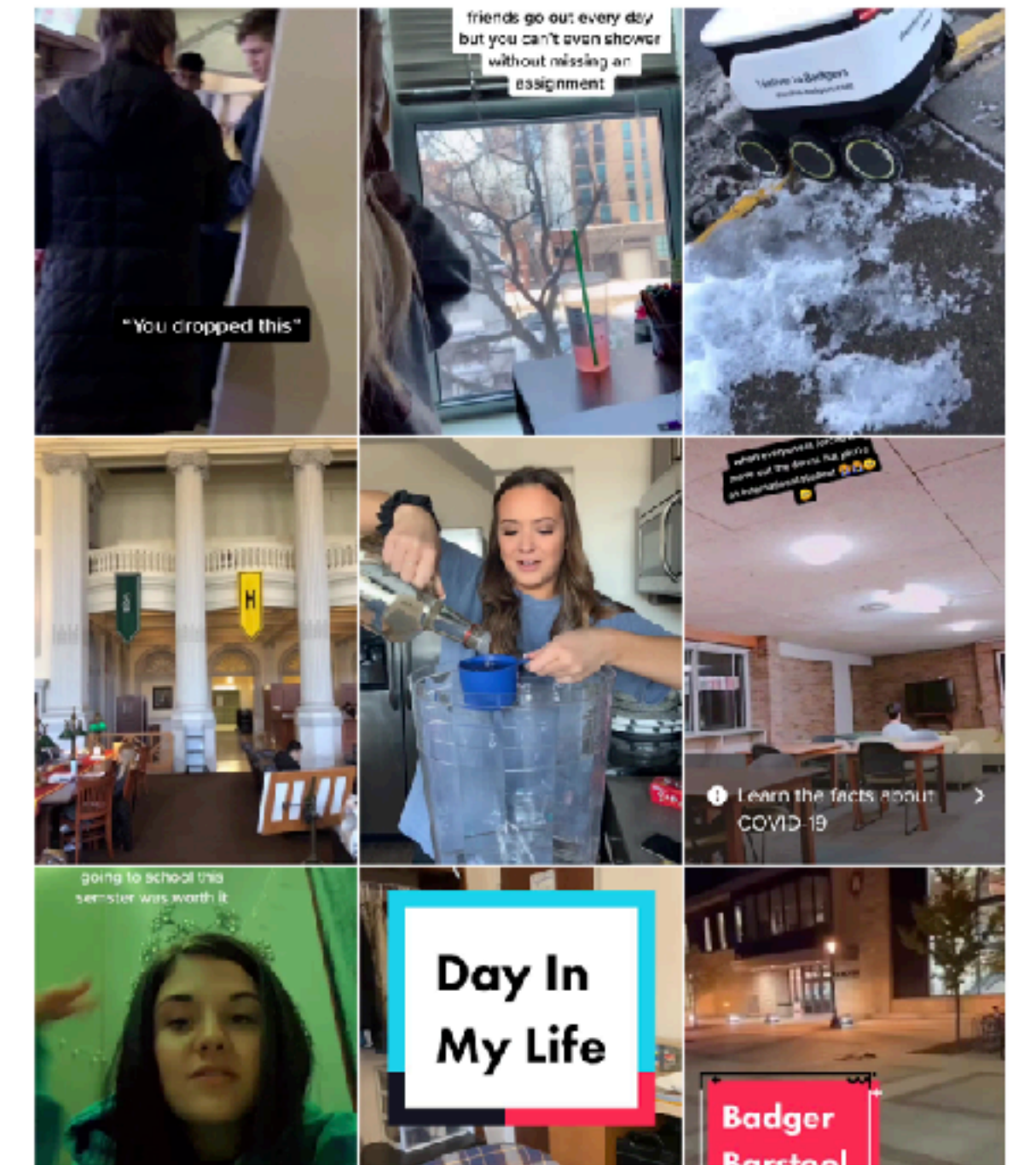
IGTV

TAGGED



#uwmadison

35M views



ram

# #11 READ THE CAMPUS NEWSPAPER



**THE LANTERN**

HOME LIVE CAMPUS PROJECTS ARTS & LIFE SPORTS ADVERTISE CLASSIFIEDS ABOUT US


**SUMMER INSTITUTE IN SCIENCE & MATHEMATICS**  
Session I: Monday, May 22 - June 16, 2023  
Session II: Tuesday, June 20 - July 17, 2023

- Complete a year of course work in just 8 weeks.
- Earn credit that will transfer to your home college.
- Choose from a wide variety of academic subjects.

CLASSES ON CAMPUS OR ONLINE. Capital University Visit capital.edu/sim/

## OHIO STATE'S FRIENDSHIP CIRCLE AND 4 PAWS FOR ABILITY HOST PUPPY YOGA

March 30, 2023 • Josie Stewart



Watch on YouTube

An Ohio State affiliate of Friendship Circle in New Albany, an organization that works to build lasting friendships for kids with disabilities, hosted a puppy yoga session on Sunday at the Ohio Union.

**CLICK TO GIVE**

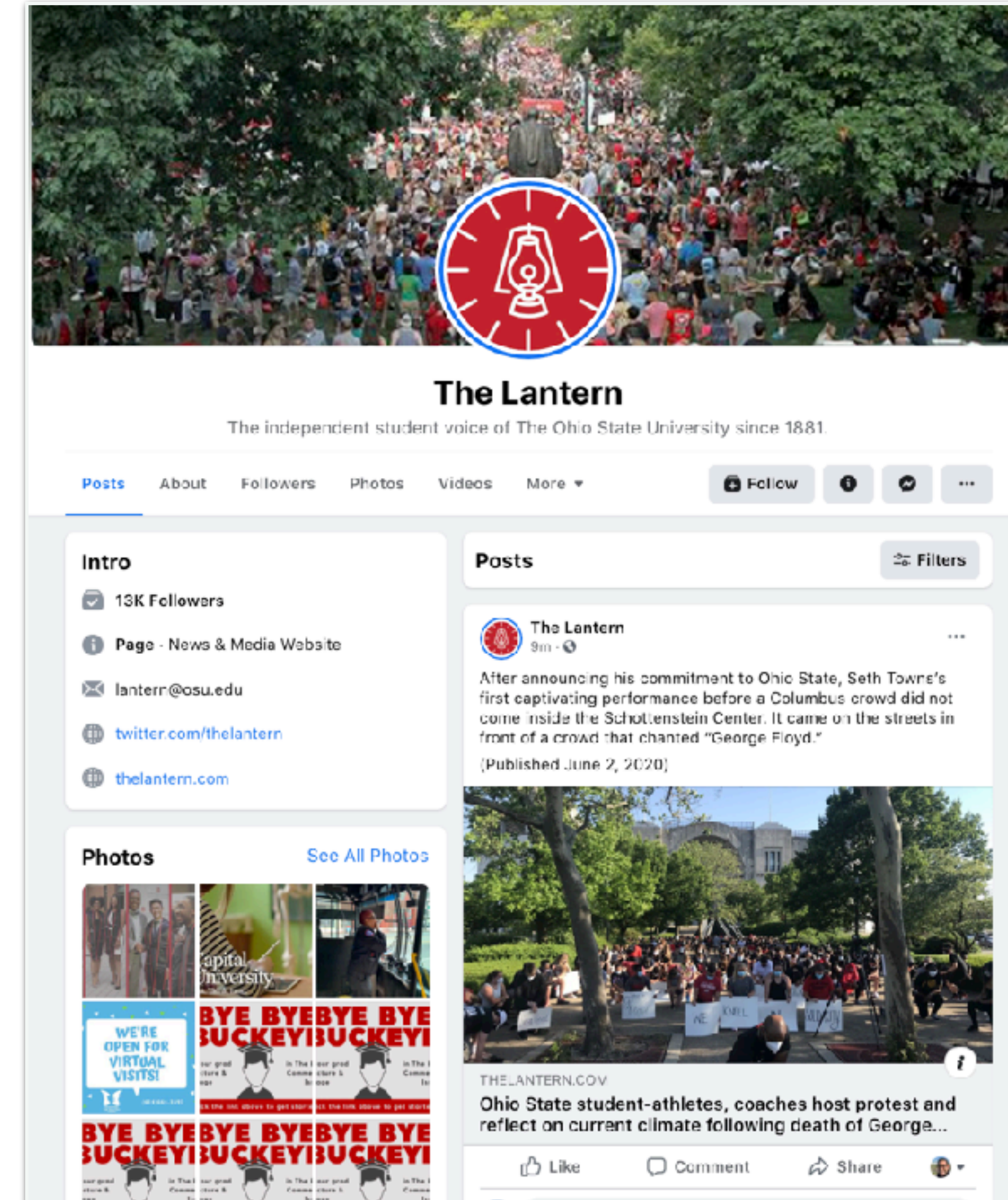
### BYE BYE BUCKEYE

Surprise your grad with a picture & message in The Lantern's Commencement Issue!

Click here to get started!

**RECENT**

- Women's Basketball: Mikael first Buckeye selected in WNBA Draft since 2018
- Taylor Takeover: Professor fills in the 'Blank Space' of how Taylor Swift has become 'The Lucky One'
- University group makes recommendations for new Columbus zoning code
- Seniors to show off their films at the Ohio State Moving-Image Production Show Showcase




**The Lantern**  
The independent student voice of The Ohio State University since 1881.

13K Followers  
Page - News & Media Website  
lantern@osu.edu  
twitter.com/thelantern  
thelantern.com

**Posts**

**The Lantern**  
9m •

After announcing his commitment to Ohio State, Seth Towne's first captivating performance before a Columbus crowd did not come inside the Schottenstein Center. It came on the streets in front of a crowd that chanted "George Floyd."  
(Published June 2, 2020)



THE.LANTERN.GOV  
Ohio State student-athletes, coaches host protest and reflect on current climate following death of George...

Like Comment Share

# #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. DO NOT restrict your significant other or be restricted**
- III. Meet other people and form friendships**
- IV. Stay on campus (don't leave every weekend)**
- V. 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 that also pay tuition
- ▶ 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.

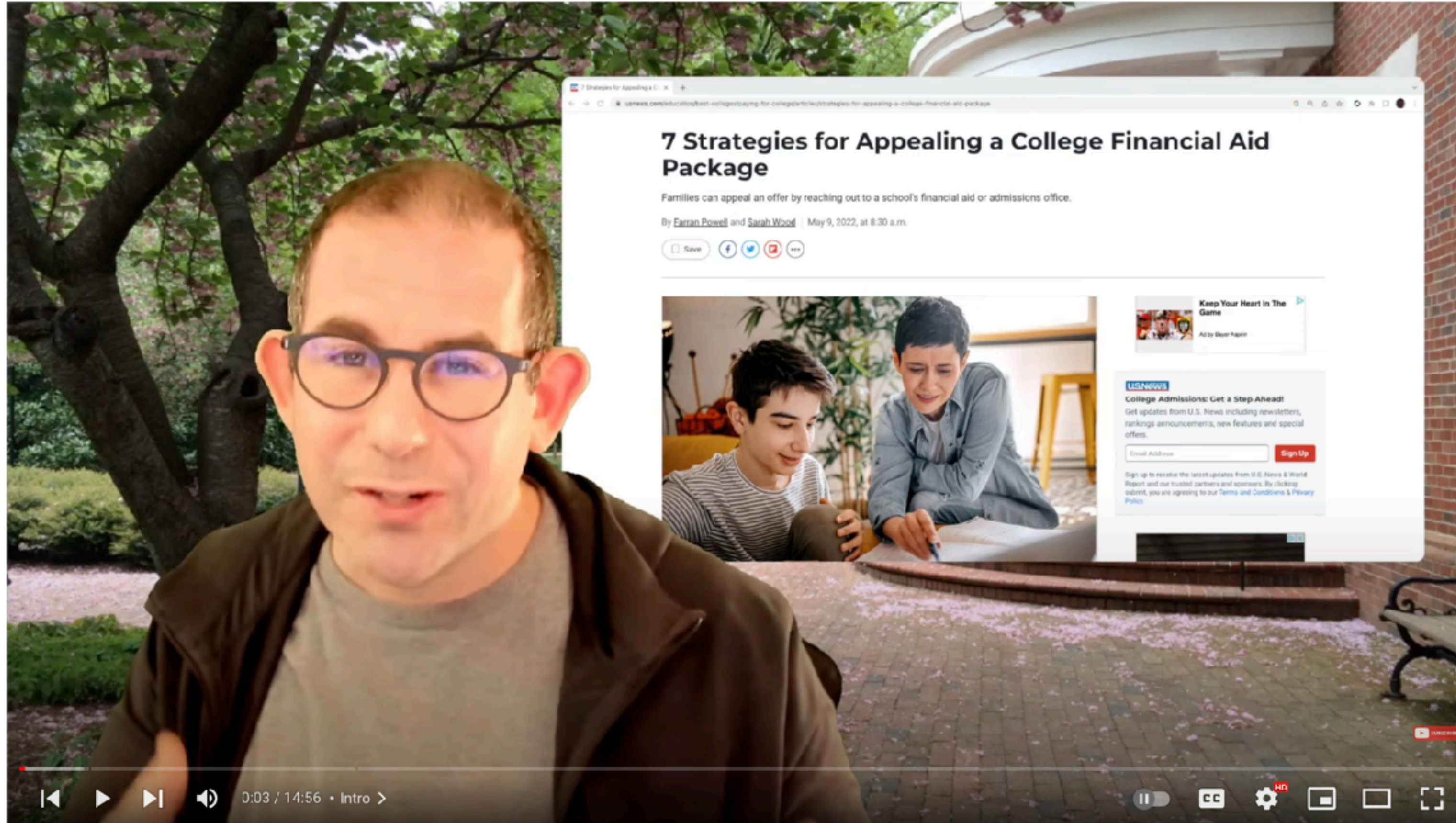
Here are some of the highlights to help you pinpoint the best job for you.

## 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/>





Need more money for college? How to write a financial aid appeal letter (and how ChatGPT can help)

Harlan Cohen  
1.22K subscribers

Subscribed

35

Comment icon

Share

Download

Clip

Save

More options icon

1.1K views 1 month ago #grants #students #parents

Need more money for college? Is your financial aid not enough to cover the costs? Did you know you can ask the college for money if you're not satisfied with their financial aid package? Here's how to write your financial aid appeal letter (and how chatGPT can help).

Show more

<https://www.youtube.com/@HelpMeHarlan>

# #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**

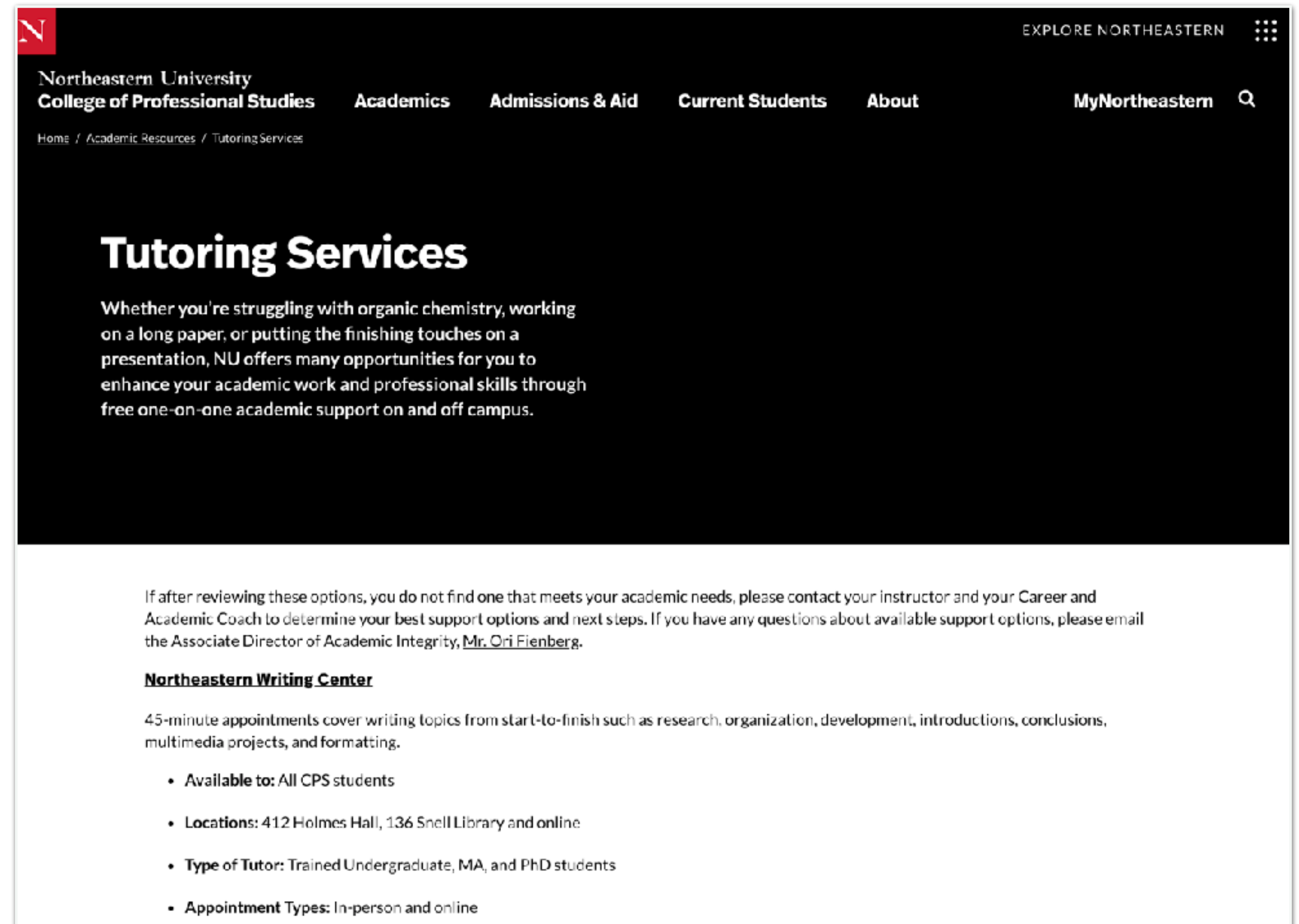
No walking home alone at night. EVER.  
Follow campus guidelines

**TALK ABOUT FENTANYL...**



# #16 IDENTITY ACADEMIC SUPPORT RESOURCES

Identify academic campus support resources. Plan to study in the writing center and math center.



The screenshot shows the Northeastern University website page for Tutoring Services. The page has a dark blue header with the university logo and navigation links. The main content area is white with a blue background for the title and introductory text. The text describes the tutoring services and lists specific details for the Northeastern Writing Center.

**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**

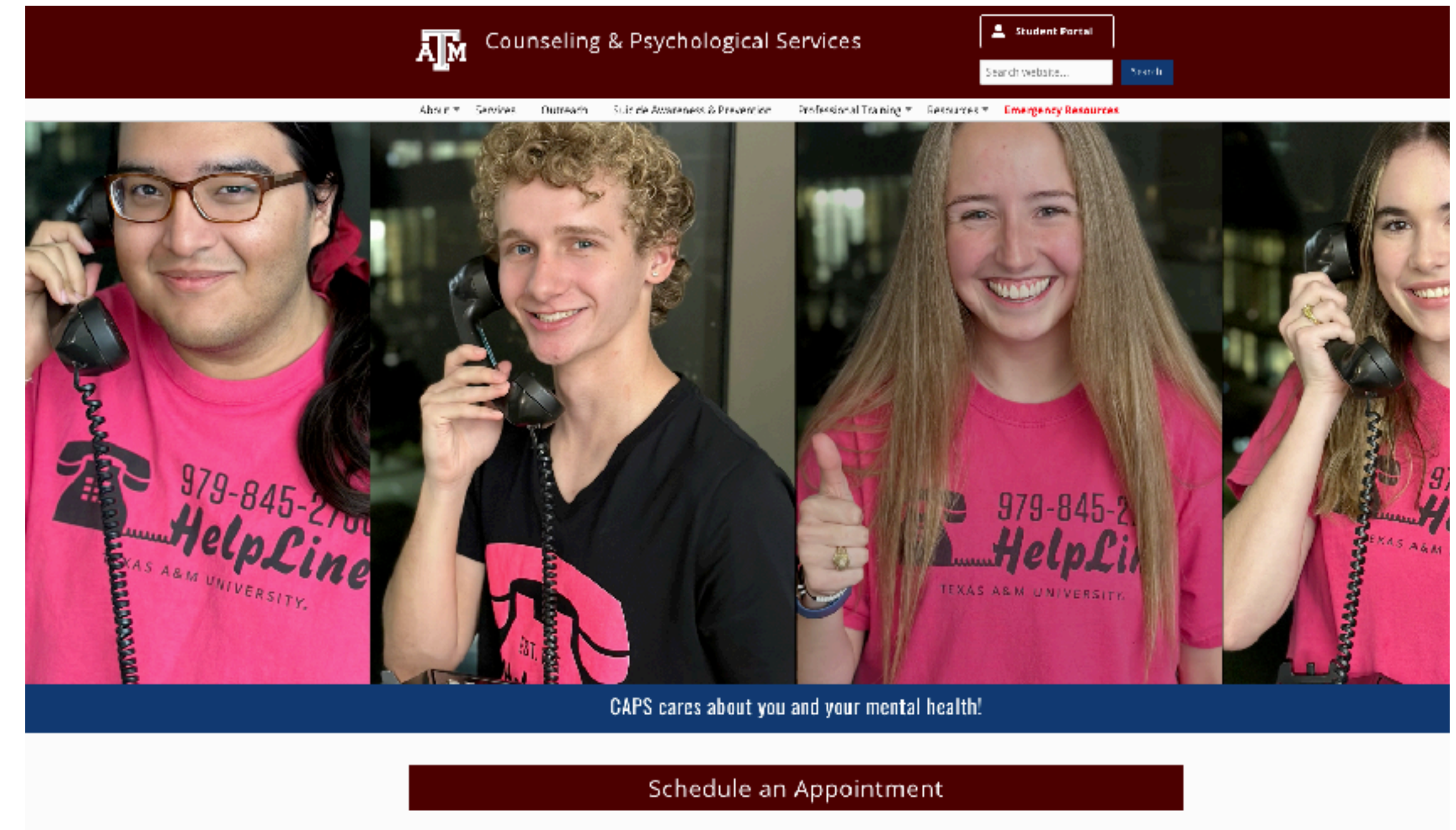
45-minute appointments cover writing topics from start-to-finish such as research, organization, development, introductions, conclusions, multimedia projects, and formatting.

- **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

# #16.1 MENTAL HEALTH TRANSITION PLAN

## WHAT'S A MENTAL HEALTH TRANSITION PLAN

1. List the changes and challenges that make you uncomfortable about life in college.
2. Identity specific people on and off-campus who will be in your corner to help you get comfortable with the uncomfortable.
3. Identify specific places on campus where you can find resources and support.
4. Reach out to the people in the places who can help you before you need help...



**Make sure on-campus and off-campus therapists can do virtual therapy in other states**

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



**It's May 2024,  
Here's what happened this year in college...**



# Tell Your Story As If...

It's May 1, 2024 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. PRACTICE PATIENCE**

**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**

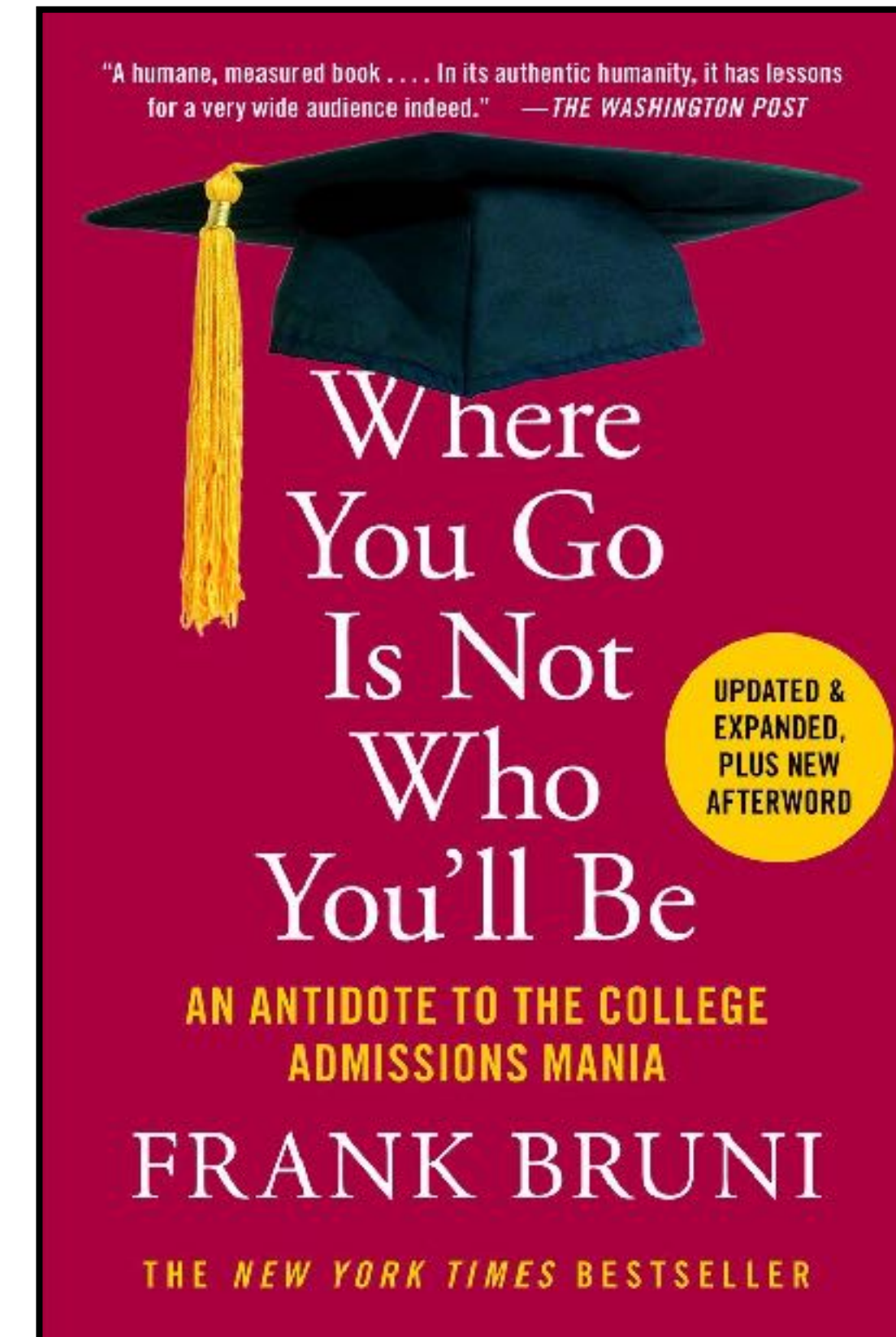
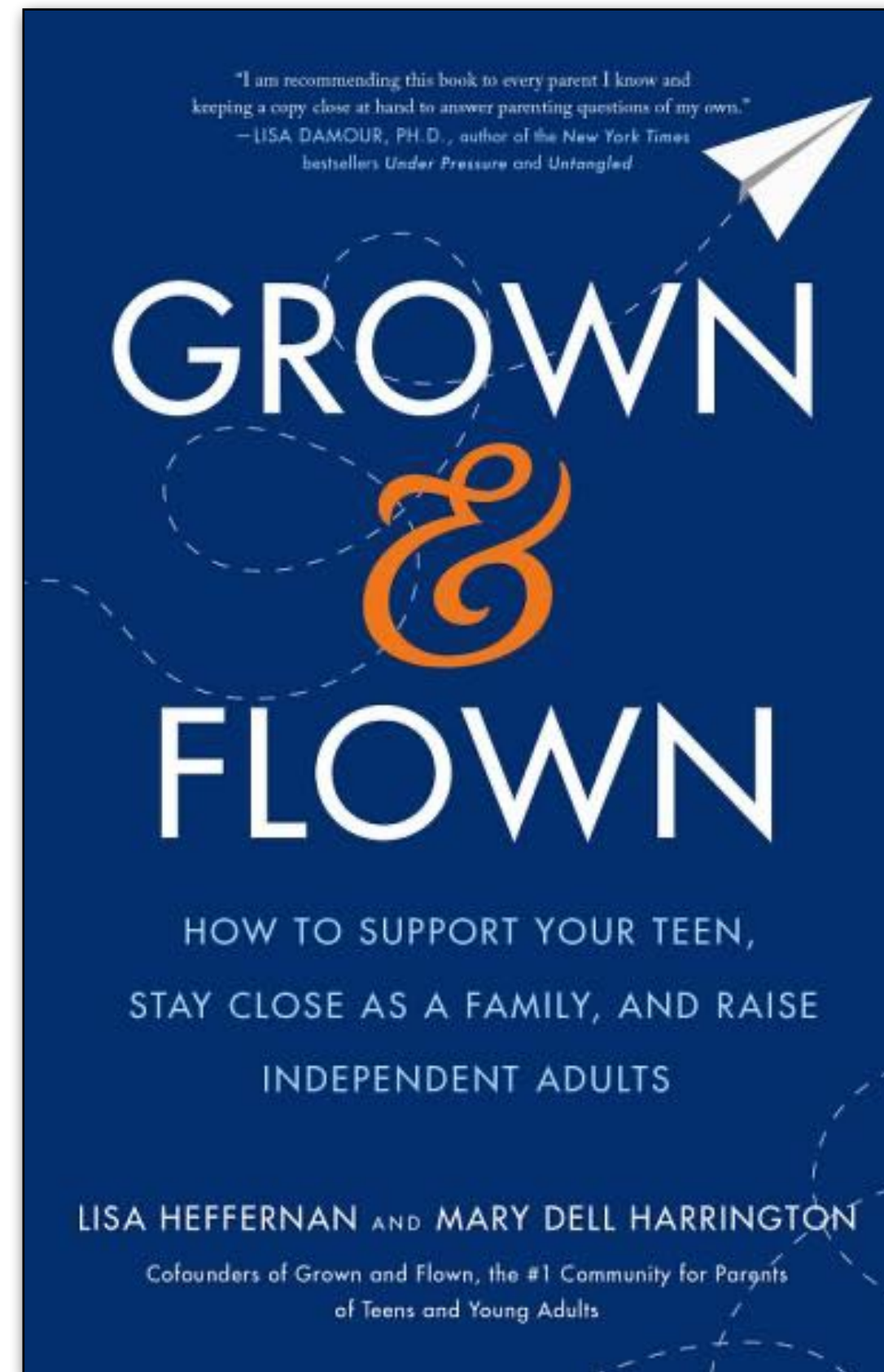
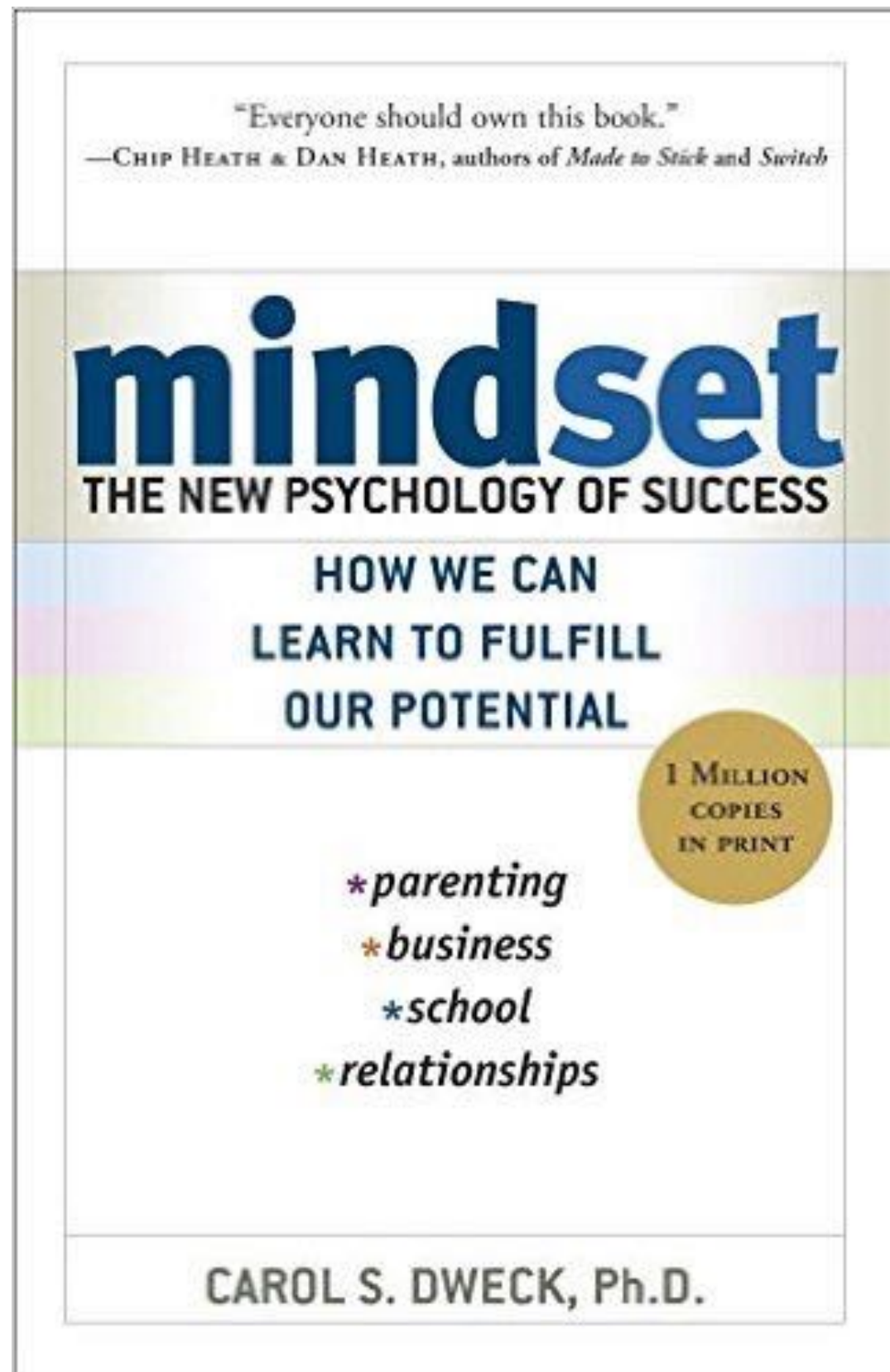
**16. FIND ACADEMIC SUPPORT**

**16.1 MENTAL HEALTH TRANSITION PLAN**

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



# BOOKS TO CHECK OUT...



New York Times bestselling author  
of *The Naked Roommate*

HARLAN COHEN'S

# 5 Simple Rules for Parents

## HARLAN COHEN'S Five Simple Rules for Parents

### 1. GET COMFORTABLE WITH THE UNCOMFORTABLE

Both you and your child will get uncomfortable. Fighting it only creates more stress. Facing it allows you to guide, support and help your child (and yourself).

### 2. DON'T PANIC! THINK PEOPLE, PLACES AND PATIENCE

Who are your 5 people? Where are your 3 places? How long will it take for expectations to meet reality? You and your child need people, places, and patience.

### 3. THEIR STRUGGLES BELONG TO THEM, THEIR VICTORIES BELONG TO YOU.

Give your child space and time to struggle. Let them practice. Better to have them struggle down the hall than across the country. (Oh, and their victories belong to them too!)

### 4. APPLY THE 24 HOUR RULE.

When they text, call, or ask for help, give them 24 hours. Either the problem will still be there 24 hours later, or they will have solved the problem.

### 5. ASK: WHAT DO YOU THINK YOU SHOULD DO?

After you ask the question, give them 24 hours to answer it. Let them struggle. Direct them to people and places. Be patient. Allow them to get comfortable with the uncomfortable.

HarlanCohen.com

New York Times  
bestselling author

Harlan Cohen's

# CAMPUS TOUR QUESTIONS

One of the best ways to help make your decision is to schedule campus tours at the colleges you're considering. To help get you started, here are 5 questions to ask your guide on your campus tour.

## SCHOOL

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

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

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

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

May I stay in touch with you as I continue my search?  Yes  No

Your Guide Contact Info (name, major, email, social media, etc.)

## BE PREPARED

In the end, it's essential to have questions ready to ask about the things most important to you. Learn more at [CollegeAveStudentLoans.com](http://CollegeAveStudentLoans.com) and [HarlanCohen.com](http://HarlanCohen.com) for more helpful tips.

# COLLEGE PLANNING TIMELINE FOR STUDENTS AND PARENTS GETTING READY FOR COLLEGE

College AVE  
STUDENT LOANS

Keep track throughout the year and take the stress out of planning for college. Getting ready for college doesn't have to be stressful. Follow our College Planning Timeline to stay on track.

## FALL SENIOR YEAR

- MEET WITH YOUR HIGH SCHOOL COUNSELOR**  
Get their advice on staying on track during this all-important senior year.
- DO YOUR COLLEGE RESEARCH**  
Visit in person and research online to learn more about schools you're interested in.
- COMPLETE THE FAFSA AND OTHER FINANCIAL AID FORMS**  
The US Department of Education offers free resources to help you complete the FAFSA.
- WRITE YOUR ADMISSIONS ESSAY**  
Ask your parents, teacher, or high school counselor to proof it before you submit it.
- FINISH YOUR APPLICATIONS**  
Pay attention to deadlines. Early decision and early action applications are usually due between October 1-November 1.



[View 10 Common Fafsa Errors To Avoid on our blog.](#)  
[READ MORE](#)

## WINTER SENIOR YEAR

- PAY ATTENTION TO YOUR GRADES**  
Have your high school counselor send your midyear grades to the schools you applied to.
- HAVE YOUR TEST SCORES SENT TO THE SCHOOLS YOU'RE APPLYING TO**  
Fill out a request form at the College Board or ACT.



When finalizing your list of colleges, make sure to consider all of these factors.  
[READ MORE](#)

## SPRING SENIOR YEAR

- REVIEW YOUR STUDENT AID REPORT**  
Learn why this report is important for getting financial aid, and get tips on understanding your report.
- CONSIDER ACCEPTANCE LETTERS AND FINANCIAL AID AWARDS**  
Use a comparison tool to keep track of the financial aid offers.
- RESEARCH STUDENT LOANS IF NEEDED**  
Carefully review the terms, such as repayment lengths, repayment options, and interest rates. You can use College Ave Student Loans' calculator to see your loan options before applying.
- FORMALLY CHOOSE YOUR COLLEGE!**  
Notify the school of your decision to enroll, and write to the other schools you were admitted to as well to let them know your plans.
- SEND IN YOUR DEPOSIT**  
Be sure to have a letter of acceptance from the school in hand before you send in your deposit.



Find out how to make sense of your financial aid award letter.  
[READ MORE](#)

## SUMMER SENIOR YEAR

- MAKE A COLLEGE BUDGET**  
You'll find many free college budgeting templates online.
- APPLY FOR STUDENT LOANS IF NEEDED**  
Once you apply, keep copies of applications and keep a spreadsheet to track responses.
- KEEP TABS ON COLLEGE BILLS**  
Bills for tuition and other fees will start rolling in by mid-June and usually are due by mid-August.
- ATTEND ORIENTATION**  
Many universities offer in-person orientation sessions, as well as online sessions for those who can't visit campus before classes start.
- PICK YOUR FALL CLASSES**  
Popular classes may fill up quickly. Choose classes as early as possible so you can get into your top choices.



STUDENT LOANS

[www.HarlanCohen.com/newtrier23](http://www.HarlanCohen.com/newtrier23)

# Giving Away 3 Gift Cards

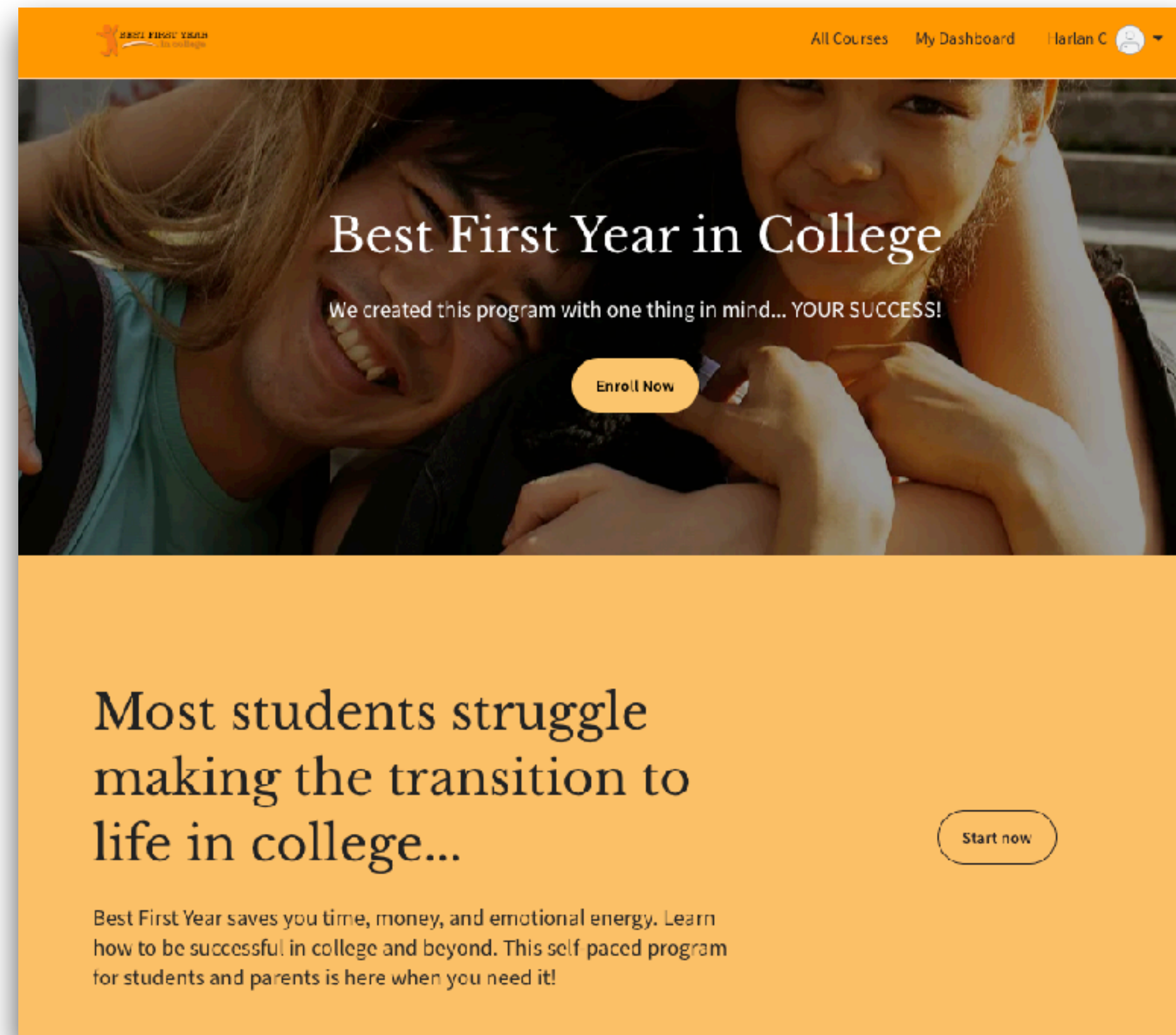


**\$25 Amazon Gift Card to buy books**

**WINNERS:**

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**College AVE**<sup>®</sup>  
STUDENT LOANS

# Two 1-year Memberships to Best First Year!



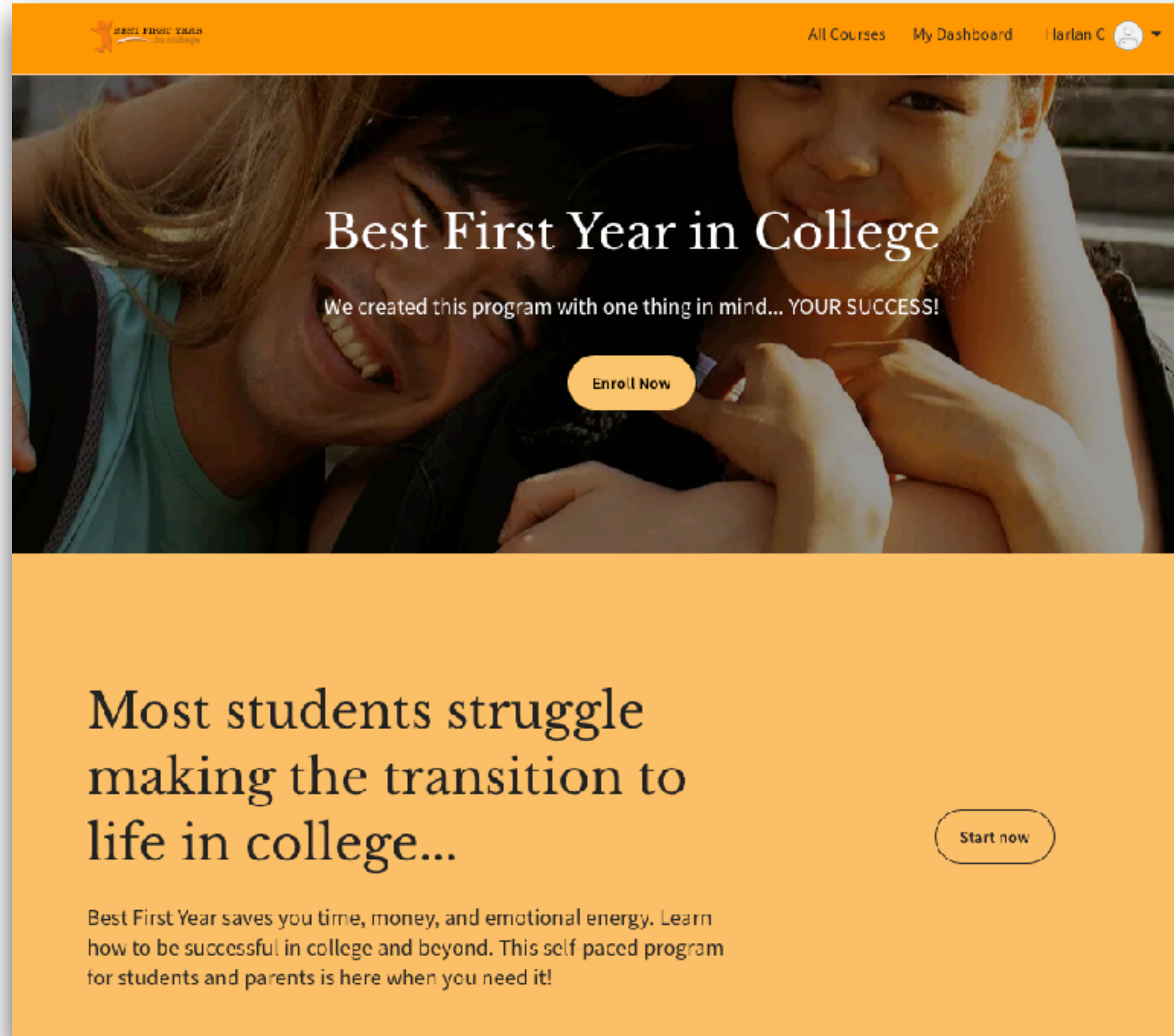
The screenshot shows a website interface for 'Best First Year'. At the top, there is a navigation bar with 'All Courses', 'My Dashboard', and a user profile for 'Harlan C'. The main header features a photograph of three smiling young women. Overlaid on the photo is the text 'Best First Year in College' and 'We created this program with one thing in mind... YOUR SUCCESS!'. Below this is a yellow 'Enroll Now' button. The main content area has a yellow background with the text 'Most students struggle making the transition to life in college...' and a 'Start now' button. At the bottom, a short paragraph describes the program's benefits: 'Best First Year saves you time, money, and emotional energy. Learn how to be successful in college and beyond. This self paced program for students and parents is here when you need it!'.

**WINNERS:**

[courses.bestfirstyear.com](https://courses.bestfirstyear.com)

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**College AVE**<sup>®</sup>  
STUDENT LOANS

# ADDITIONAL RESOURCES



The screenshot shows a website with an orange header. The main content area features a photograph of three young women smiling. Overlaid on the photo is the text "Best First Year in College" and "We created this program with one thing in mind... YOUR SUCCESS!". Below this is an "Enroll Now" button. The bottom section has a solid orange background with the text "Most students struggle making the transition to life in college..." and a "Start now" button. A short paragraph below describes the program's benefits.

Best First Year in College

We created this program with one thing in mind... YOUR SUCCESS!

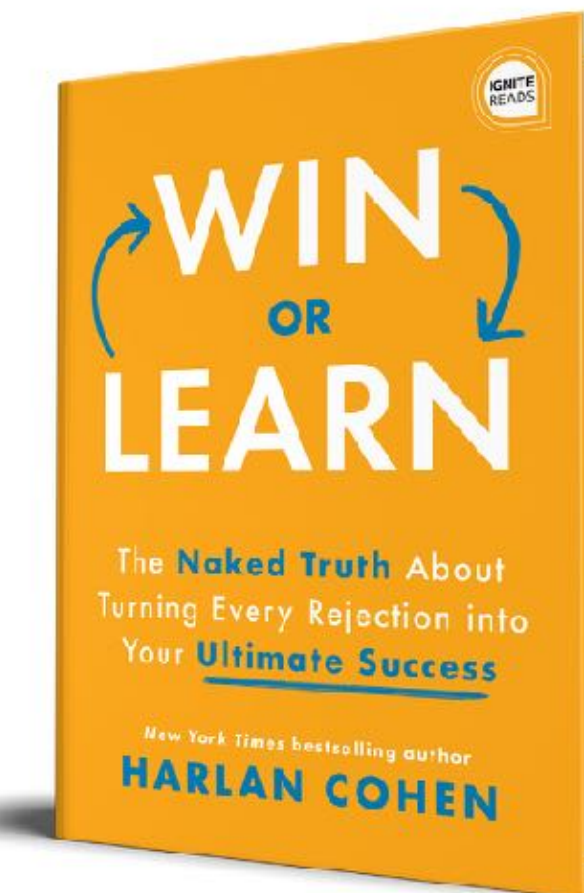
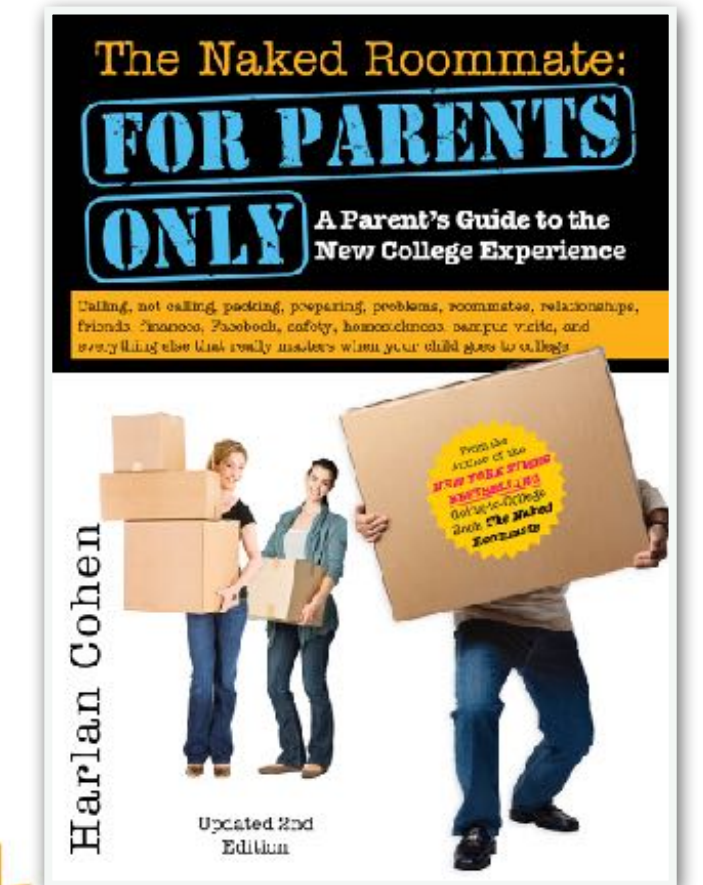
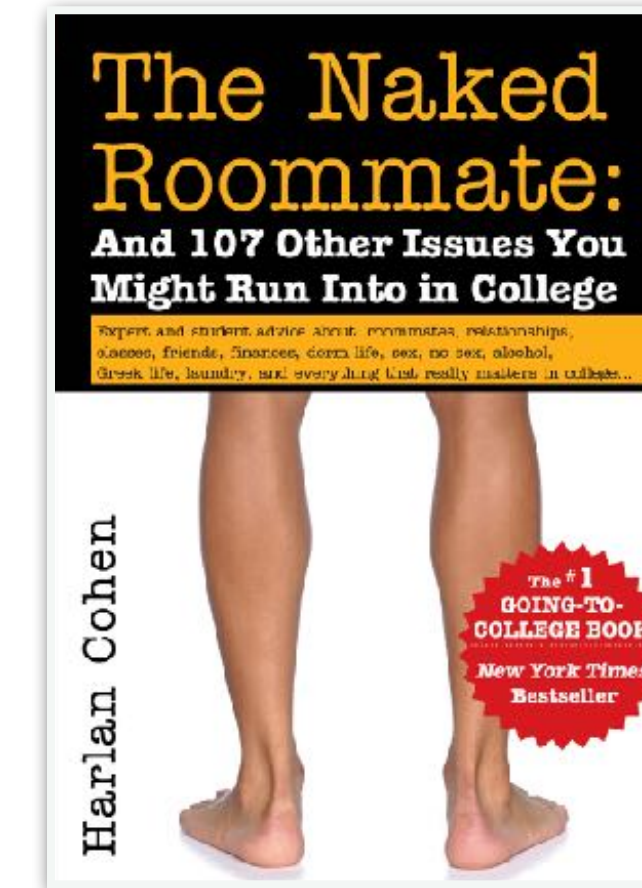
Enroll Now

Most students struggle making the transition to life in college...

Start now

Best First Year saves you time, money, and emotional energy. Learn how to be successful in college and beyond. This self paced program for students and parents is here when you need it!

[courses.bestfirstyear.com](https://courses.bestfirstyear.com)



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NEW YORK TIMES BESTSELLING AUTHOR  
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To Do Before College.



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