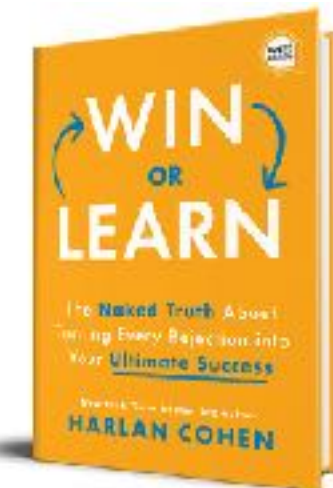
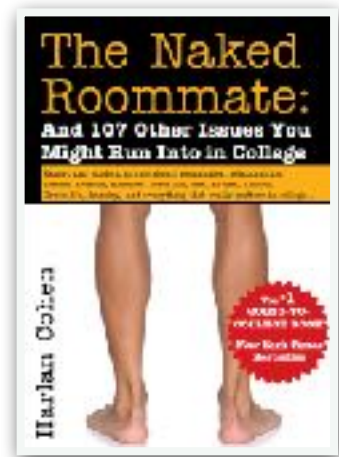




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<https://www.collegeave.com/harlan2023/>

*How excited are you
about college?*

321-345-9070

Use a scale of 1-10

10 = BEYOND Excited

9 = Incredibly Excited

8 = Very Excited

7 = Excited

6 = Getting Excited

5 = Kind of Excited

4 = Not Excited

3 = Indifferent

2 = In denial

1 = Dreading it ALL



NACAC

←
Exhibit
Halls

Power to Us

Sophia





Live!



TRUE OR FALSE:

Where you go to college is the #1 determining factor when it comes to student success and satisfaction

The Pandemic Generation Goes to College. It Has Not Been Easy.

Students missed a lot of high school instruction. Now many are behind, especially in math, and getting that degree could be harder.

Give this article    391



Jazeba Ahmad, a student at Columbus State Community College, said that she missed out on a lot during high school because of the pandemic. Maddie McGarvey for The New York Times

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STUDENT LOANS

The Latest...

HOME > EDUCATION

I'm a college-admissions expert. Don't join extracurriculars just so you have an impressive résumé — schools will see right through it.

Steve Gardner Sep 7, 2023, 9:57 AM CDT



Advertisement

MediaNews Group/Orange County Register via Getty Images

ESSAY

- **As a college-prep expert, I've learned admissions officers are looking for memorable students.**
- **Students should stop trying to appear impressive by joining a bunch of extracurriculars.**
- **Instead, they should find their core values and work on projects that fit within those values.**

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The Latest...

5 college admissions trends to watch out for this year

College advisers and admissions experts say these trends will shape the 2023-2024 admissions cycle



<https://theweek.com/feature/briefing/1026163/college-admissions-trends>

1. Competition remains high

Colleges have seen a more significant influx of applicants during the 2020-2021 and 2021-2022 admission cycles, "largely because many of these schools went test-optional," [College Data](#) stated. The [Common Application](#) reported that this trend continued in 2022-2023, with applications through its portal increased by 7.5% from the previous year. Application volume increases in the nation's most selective colleges and smaller, less competitive public colleges. With a larger body of applicants, admissions rates have been simultaneously declining.

As acceptance rates continue to fall, "even the most qualified candidates cannot be guaranteed an offer of admission," Lauren Dodington, a college admissions adviser at The BestU, told [College Data](#). No matter how high your grades or test scores, all students "should have a range of colleges that are possible fits."

2. Test-optional applications are more common

Speaking of test-optional applications, over 80% of four-year colleges will not require students to submit SAT or ACT scores for the 2023-2024 cycle, according to the [National Center for Fair & Open Testing \(FairTest\)](#) data. Many schools intend to extend their test-optional or test-blind policies through the next school year, while a few have maintained or reinstated their testing requirements. As a result of the "boom in test-optional schools," advisers suggest that students who "fall at or above the 50th percentile of the college's previous freshman class" submit their scores, [College Data](#) noted.

3. Early admissions are the new regular admissions

Another significant trend is a shift toward more applicants for early admission or action. Before the pandemic, most schools admitted between 20% to 30% of their first-year classes through earlier admissions, per [College Data](#), but that has changed over the past few years. "Selective colleges are filling more of their incoming classes early to reduce the uncertainty of regular-decision cycles, in which students might be weighing acceptances from multiple schools," [Jefferey Salinger](#) explained in [The Atlantic](#). In last year's cycle, [Yale College](#) admitted 62% through early admission, [Boston University](#) accepted 50%, and the [University of Pennsylvania](#) 51%.

Applying for early decision is the "best way to demonstrate your interest in a particular college and assure highest consideration in the pool," [Aviva Legatt](#) advised in [Forbes](#). Still, she said, students should remember that early admissions agreements are binding, while early action is less restrictive and nonbinding.

4. Direct admissions offer a new path

[Jenny Rickard](#), the president and CEO of the [Common App](#), told [Higher Ed Dive](#) she sees "different pathways to admission, like direct admissions, becoming more popular." Direct admissions programs, like the ones offered by [Niche](#) and [Concourse Global](#), allow students to be accepted to participating schools based on their profiles, eliminating the need for an application. These initiatives are "about changing the narrative of a college education from one of scarcity to one of opportunity," [Rickard](#) noted, "by ensuring students know that college opportunity is an abundant resource — and one that's available to them." Direct admissions "puts the agency back into the student's hands," she added.

5. The importance of essays may vary

Potential applicants should also be aware of the "possibility that some colleges will drop admission essay requirements," [Legatt](#) said in [Forbes](#). With the ghost of ChatGPT and other generative AI tools lingering, many institutions are looking for different ways for students to express

IDEAS

College Admissions Are Still Unfair

But when fancy schools like Amherst kill legacy preferences, they do get a little fairer.

By James S. Murphy



Ilana Panich-Linsman / The New York Times / Redux

This week Amherst College announced that it was ending the use of legacy preferences in its admissions process. Its president, Biddy Martin, acknowledged that providing an advantage to applicants who are the children of alumni “inadvertently limits educational opportunity.” When incredibly wealthy, highly selective colleges such as Amherst (endowment: \$3.7 billion; admission rate: 8 percent) make an announcement like this, it’s tempting to pour a bucket of cold water on the self-congratulatory fireworks they’re lighting for themselves. That should not happen this time.

Still, the temptation is real. Why congratulate a college for doing something it should have done a long time ago? Many large public universities, including the University of California, the University of Texas, and Texas A&M, dropped legacy preferences years ago, as did Johns Hopkins University two years ago and MIT and CalTech before it. Pomona College, a highly ranked liberal-arts college like Amherst, dropped legacy preference in 2017. What’s more, even at those places that give the offspring of alumni an edge, or what admissions offices call a “tip,” legacies usually account for a small share of the enrolled class, and many of those admits would likely have gotten in without the advantage, or so the admissions deans defending the practice of birthright advantage like to say.

Brought to you by



The Latest...

ACT/SAT-Optional, Test-Free Admissions Movement Expands Again: Record 1,900+ Schools Do Not Require Scores For Fall 2024 Entrance

July 26, 2023
by FairTest



for further information, contact:

Harry Feder (917) 273-8939

Bob Schaeffer (239) 699-0468

for immediate release Wednesday, July 26, 2023

ACT/SAT-OPTIONAL, TEST-FREE ADMISSIONS MOVEMENT EXPANDS AGAIN:
RECORD 1,900+ SCHOOLS DO NOT REQUIRE SCORES FOR FALL 2024 ENTRANCE

AS NEW CYCLE OF COMMON APPLICATION OPENS NEXT WEEK,

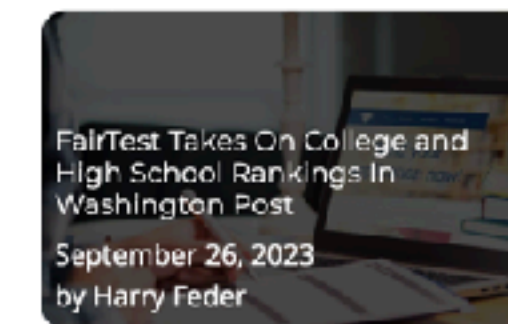
FAIRTEST LIST NOW INCLUDES ALL-TIME HIGH 85% OF COLLEGES, UNIVERSITIES

As a new college admissions cycle gets underway with the launch of the 2024 Common Application on Tuesday, August 1, a new tally shows that a record 85% of U.S. bachelor's degree-granting colleges and universities will not require ACT or SAT scores from recent high school graduates seeking to enroll in Fall 2024.

According to the National Center for Fair & Open Testing (FairTest), an all-time high of more than 1,900 U.S. colleges and universities have announced that they will practice ACT/SAT-optional or test-free admissions for this fall's high school seniors. Several dozen additional schools have not yet made public their testing requirements for Fall 2024 admissions, but most are expected to remain test optional.



Why Standardized Tests Are a Bad Way to Do College Admissions
September 26, 2023
by Harry Feder



FairTest Takes On College and High School Rankings In Washington Post
September 26, 2023
by Harry Feder



The Latest...



H. Mental Health and Wellbeing

Kessler 6 (K6) Non-Specific Psychological Distress Score (Range is 0-24)

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
No or low psychological distress (0-4)	33.5	24.4	8.8	25.9
Moderate psychological distress (5-12)	51.1	54.0	48.9	52.9
Serious psychological distress (13-24)	15.4	21.6	42.2	21.2
Mean	7.40	8.57	11.61	8.45
Median	7.00	8.00	12.00	8.00
Std Dev	5.10	5.17	5.24	5.25

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

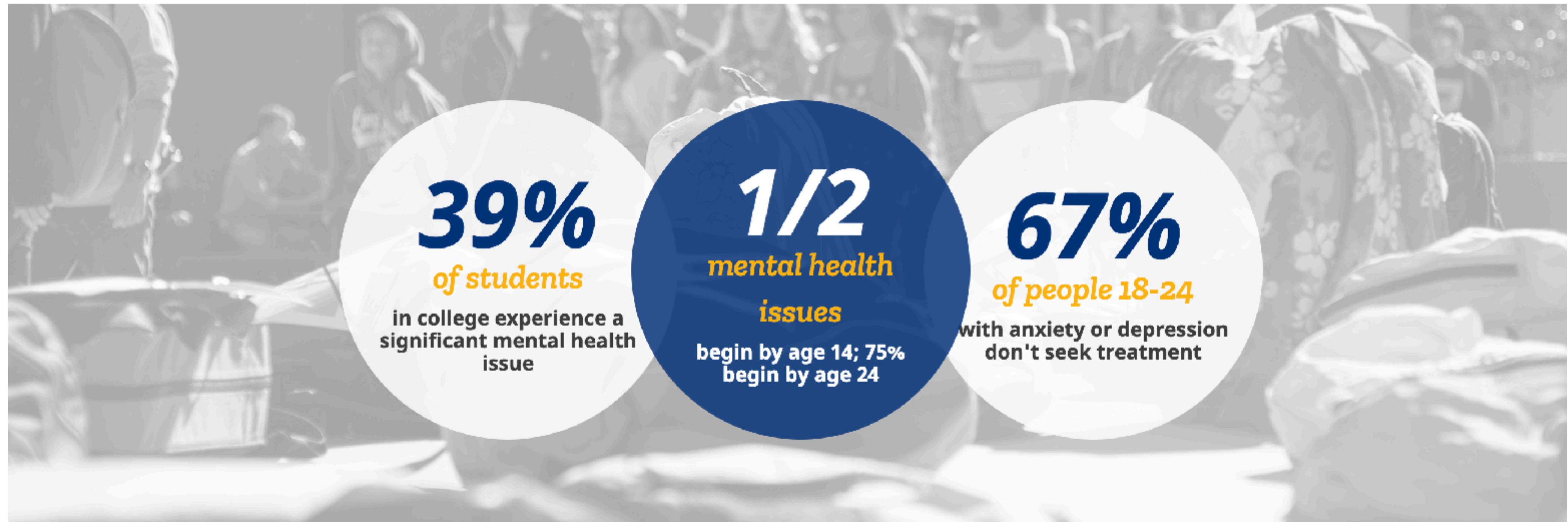
<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Negative for loneliness (3-5)	51.0	50.1	33.6	49.2
Positive for loneliness (6-9)	49.0	49.9	66.4	50.8
Mean	5.43	5.47	6.26	5.51
Median	5.00	5.00	6.00	6.00
Std Dev	1.92	1.85	1.89	1.88

Brought to you by



mental health issues are prevalent among young adults

Sometimes referred to as the “anxious generation,” today’s generation of college students and young professionals are actually much more likely to talk about mental health than their parents or grandparents. This generation is closer than ever to breaking the stigma around mental illness in a time when only 44 percent of adults—and less than 20 percent of children and adolescents—with diagnosable mental health problems receive the treatment they need. See below for more young adult mental health statistics.



<https://www.activeminds.org/about-mental-health/statistics/>

Why do you want to go to college?

OPINION - FA PLAYBOOK

Op-ed: 'Is college even worth it?' It's certainly not the only path to a successful career

PUBLISHED THU, OCT 6 2022 9:00 AM EDT

Nicole Webb, Senior vice president/financial advisor at Wealth Enhancement Group

SHARE [f](#) [t](#) [in](#) [✉](#)

KEY POINTS

- A return on investment from a college education has been in steady decline for a while.
- An expensive four-year college education isn't the only path to personal and financial success.
- Young Americans and their parents should carefully weigh all their education and job training options to help avoid going into crushing debt.



IT ALL STARTS BY DREAMING



**B
I
G**

What do YOU want?



Forget being wanted...



Focus on what **YOU** want:

Think friends,
relationships,
experiences...

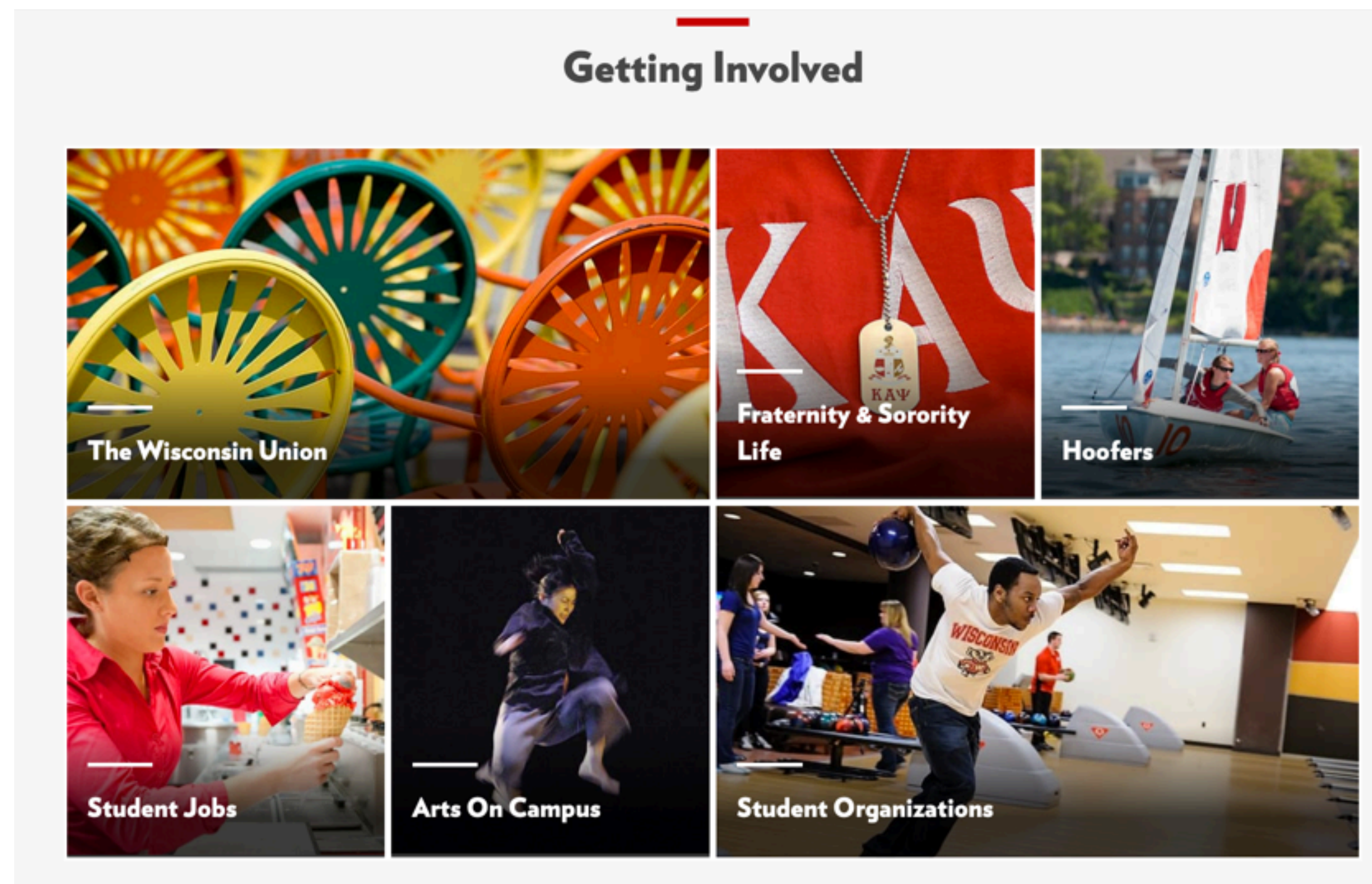
Where will
you spend
your time?

Think finances
campus jobs,
making money...

What would
you love to do
in college?

What did you
love to do in
high school?

Distance?
Weather?
Safety?



Want to graduate in four years?



FOUR-YEAR GRADUATION RATES FOR FOUR-YEAR COLLEGES

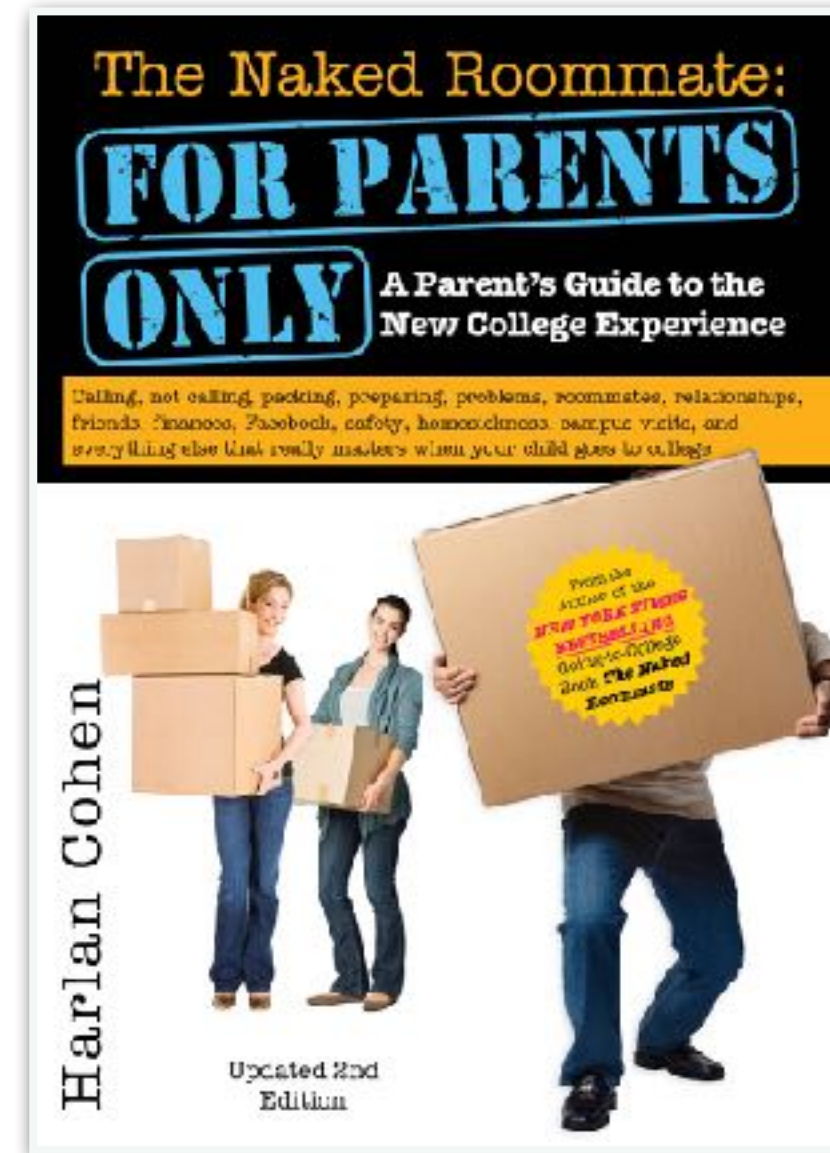
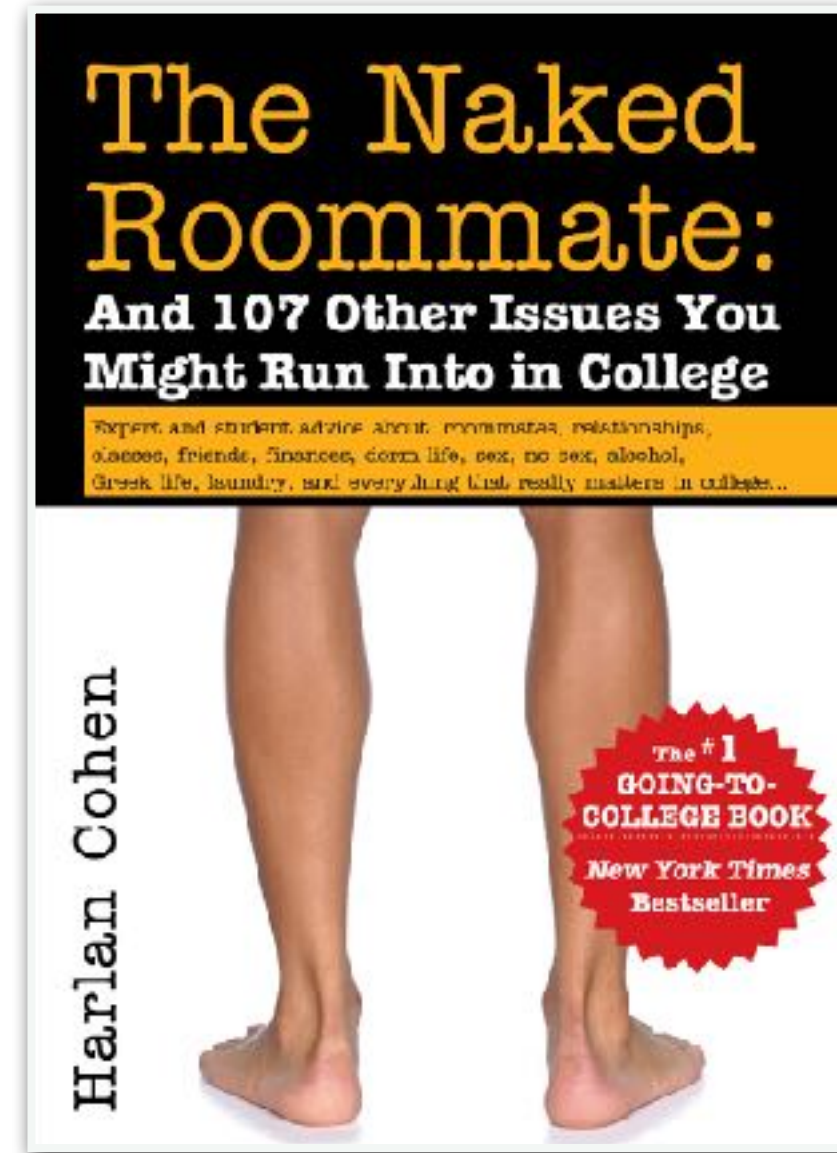
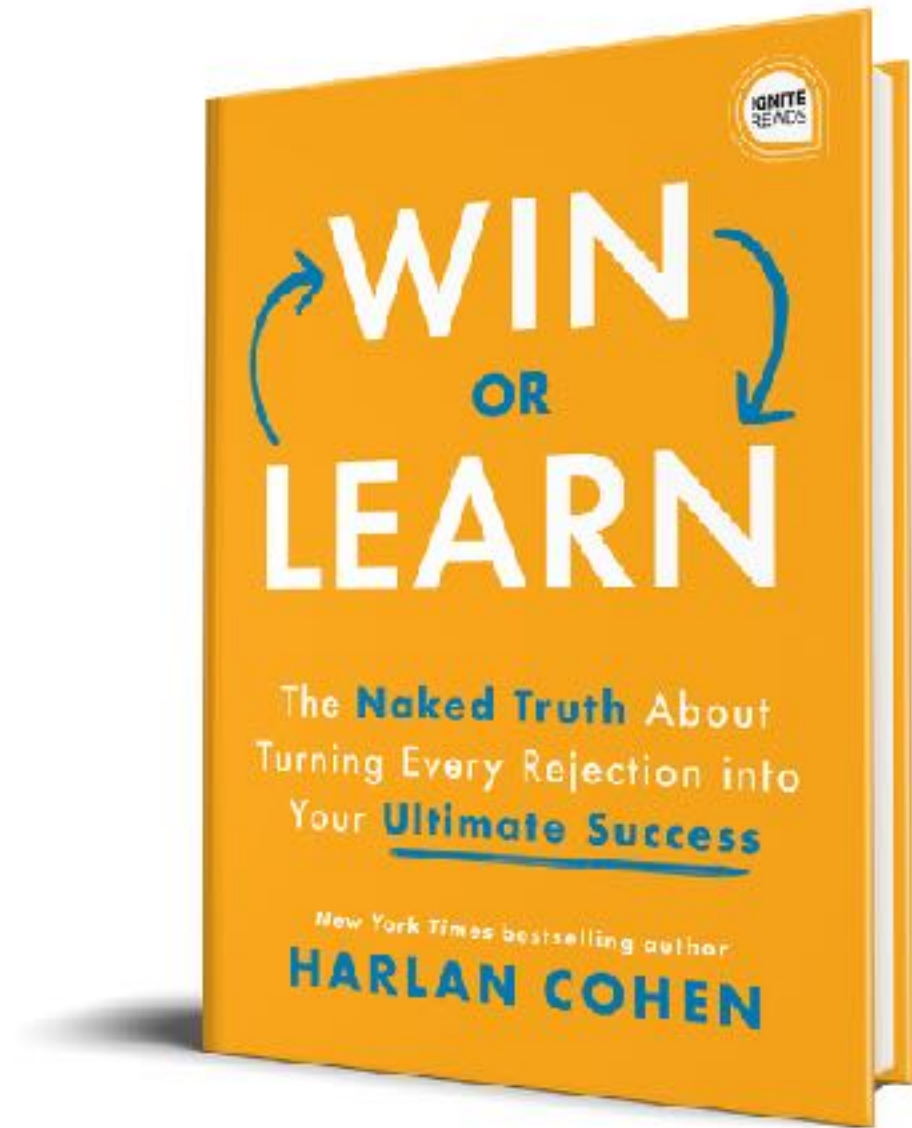
A college's average graduation rate is a very important characteristic to consider when deciding which college to apply to and attend. If the college's students normally graduate on time, you are also more likely to graduate on time.

Illinois			
College Name	Grad Rate	College Name	Grad Rate
Northwestern University	86	Olivet Nazarene University	47
University of Chicago	86	DePaul University	46
Wheaton College	79	Illinois State University	43
Illinois Wesleyan University	78	Greenville College	42
Augustana College	71	Trinity International University	40
Knox College	66	Benedictine University	40
Principia College	66	Judson University	40
University of Illinois at Urbana-Champaign	66	McKendree University	40
Lake Forest College	60	Concordia University Chicago	39
Dominican University	58	Lewis University	39
Elmhurst College	54	North Park University	39
North Central College	54	School of the Art Institute of Chicago	39
Bradley University	53	University of St. Francis	38
Millikin University	53	Aurora University	37
Trinity Christian College	53	Shimer College	35
Illinois College	50	Quincy University	34
Loyola University Chicago	50	Illinois Institute of Technology	34
Monmouth College	49	Eureka College	33
University of Illinois: Springfield	48	Western Illinois University	33

Illinois			
College Name	Grad Rate	College Name	Grad Rate
Blackburn College	31	Southern Illinois University Edwardsville	26
Eastern Illinois University	31	Northern Illinois University	25
Saint Xavier University	29	Southern Illinois University Carbondale	25
Roosevelt University	29	University of Illinois at Chicago	24
MacMurray College	28	National-Louis University	9
Rockford College	27	Northeastern Illinois University	4
Columbia College Chicago	27	Chicago State University	3

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 STUDENT LOANS

WHAT DO I DO? Research and Write Books



BEST SELLERS > EDUCATION

Best Sellers

June 2015

THIS MONTH

EDUCATION

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

OVERVIEW

PRINT & E-BOOKS
Fiction
Nonfiction

HARDCOVER
Fiction
Nonfiction

PAPERBACK
Trade Fiction
Mass-Market Fiction
Nonfiction

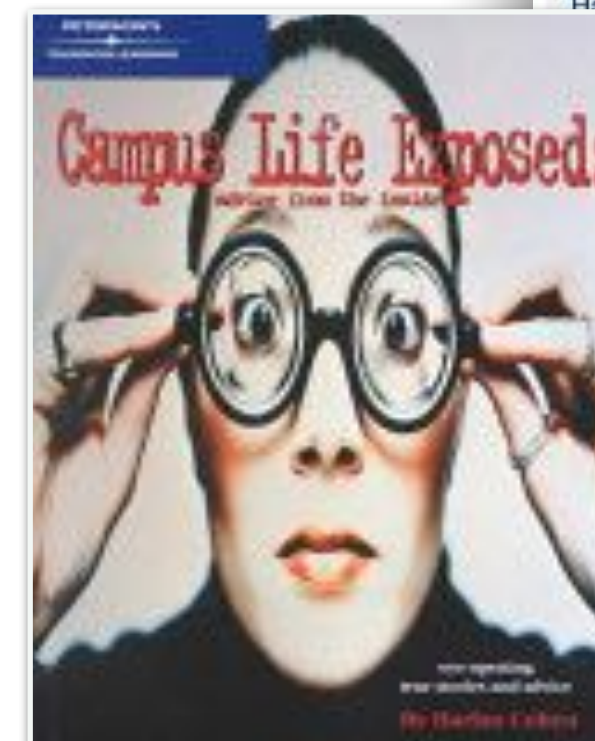
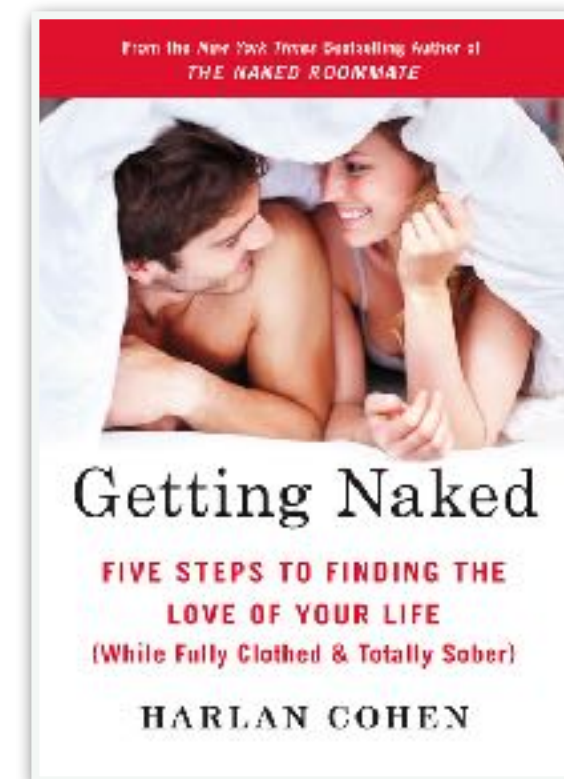
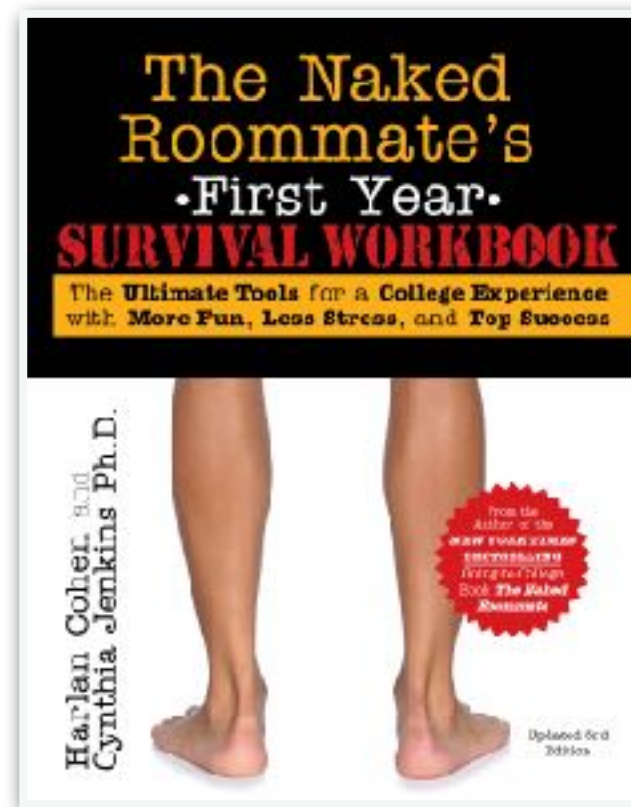
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Nonfiction

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Picture Books
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Paperback

WEEKLY LISTS



WHAT DO I DO? Teach and Listen



WHAT DO I DO? Tell People's Stories

Harlan Cohen, Contributor
Author, Speaker, Syndicated Advice Columnist

15 Things Parents of First-Year College Students Should Never Do

08/13/2015 05:21 pm ET | Updated Dec 06, 2017



1. Get Carried Away in Hysterics: No one wants to be the freshman of the mom who literally couldn't let go, fell, hit her head, and got carried away in an ambulance. On the other hand, hiding your feelings makes you come off as cold and uncaring. Find a middle ground (a few tears, no sobbing on the ground) and get out...fast. Run!

2. Wake-Up Calls: It's not about you getting them up; it's about you knowing where they are in the morning. I know it alarms you to be so far away, but this is not how your child becomes a self-sufficient responsible adult. Besides, sleeping through a quiz is all part of learning.

TwinCities.com
BUSINESS PRESS

COLUMNISTS

News Sports Business Entertainment Lifestyle Obituaries Local News Blog

HOT TOPICS: Photos: Celebs in St. Paul Photos: Vikings training camp Bookstore for sale Blue moon

Home Columnists Story

Help Me! Harlan: Recent grad is hungry and needs career advice

By Harlan Cohen

POSTED: 07/27/2015 12:01:00 AM CDT | UPDATED: ABOUT 20 HOURS AGO

Dear Harlan: I recently graduated from college and am finding myself with a lot of uncertainty. The whole world is out there for me to take, but I am having trouble finding out where I should start.

I am a writer with the dream of reaching more people than Facebook, WordPress and Twitter now allow. But now that I've moved back in with my parents, I'm feeling overwhelmed by the real world.

I am hungry for all the "newness" that is to come my way. I am ready to take risks, to fail, to succeed and to possibly inspire people in my pursuit of my dream. I do not want to settle. I do not want to look back and find myself muttering the words "I wish," "If only" and "I regret."

I am young, so this is the time for me to start the next chapter of my life -- and the best is yet to come, right?

As a writer yourself, what is your advice for beginning the walking stage, which eventually will lead to running and ultimately, the chasing and then the catching of one's dreams and passions?

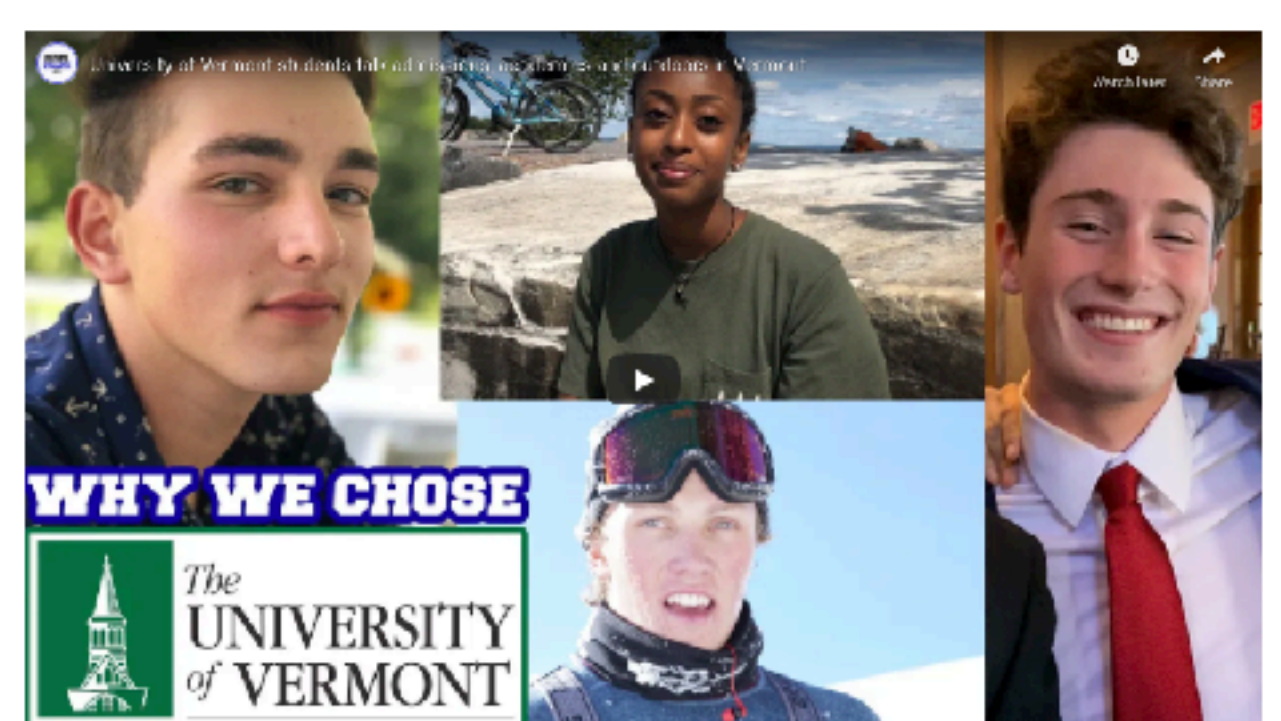
Someone once told me that the best way to eat an elephant is one chunk at a time, so I am ready to begin biting into that next chunk, but I'm unsure how to take that first bite.

-- Hungry

BEFORE COLLEGE.TV
YOUR PLACE, YOUR PEOPLE, YOUR PASSION

BEFORE COLLEGE.TV: NEWS | EXPERT ADVICE | STUDENT INTERVIEWS
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University of Vermont students talk and share their school stories & wisdom!



WHY WE CHOSE
The UNIVERSITY of VERMONT

> [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.

DEBUT ON YOUTUBE
HOW I GOT INTO VANDERBILT

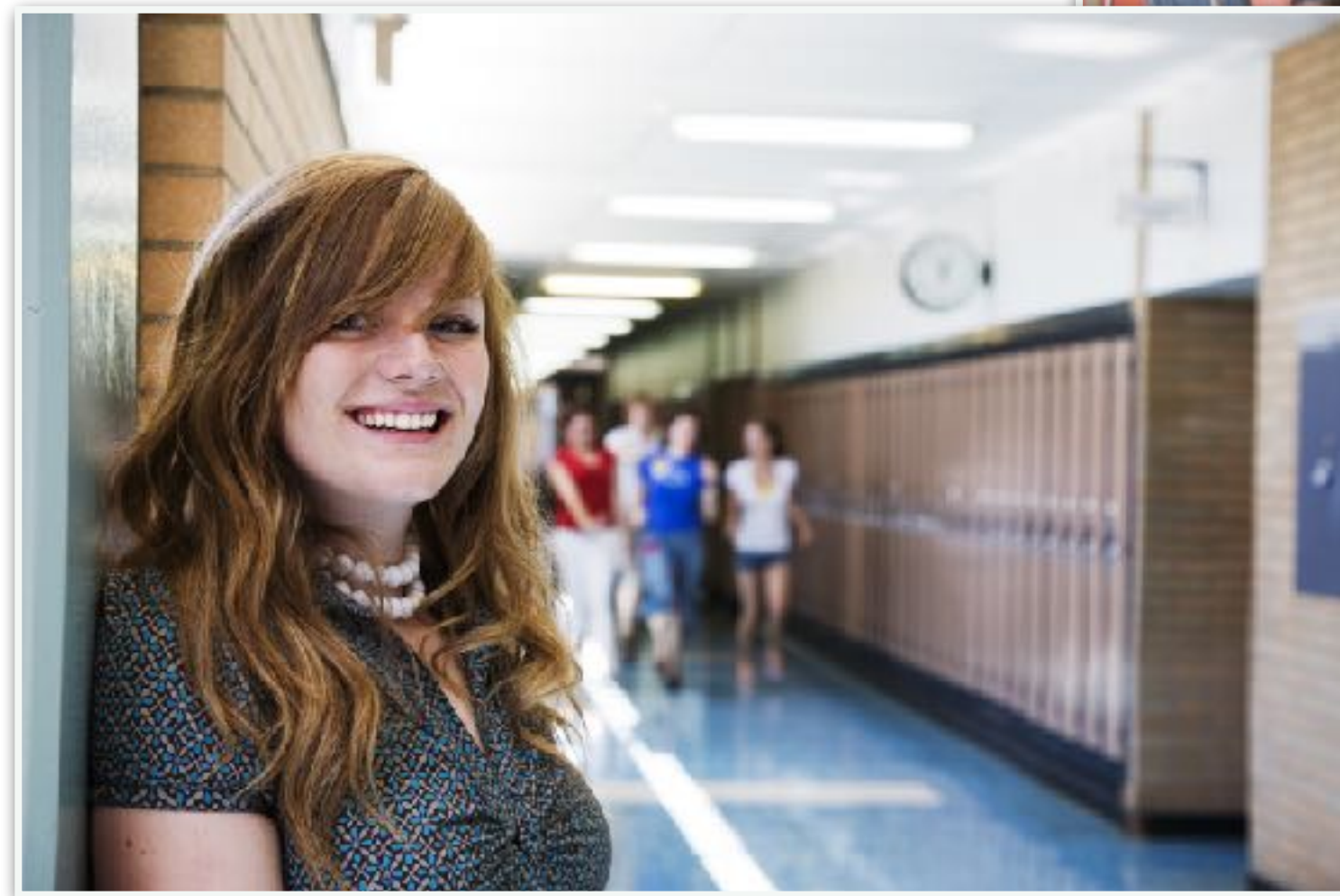
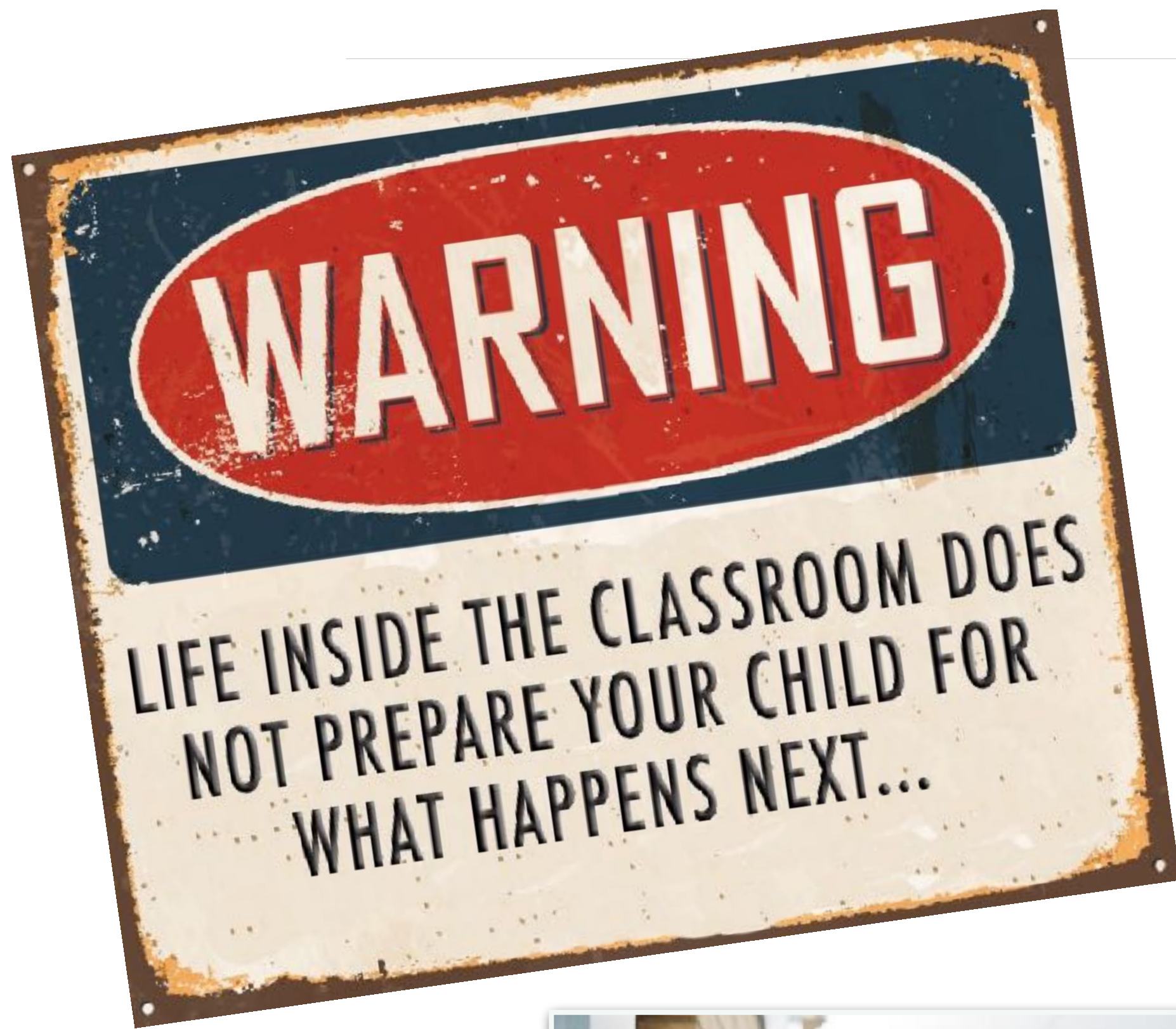
UNIVERSITY OF FLORIDA
HOW I TURNED HUMILIATION INTO A SCHOLARSHIP

I Visit Colleges... Over 400 Schools



This is my family...





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Which part of the admissions process makes you the most uncomfortable?

321-345-9070



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



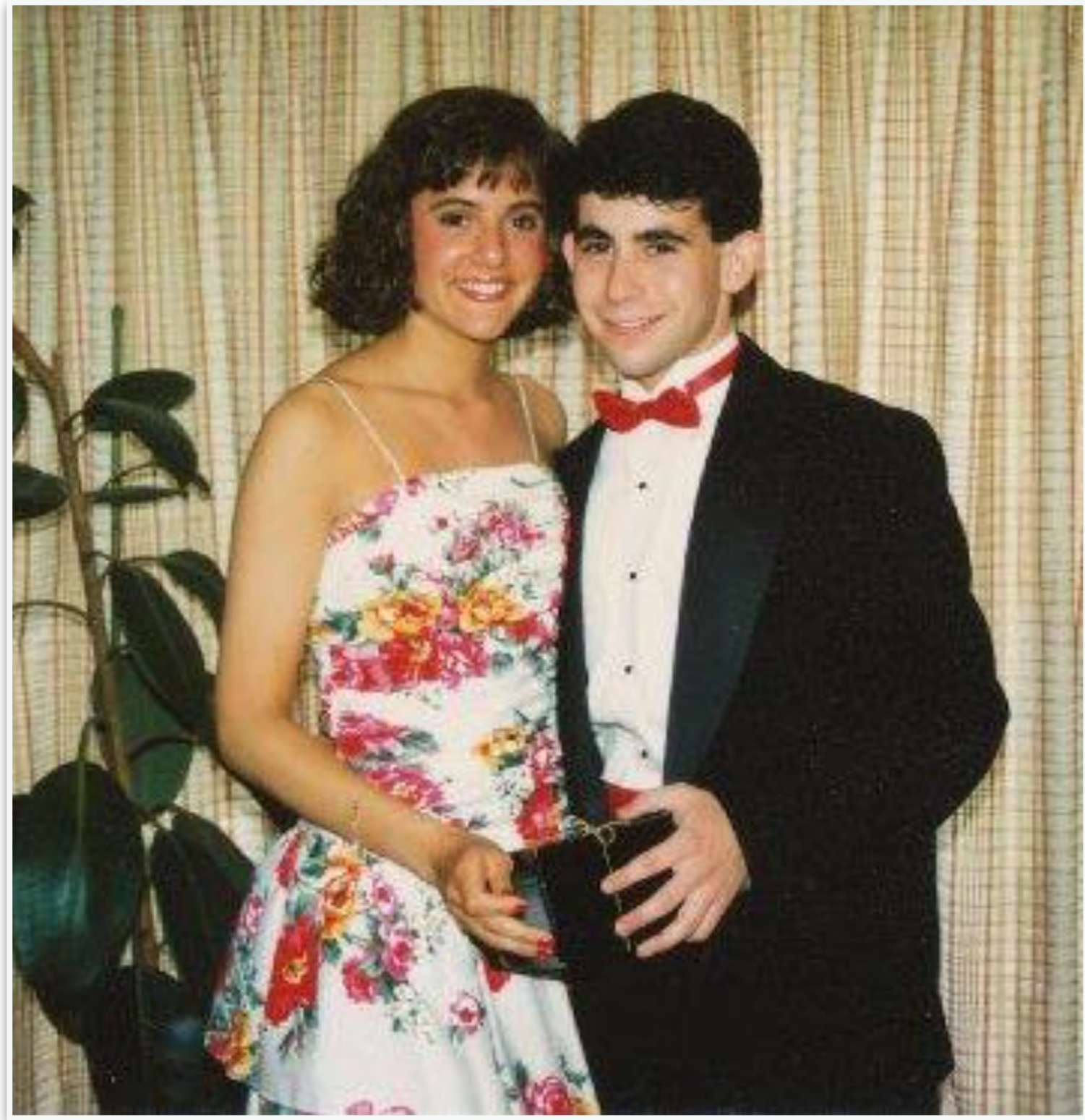
X WANTED my roommate to be my friend



X Didn't get into a fraternity



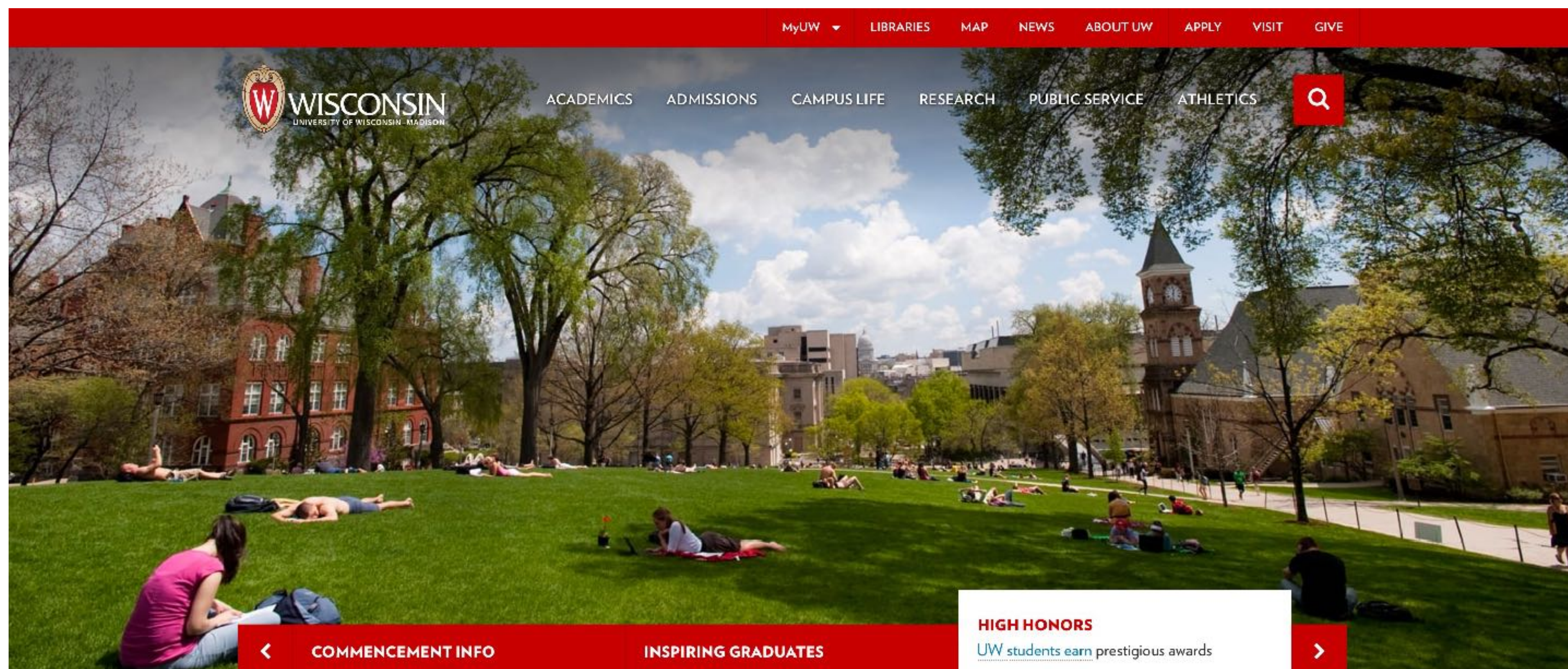
WANTED to stay together



shot the LDR puppy



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





EXPAND THE BOUNDARIES OF POSSIBLE

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

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



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- 
- A young man with short dark hair, wearing a grey t-shirt, is seen from behind, looking towards the Old Main building at Indiana University Bloomington. The building is a large, light-colored stone structure with many windows. In the foreground, there is a large, dark, abstract sculpture of a bear. The scene is outdoors on a sunny day with green trees and a 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 **PEOPLE**

- I found **PLACES**

- I found **PATIENCE**





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STUDENT LOANS

1. SEARCH: Time to explore



2. SELECTION: Time to choose



3. TRANSITION: Time to go to college

Step 1.
Start with
Transition



TRANSITION: **FIVE** areas

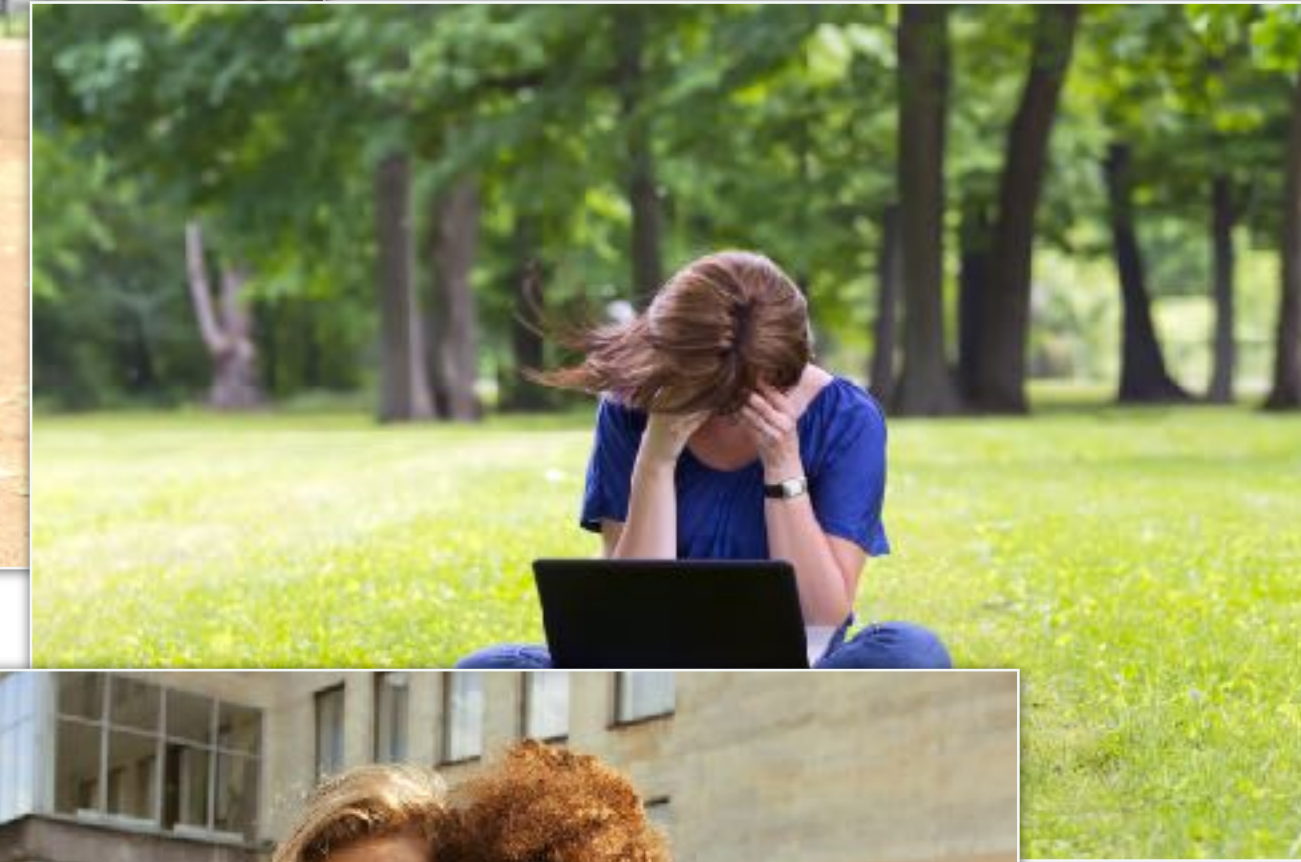
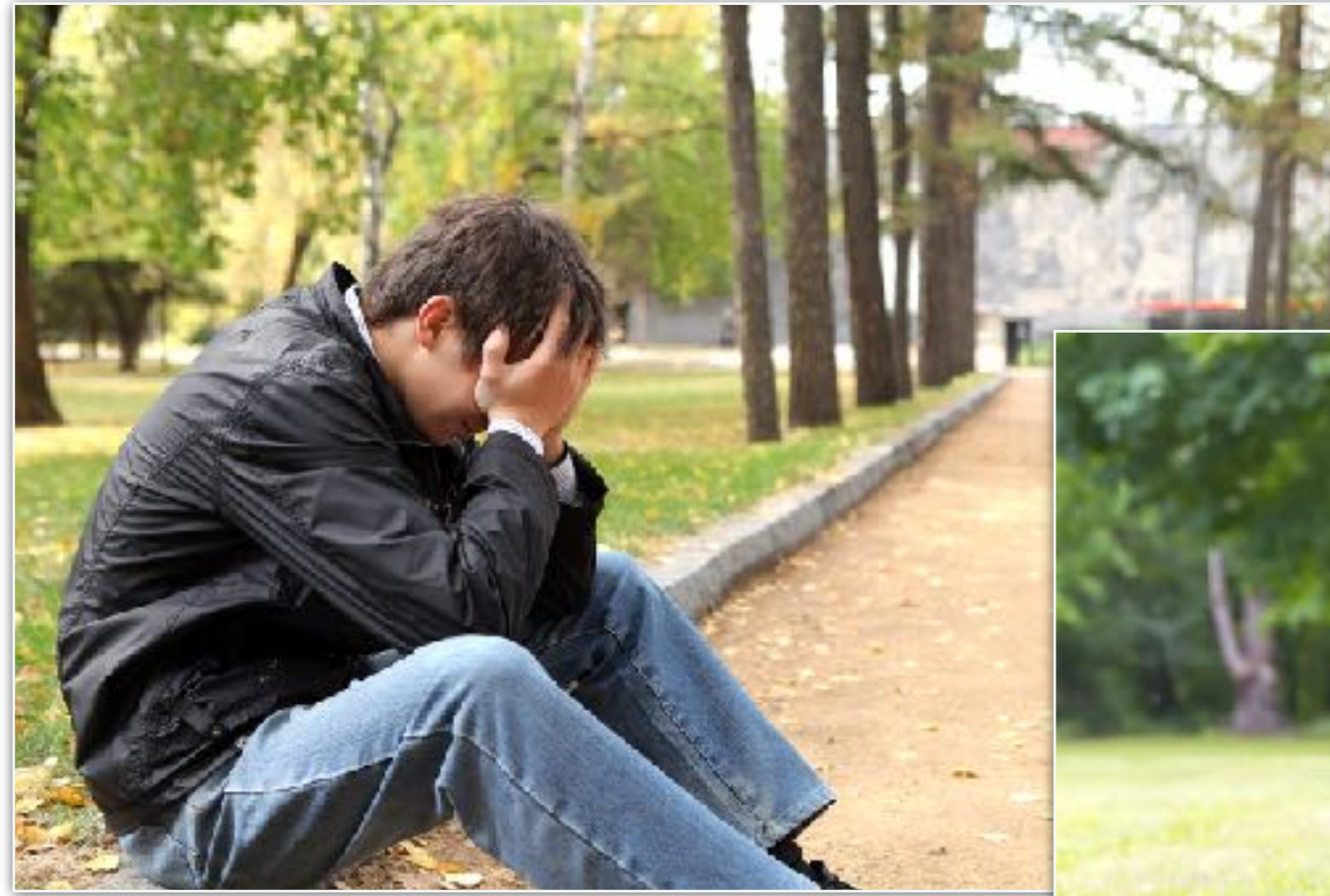
Social

Making friends, creating connections, and building relationships inside & outside the classroom



TRANSITION: **FIVE** areas

E
motional

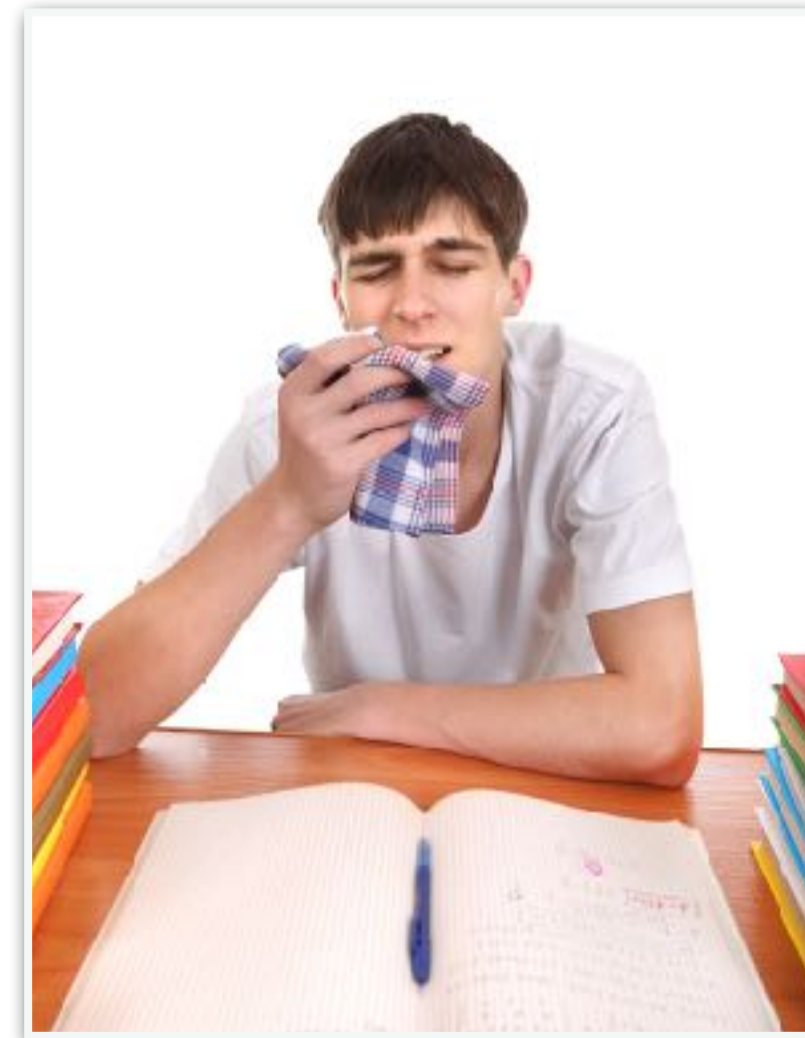


Balancing the
highs, lows and
everything in
between during a
time of change...



TRANSITION: **FIVE** areas

P hysical



Everything involving your
personal living space and
physical health



TRANSITION: **FIVE** areas

F
inancial



Making money, spending money, managing money and everything involving paying for college

TRANSITION: **FIVE** areas

A
cademic



Passing class, choosing a major, managing time, studying, graduating....



SEPPFA

Social

Emotional Physical

Financial

Academic

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

Which transition is the most important for you?

321-345-9070

**SOCIAL
EMOTIONAL
PHYSICAL
FINANCIAL
ACADEMIC**

Please include a few words
to describe your answer in chat



High school gets you into college, but what happens once you arrive on campus is rarely addressed during college planning....

**No one tells high school students
and their parents...**

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

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

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

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

Felt 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

2011

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

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

Felt 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

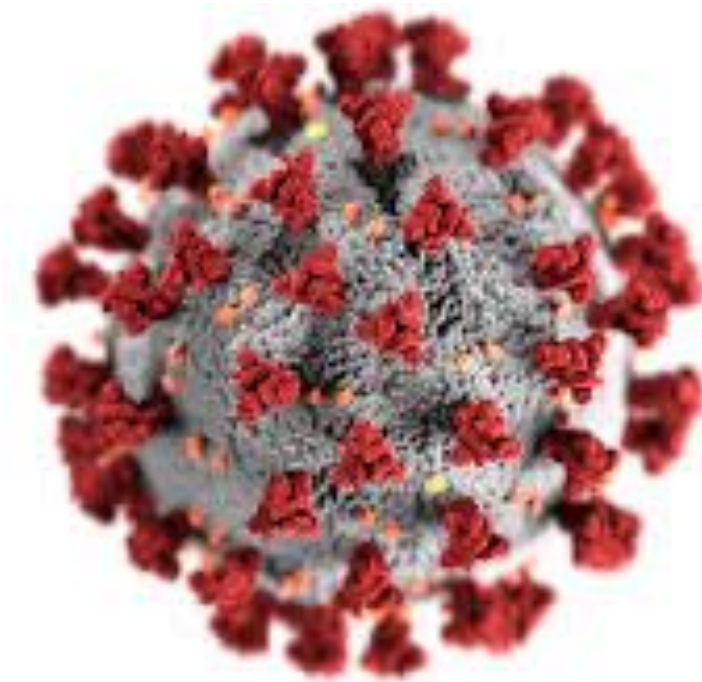
Felt very lonely

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

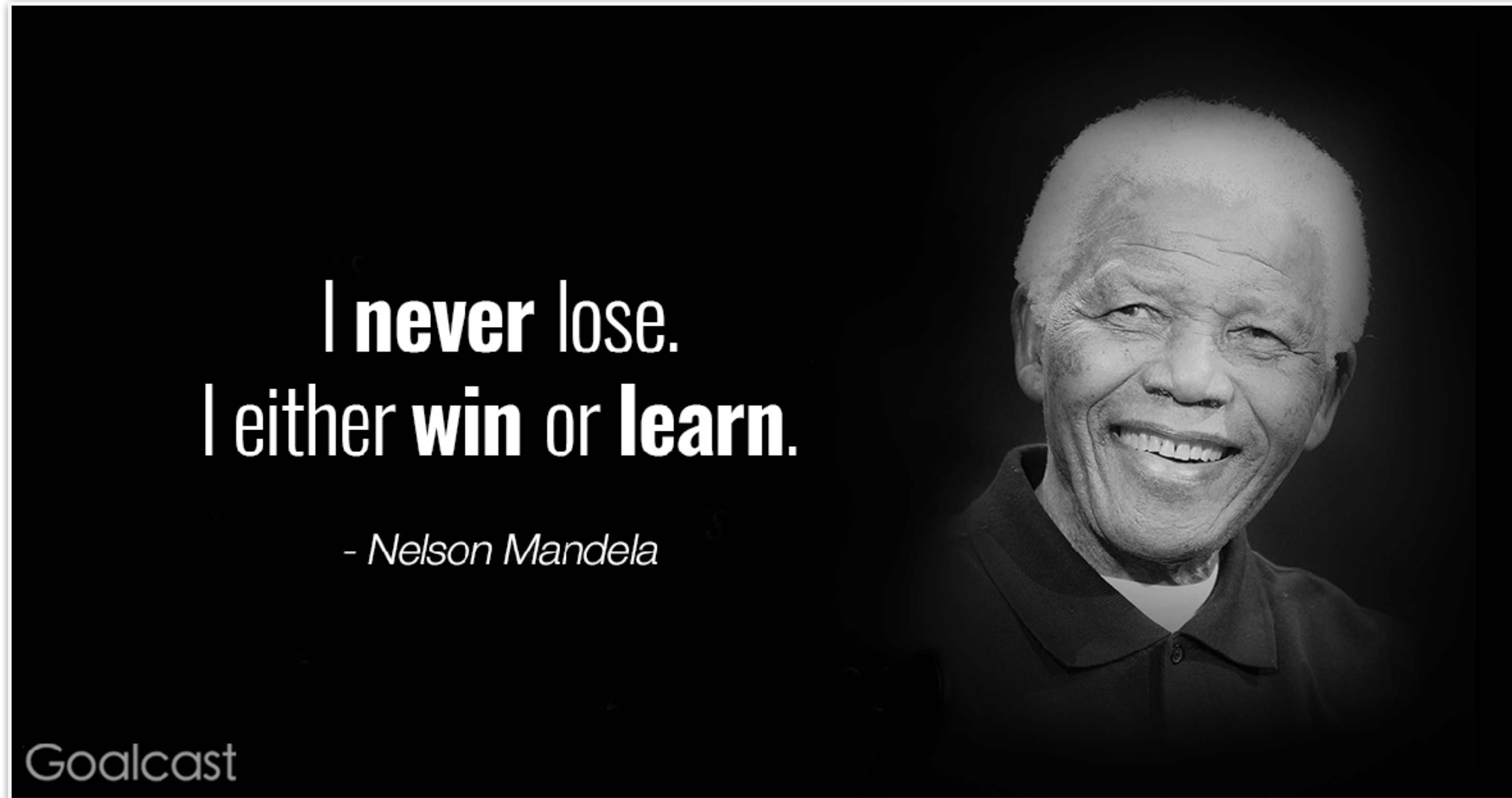
Universal Rejection Truth



The **URT** is a law of nature that says that not everyone and everything will always respond to you the way you want. Rejection is as normal and natural as breathing. It's an unavoidable part of life.



Experiment with WANTING



GIVE YOURSELF PERMISSION TO WANT...



Two Types of People:

**People who fight the
uncomfortable**

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



Two Types of People:

**People who face
the uncomfortable**

**Look inward, look
outward, and move
forward**



Step 2.
Rank 5 Areas of Transition
(SEPFA)



Tell your story as if it's
already happened...



Tell Your Story...

It's May 1, 2024 and I had the most incredible year ever!

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

Brought to you by
College AVE
STUDENT LOANS

Rank them 1 to 5

SEPPFA

Social

Emotional

Physical

Financial

Academic

Identify the three most important areas of transition

Rank The Following 1 to 5
(1=most important, 5=least important)

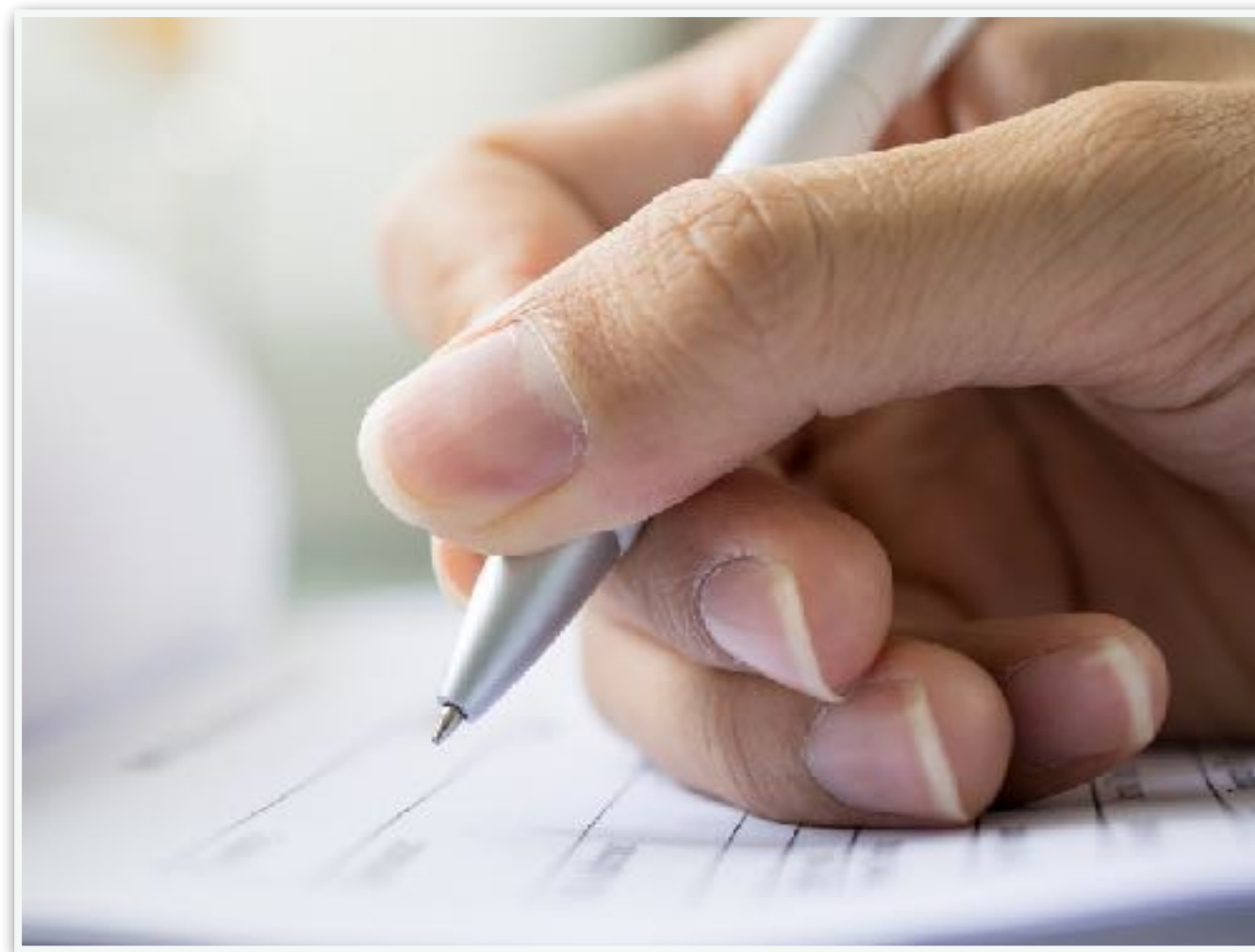
- ___ Social
- ___ Emotional
- ___ Physical
- ___ Financial
- ___ Academic



Most parents will rank Financial and Academic 1 or 2 I'll get to this this later...

Rank The Following 1 to 5
(1=most important, 5=least important)

- 3 Social
- Emotional
- Physical
- 1 Financial
- 2 Academic





**Focus search and selection on
the three top areas**

Step 3.
**Use People, Places,
and Patience to Find
the BEST Fit**



3 PLACES

Think clubs, activities, or organizations were he or she can...

* SWEAT

* PLAY

* PRAY

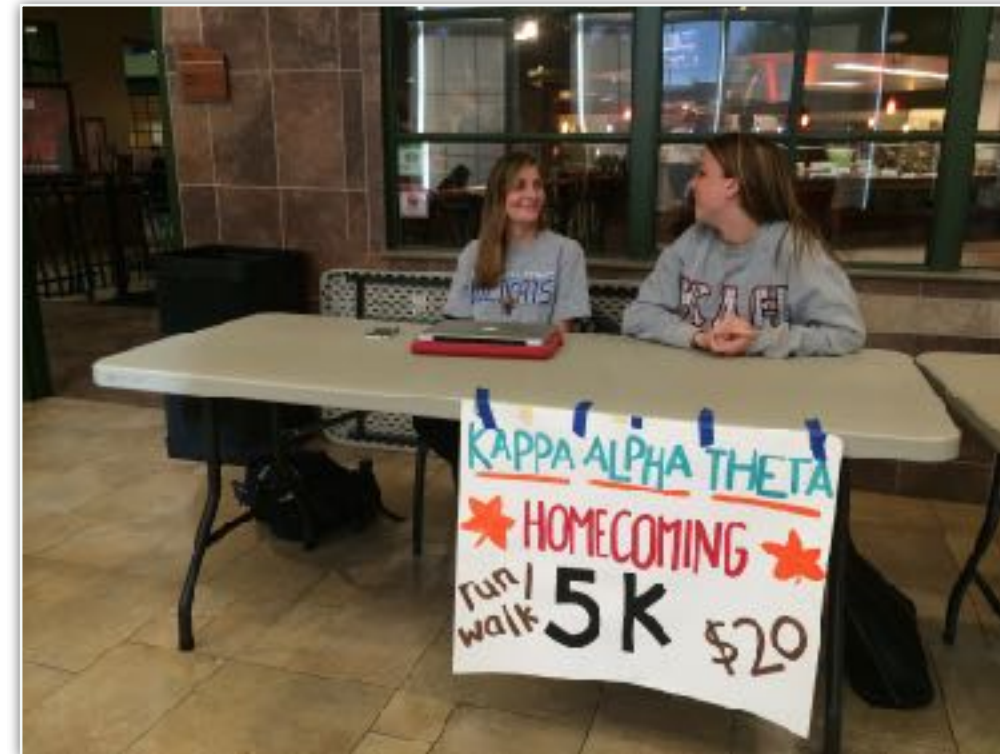
* LIVE

* LEARN

* LEAD

* LOVE

* WORK



Look at the campus newspaper and website...

PLACES

STUDENT ACTIVITIES

450+ STUDENT GROUPS

It's easy to find people who share your interests. Here's a sampling of just some of our campus organizations. For a complete list and contact information, visit our [Student Activities Office](#) website. And if, against all odds, your favorite activity isn't on our list, you can find out how to start your own organization with as few as four other students.

- Anime Club
- Archaeology Society
- Art History Association
- Beekeepers
- BosTones a Capella Group
- Curling Club
- Deaf Studies Club
- Film Society
- Habitat for Humanity
- International Society
- Knitting Club
- Marine Science Association
- Mock Trial Organization
- Outing Club
- PC Gaming Club
- Photography Club
- Q, BU's Queer Activist Collective
- Shakespeare Society
- Ski & Snowboard Club
- Society of Women Engineers
- Stage Troupe
- UMOJA (BU's Black Student Union)

PROFESSIONAL ORGANIZATIONS

Most of BU's Schools and Colleges offer their students membership in one or more professional organizations. Some are honor societies recognizing high academic achievement. Others provide valuable opportunities—attending professional conferences nationwide, networking with industry professionals and broadening your understanding of their field.

Why BU?

Facts and Rankings

Academics

Academic Profile

Student Life

A Day in the Life

Community Diversity

Housing

Dining

Terrier Traditions

Student Services & Support

Student Activities

Sports & Fitness

Living in Boston

What's Capoeira?

What do you get when you combine dance, acrobatics and music? BU's Capoeira Club.

LEARN MORE

STUDENT SERVICES & SUPPORT

Need help finding a job or setting up your Internet connection? As a BU student, you can turn to an enormous network of support services—cultural, personal and pre-professional.

Campus Resources & Services

- [Disability Services](#)
- [First Generation Connect](#)
- [Residence Life Office](#)
- [Marsh Chapel](#)
- [Sargent Choice Nutrition Center](#)
- [Student Activities Office](#)
- [Student Health Services](#)
- [University Service Center](#)
- [International Students & Scholars](#)

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College **AVE**
STUDENT LOANS

5 PEOPLE

- People who volunteer to help
- People who are paid to help
- People they enlist/ask 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

PATIENCE

The ability to tolerate the time and discomfort that is part of finding your people and places.



Patience take getting comfortable with the uncomfortable...

Use People, Places, and Patience

Example: #1 Social Transition

1. **Where are the THREE places on campus you can do the things you love to do with people who share similar interests?**

Students identify clubs, organizations, and activities that have been part of high school. What would you like to experience in college? Do they need to be selected? Explore interests based on what you have done in the past and what student would like to explore in the future.

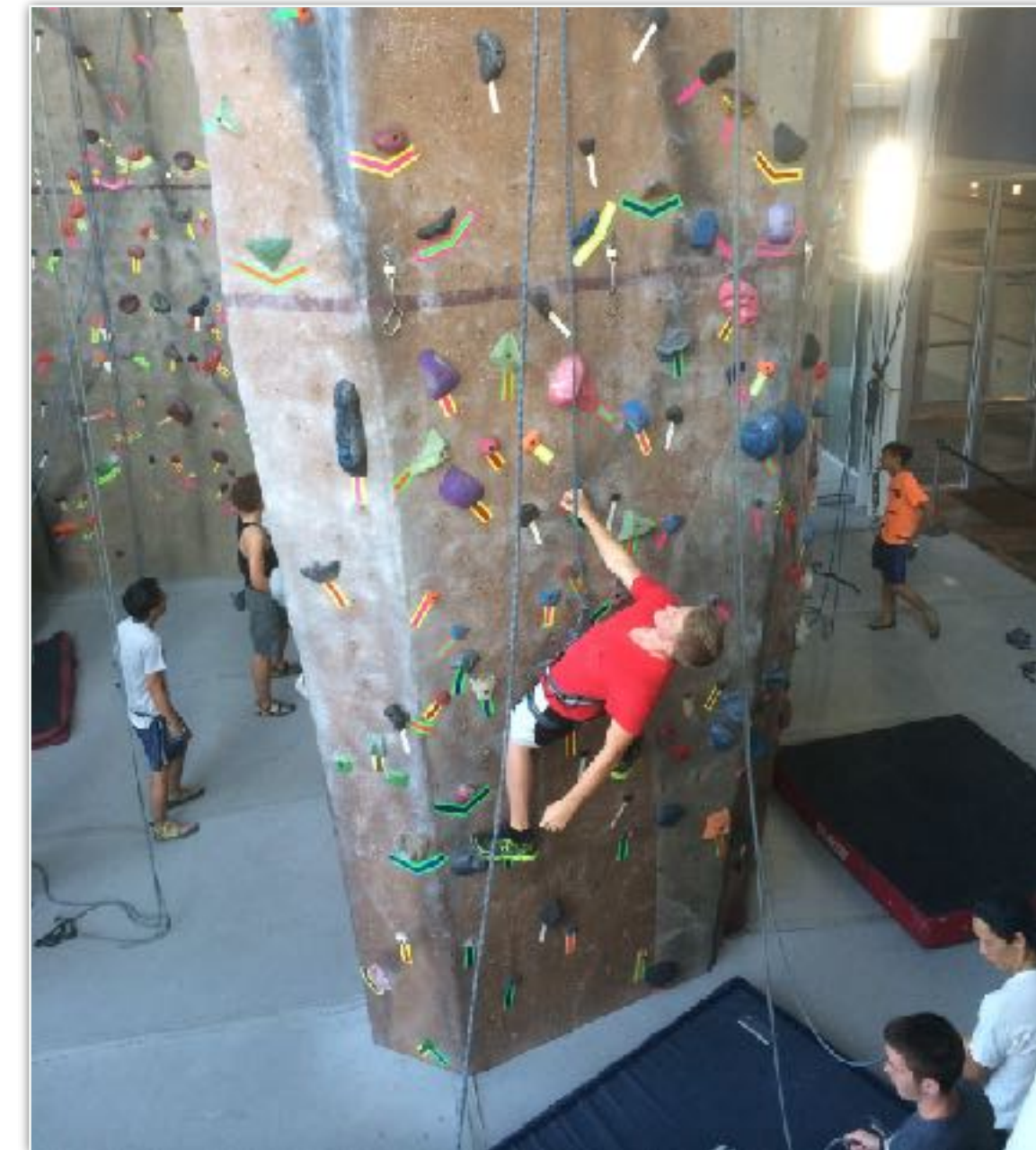
2. **Who are FIVE people in each place who can answer your questions?**

Within each club, activity, or organization students identify people who can answer questions. People fall under three categories.

1) People who are paid to help. 2) People who volunteer to help. 3) People who can be enlisted to help (admissions staff, campus professionals, counselors, leaders of activities and orgs, friends of family, online contacts). Students will contact these people and ask specific questions.

3. **How patient will you need to be while finding your people and places?**

Students ask the five people in their corner how long it took for them to find their people and places. Students create a realistic timeline based in reliable information.



Step 4.

Use Transition to Ease
Anxiety When Applying
and Committing



RULES BEFORE APPLYING & COMMITTING:

- Apply to schools where you have identified places
- Apply to schools where you have identified people
- Apply to schools where you can be patient

FINANCIAL TRANSITION TIPS:

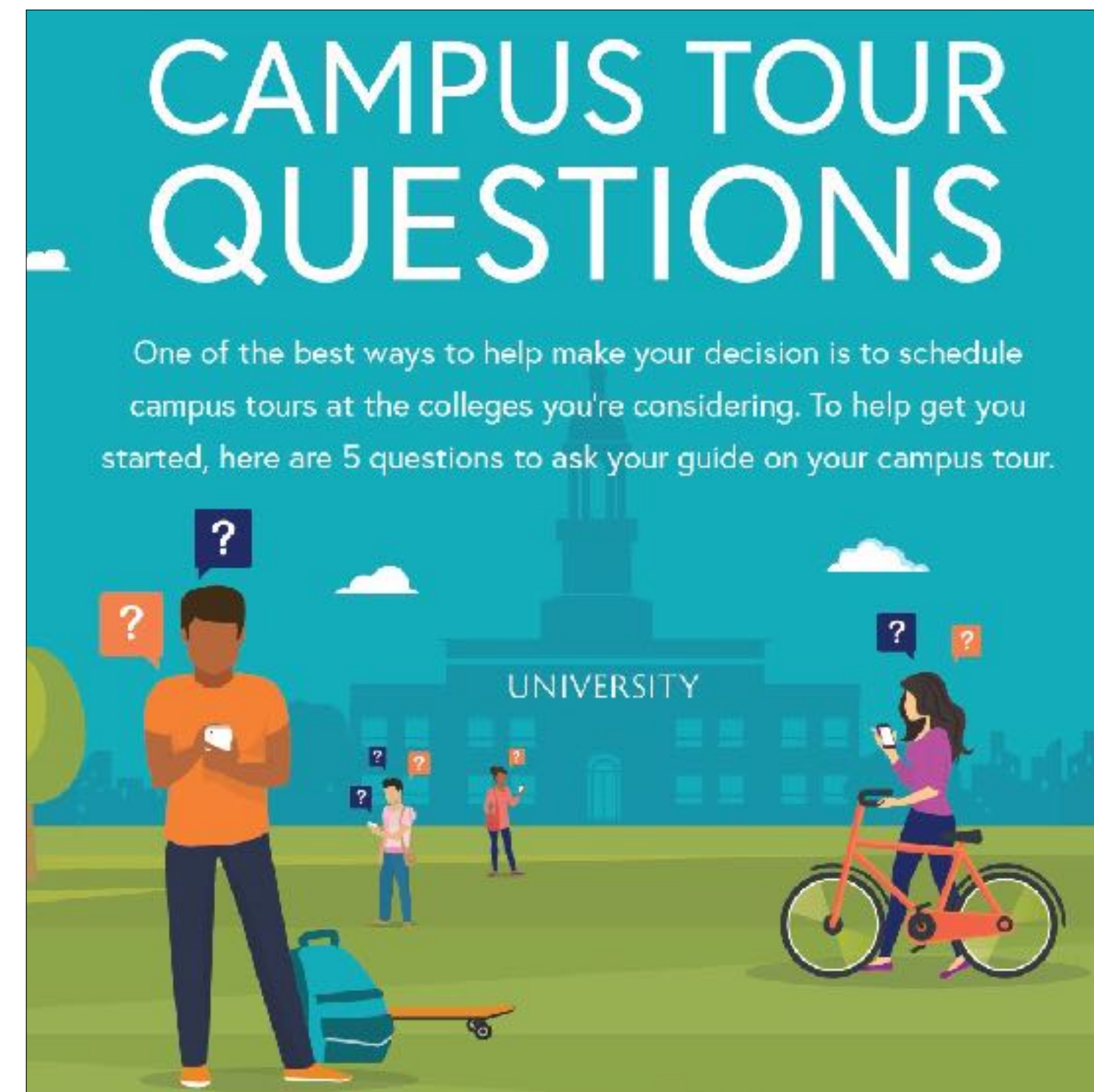
Apply to schools with different price points

In-State vs. Out-of-State

Merit Scholarship and Unique Scholarship (athletic, special talents)

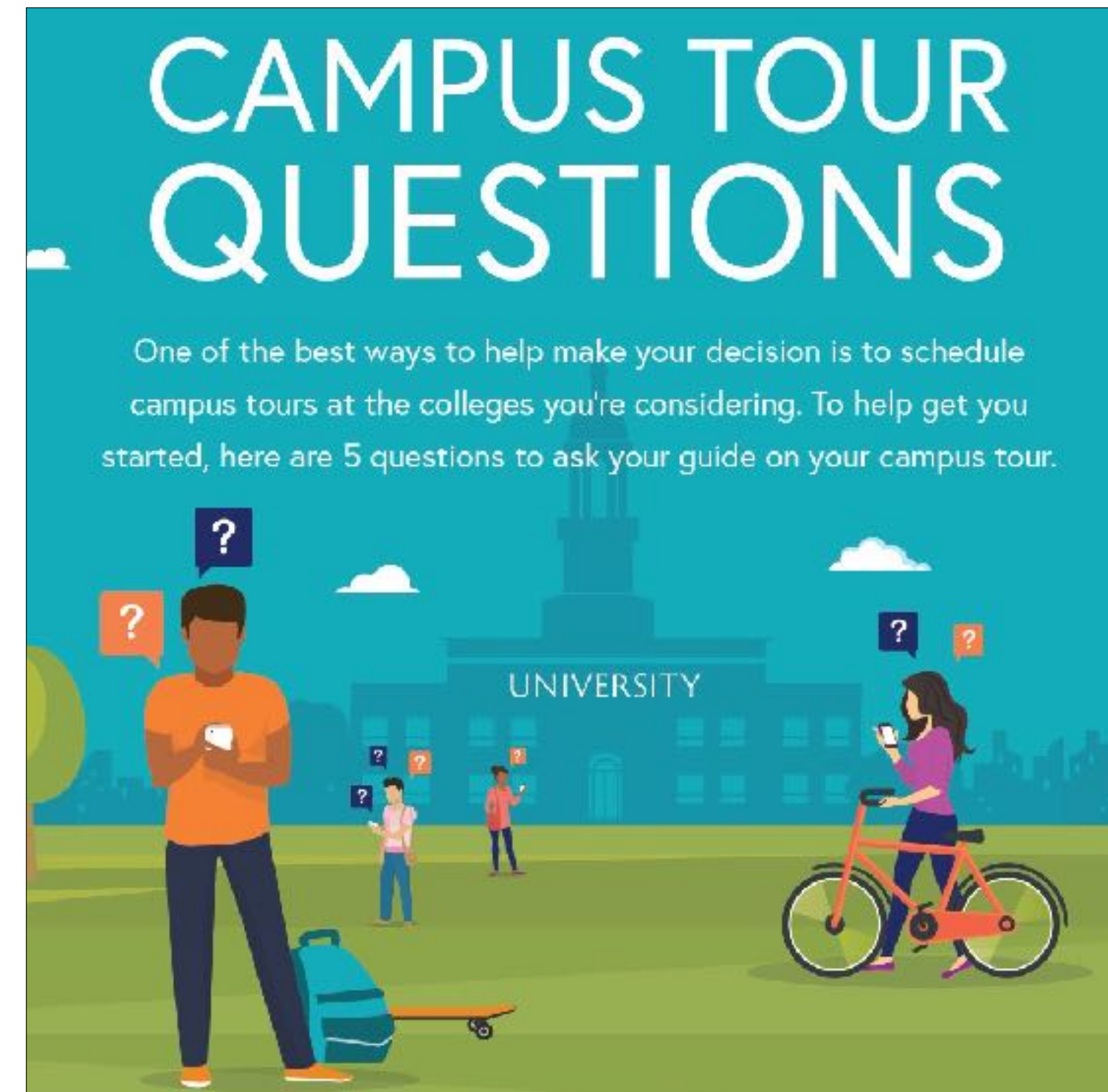
Apply to schools with varying tuition & aid

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



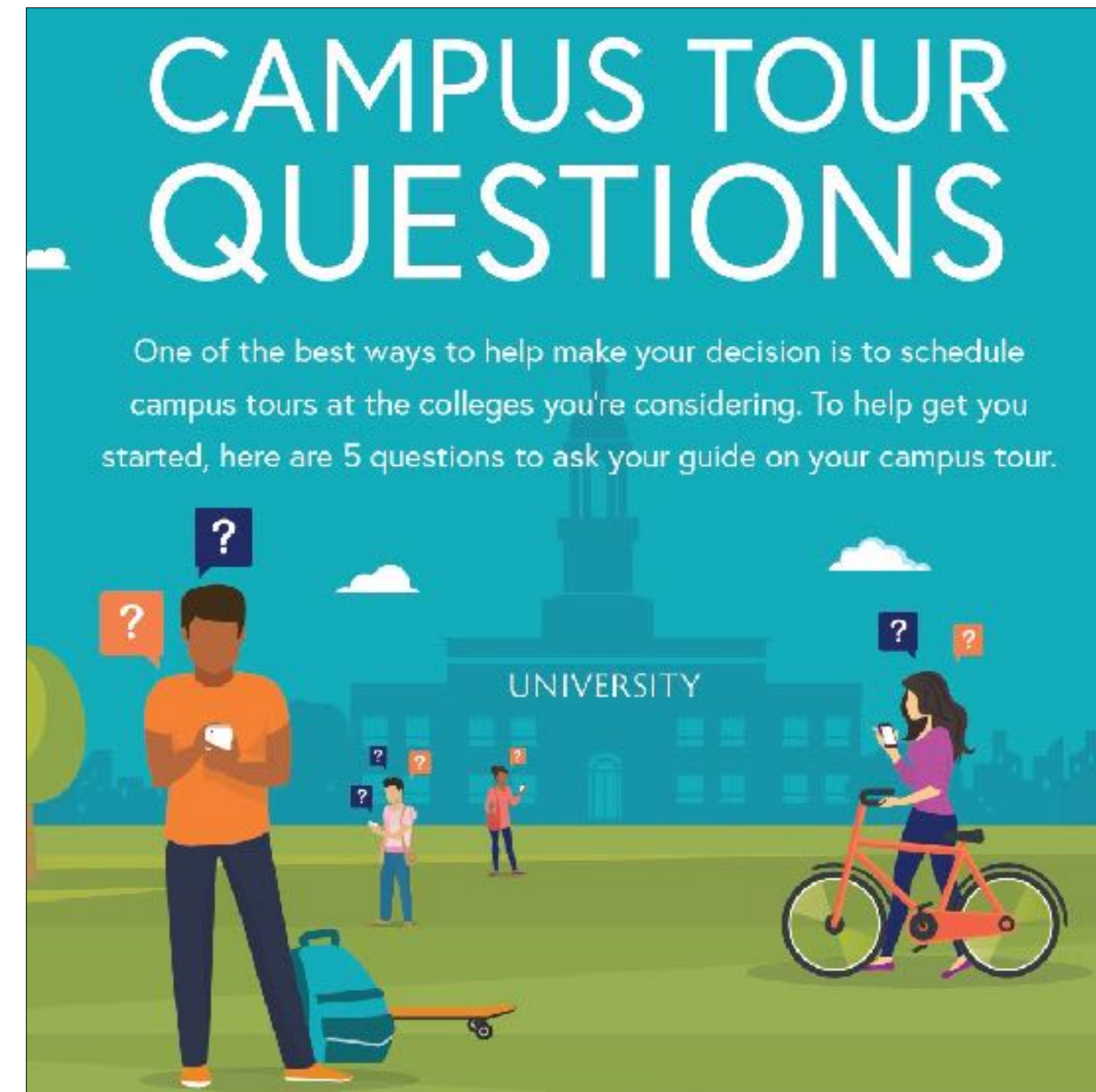
This will help you discover other schools that might not be on your radar...

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



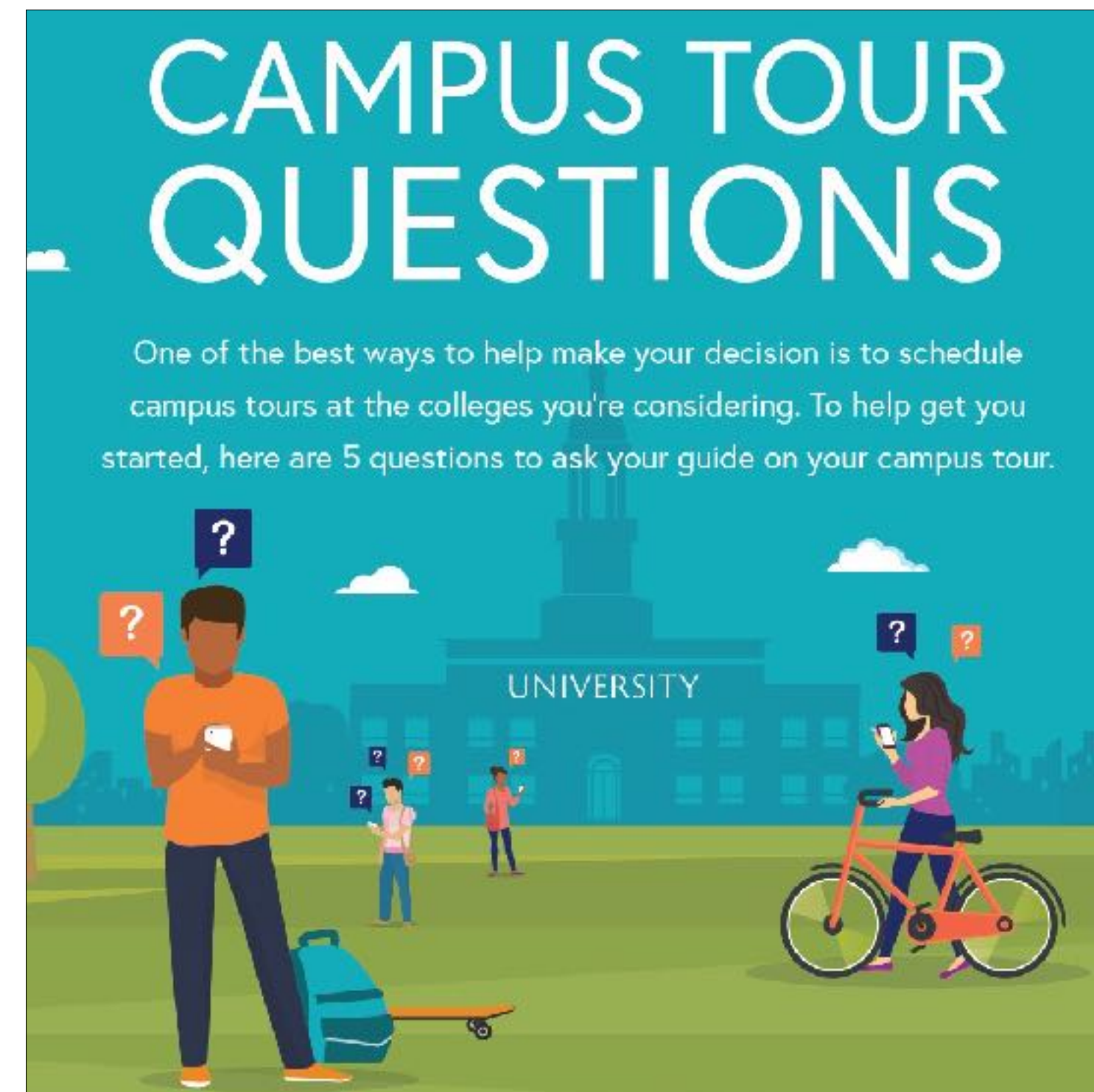
This will help you discover details about the school that might not be as obvious or in the published materials.

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



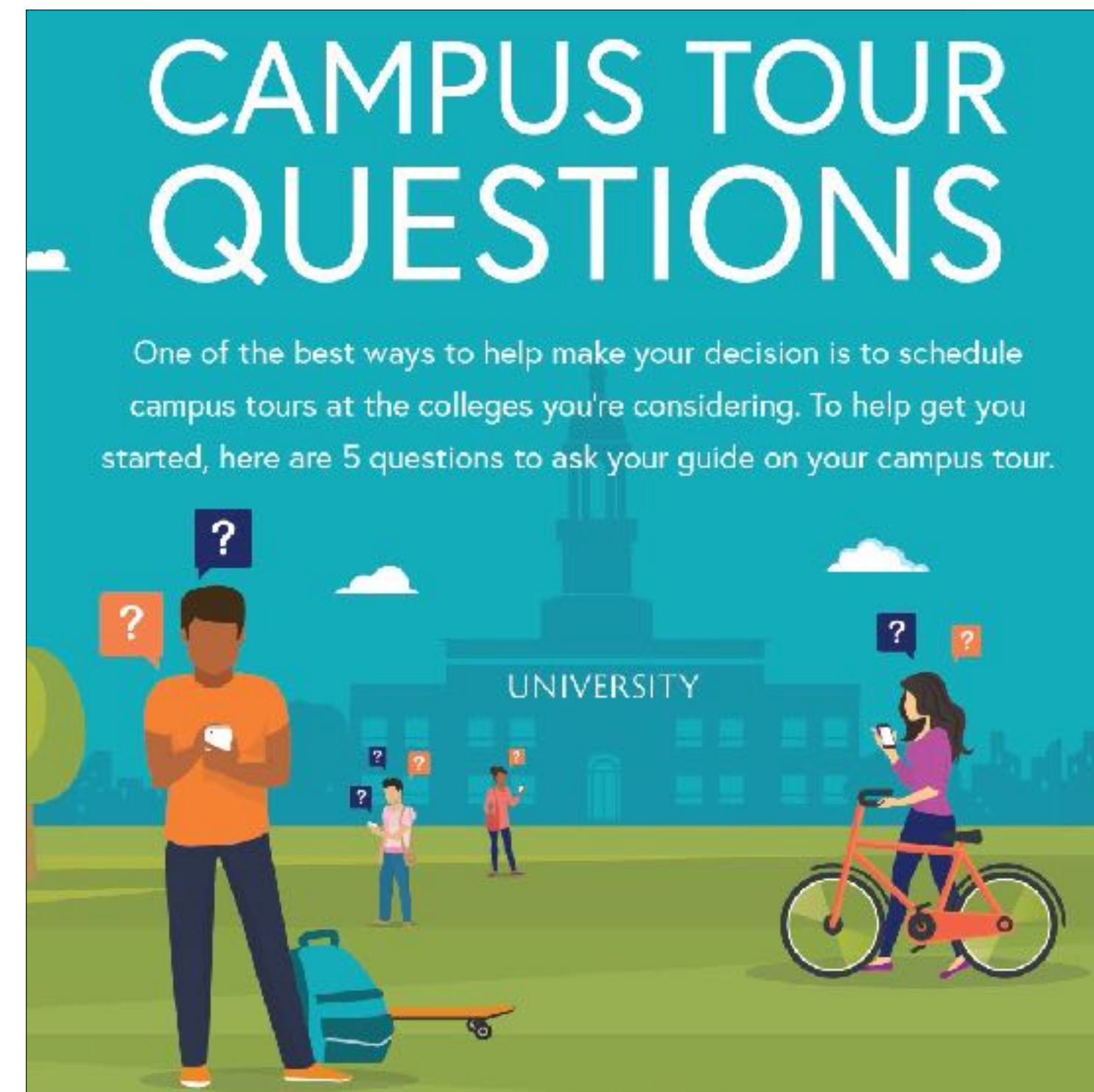
This will help your identify real people and real places on campus...

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



This will help you anticipate obstacles and come up with a strategy to get through them before having to face them.

5. What advice do you have for someone going through college search and selection?



Get expert advice from the people who have just gone through this experience. REMEMBER: These people are just you in the future.

**Can I stay in touch with
you? What's the best way to
stay connected?**

BONUS

Step 5.

Use Transition to
Determine The VERY
Best School



SEER

The best fit will include:

PLACES

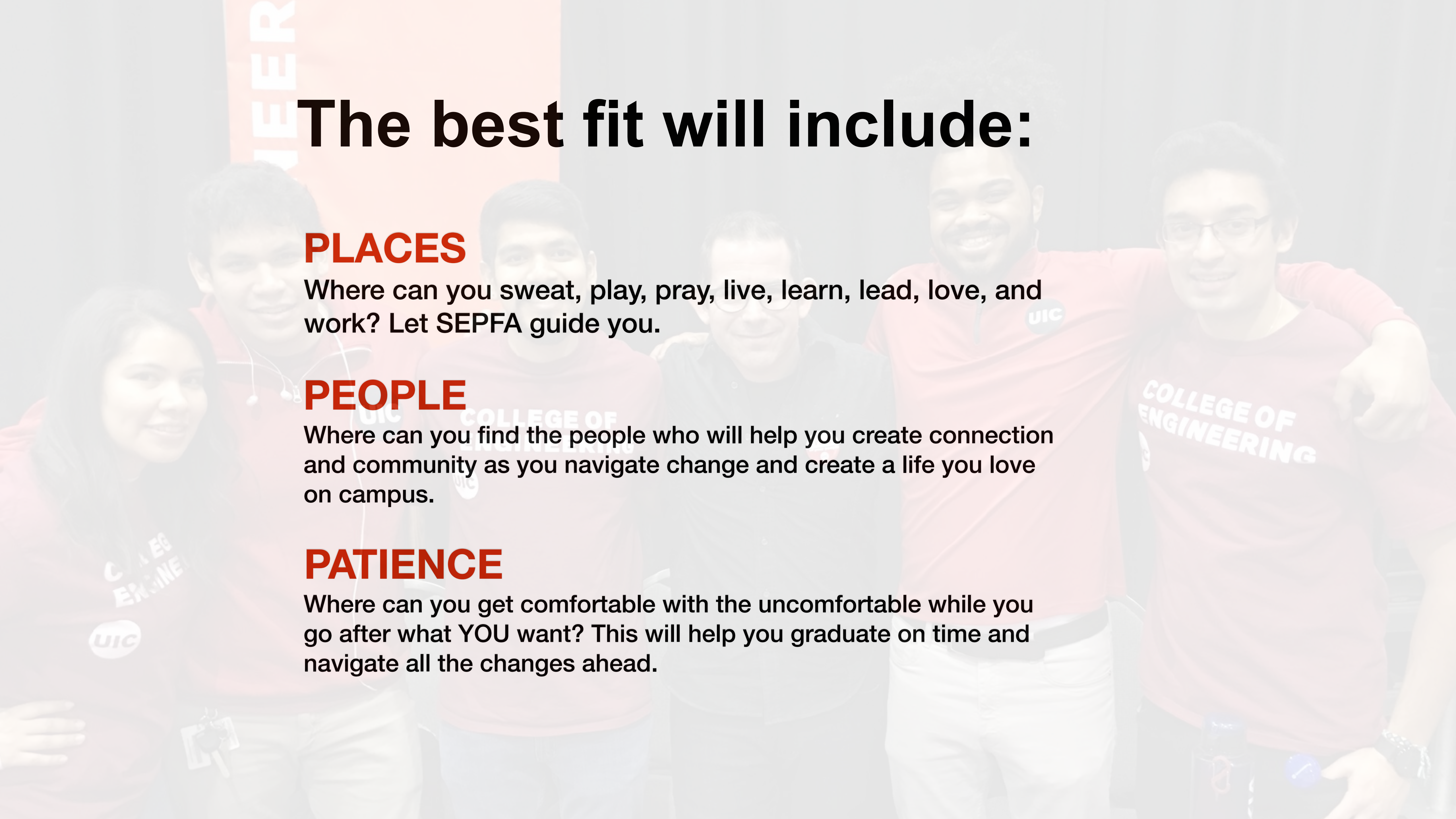
Where can you sweat, play, pray, live, learn, lead, love, and work? Let SEPFA guide you.

PEOPLE

Where can you find the people who will help you create connection and community as you navigate change and create a life you love on campus.

PATIENCE

Where can you get comfortable with the uncomfortable while you go after what YOU want? This will help you graduate on time and navigate all the changes ahead.





When you find your people and places at a less expensive school everyone can save...

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



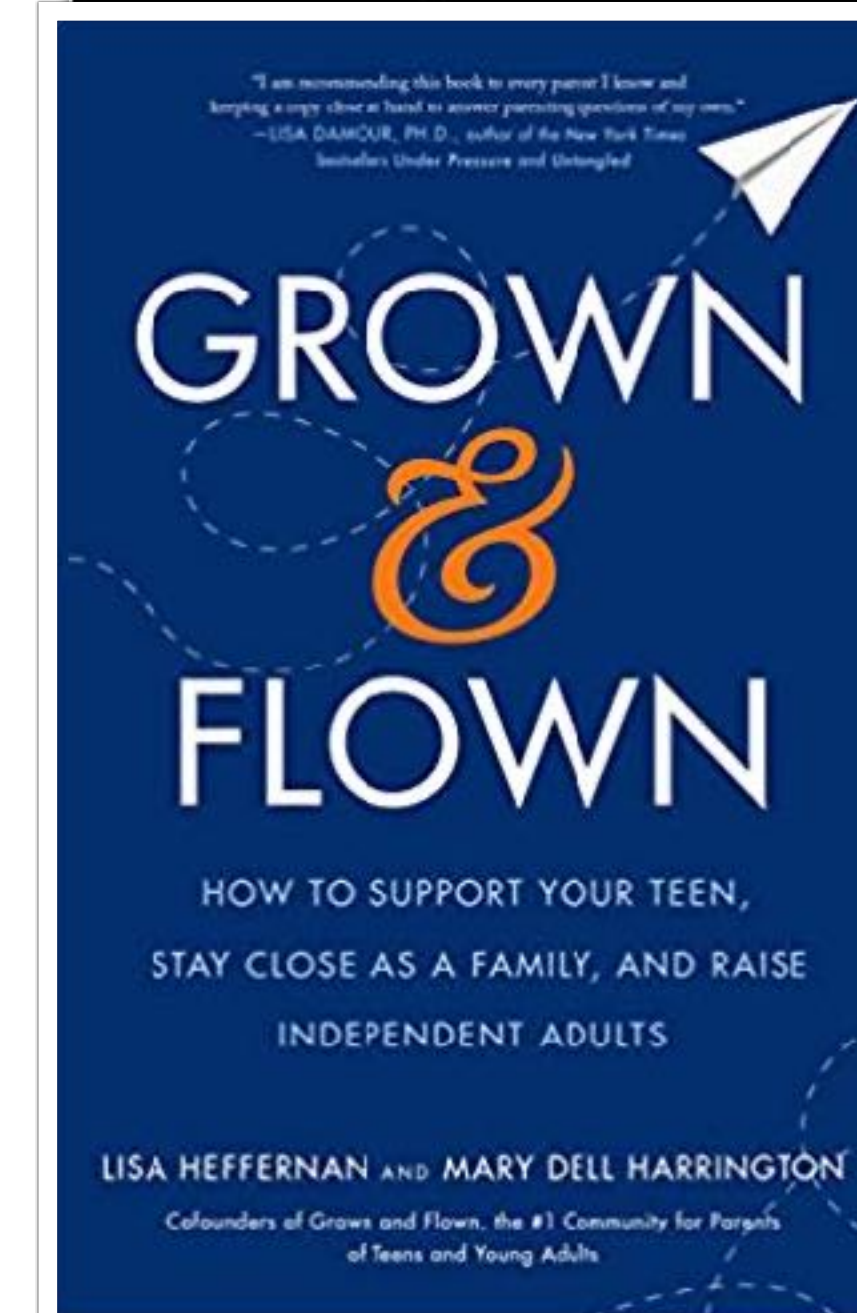
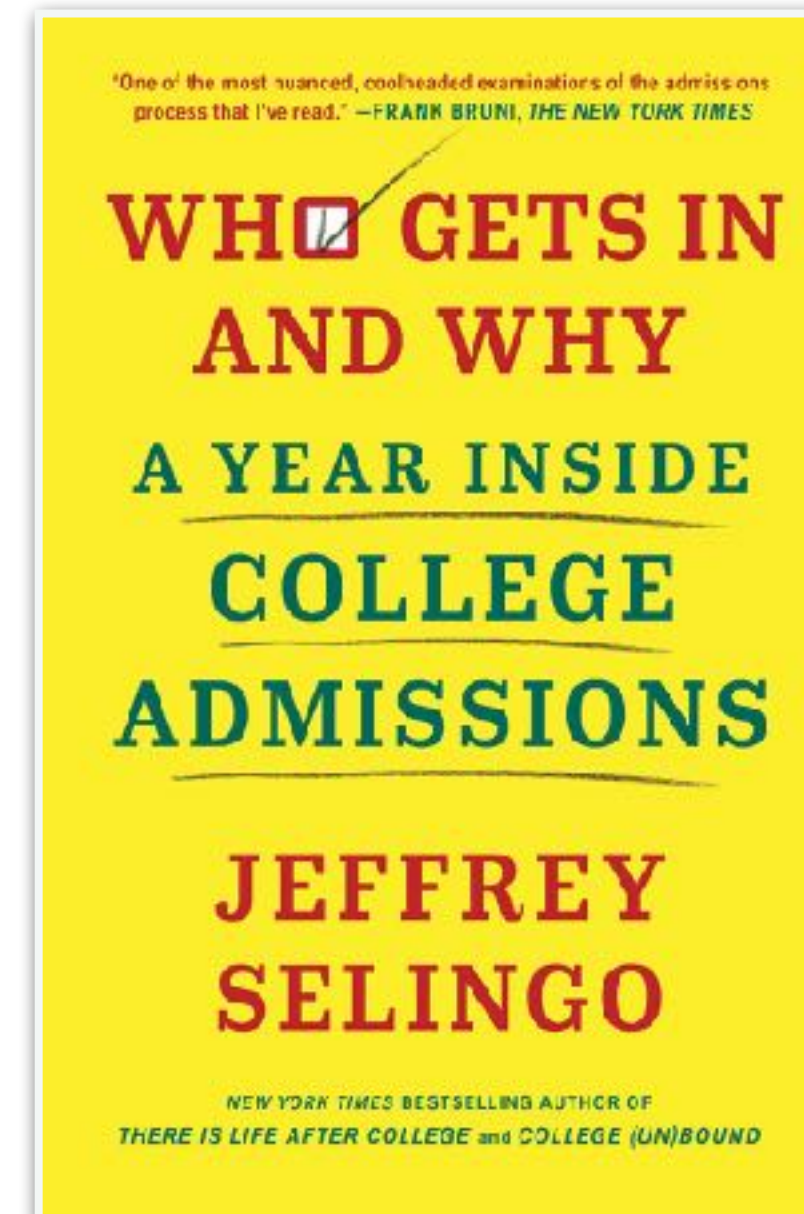
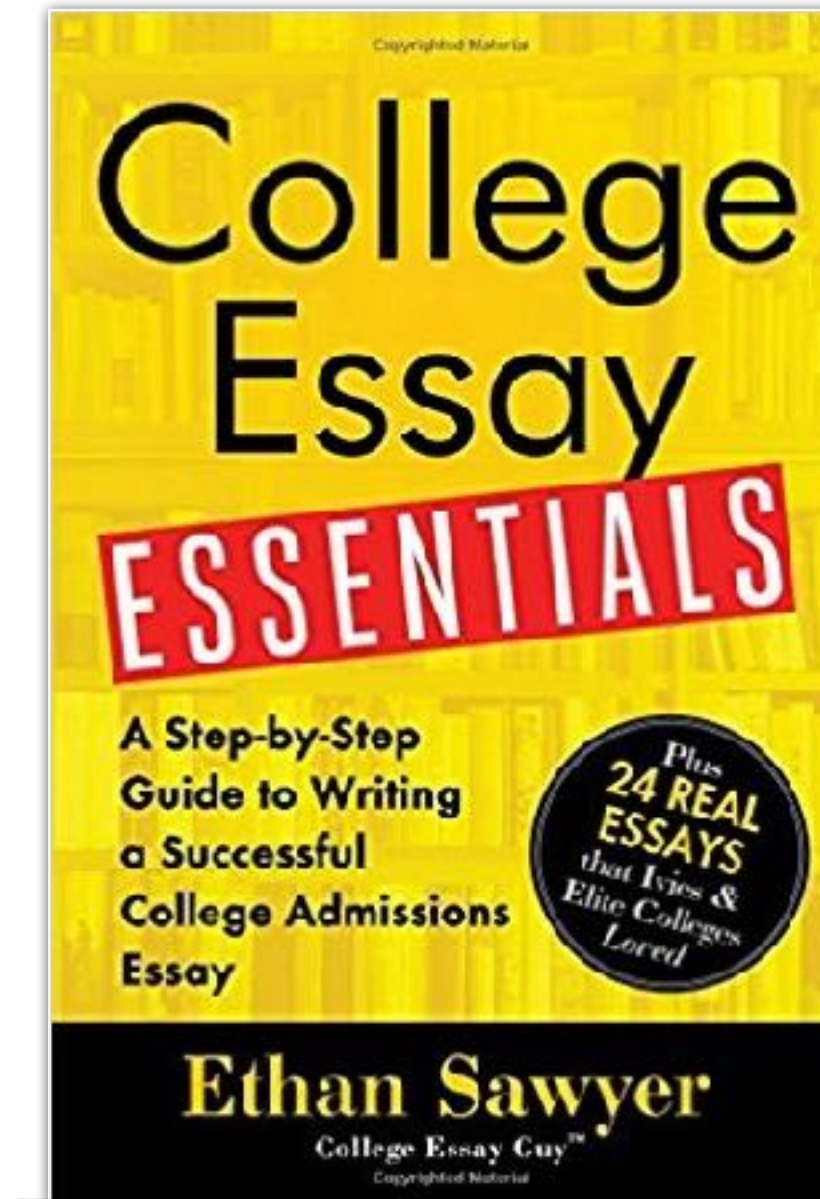
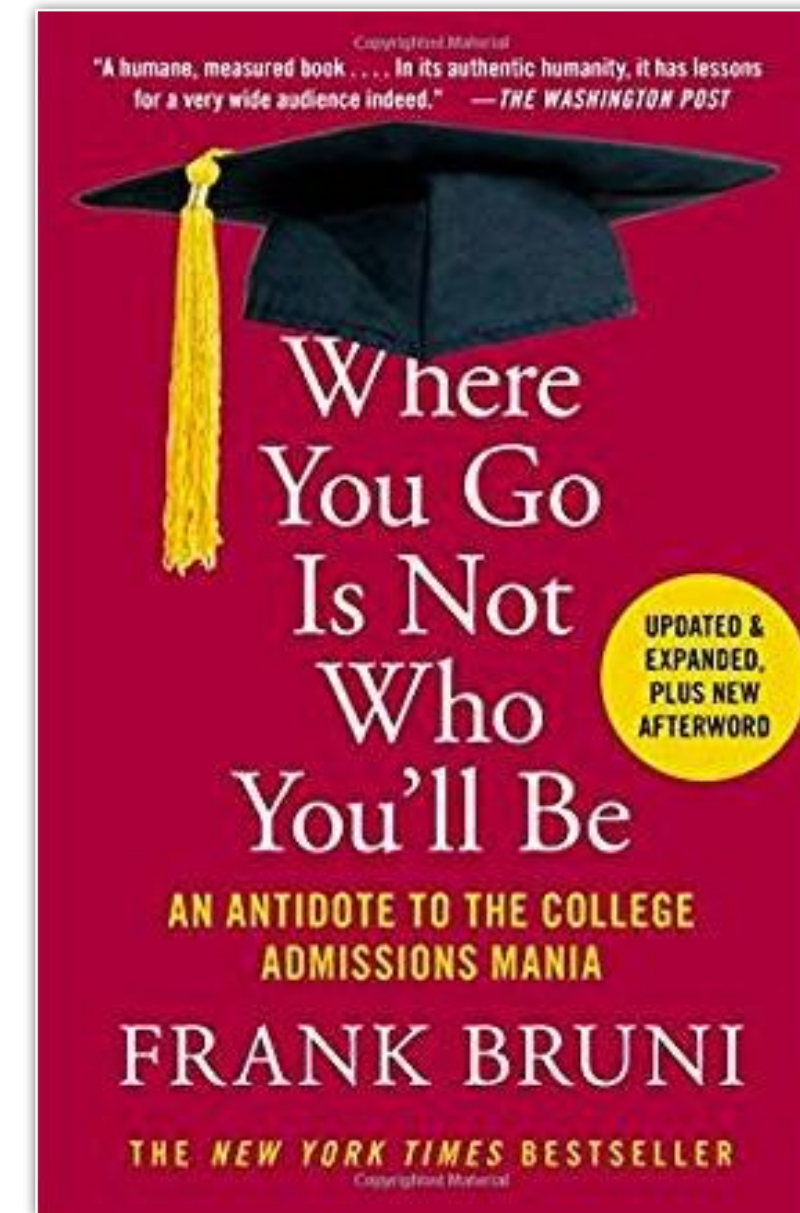
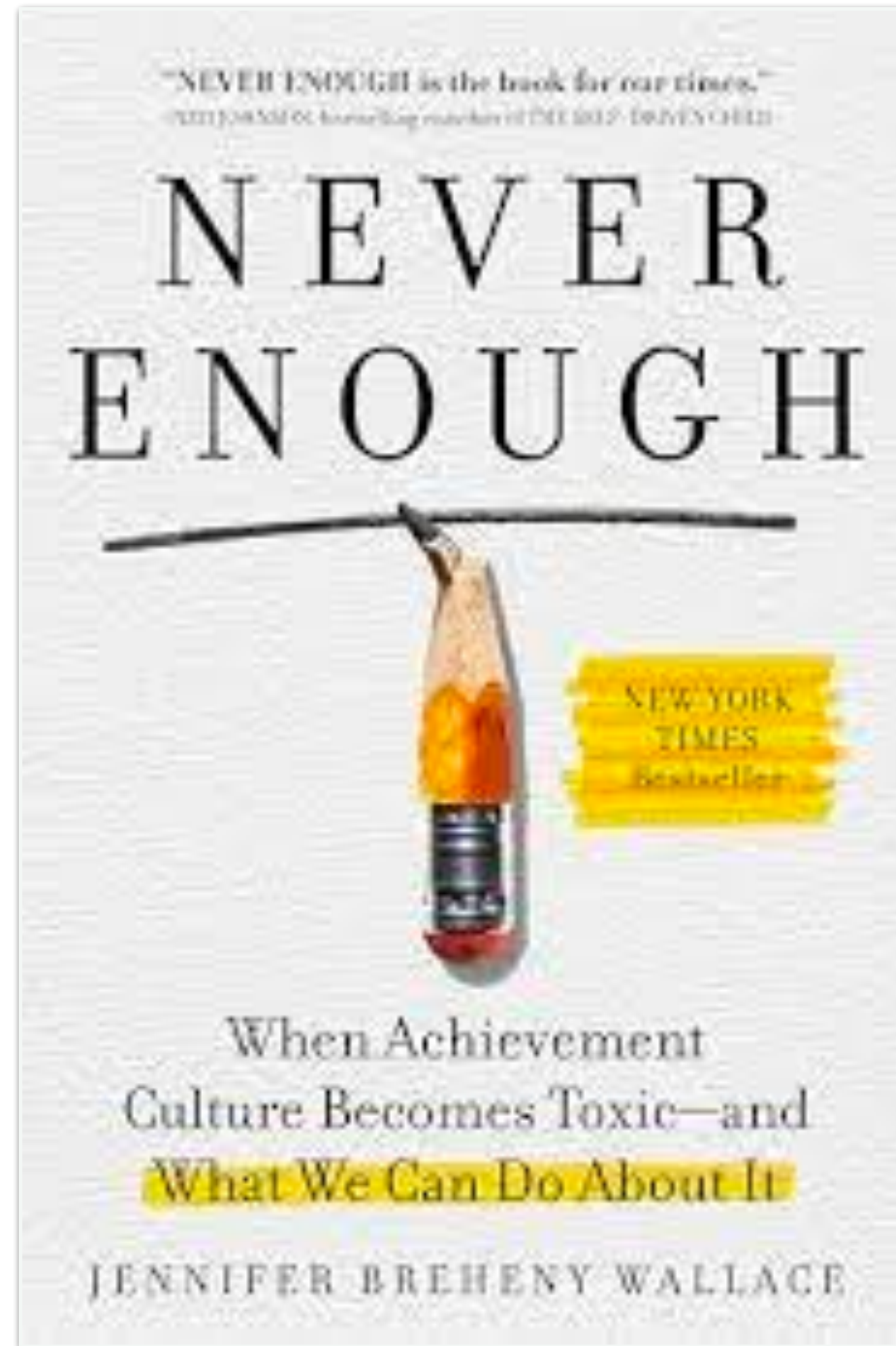
**You are
the creator
of your joy**



To Sum It Up

1. Start with Transition
2. RANK SEPFA (Social, Emotional, Physical, Financial, Academic)
3. Use places, people, and patience
4. Use transition to ease application anxiety
5. Use transition to determine the best school

Suggested Reading



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 and 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

<https://harlancohen.com/happy22/>

Share videos on social media to help...

TikTok Search

helpmeharlan
Harlan Cohen
1026 Following 591.9K Followers 27.4M Likes
Author #1 College Book NAKED ROOMMATE, NY Times bestselling author, ❤️ 2help
linktr.ee/harlancohen

Videos Favorites Liked

Playlists

- Life Tips (84 posts)
- Dating Experiment (7 posts)

Following accounts

- betsy_collegesa... College Essay Helpers
- WSJ wallstreetjournal The Wall Street Journal
- dadchats dadchats
- drjenniferlincoln Dr. Jennifer Lincoln
- thedavidbegnaud David Begnaud
- mikehemandezct Mike Hernández
- morningbrew Morning Brew
- millennialrx Dr. Ethan Melillo, PharmD
- k3vingabor K3VIN_G
- jakegoodmanmd Dr. Jake Goodman

See more

Videos

- Life Tip 495: I'm on my w... (1048 views)
- College Tip 944: If you're... (4152 views)
- If you askes someone out... (7385 views)
- College Tip 943: If you dr... (14.5K views)

harlancohen Edit profile View Archive Ad tools

1,984 posts 285K followers 1,422 following

Harlan Cohen he/him/his
364,080
Author
TikTok 580K+ (helpmeharlan)
NY Times bestselling author & journalist
Mission: I ❤️ 2 help
www.HarlanCohen.com
Inquires: media@helpmeharlan.com
linktr.ee/harlancohen

@harlancohen

Coaching URSELF PAY 4 COLL... TODAY BOOKS COURSES New

POSTS REELS SAVED TAGGED

Life Tip #492: I'm on my way to a speaking event... (1048 views)

College Tip #944: If you're seriously thinking of transferring from one school to another... (4152 views)

Life Tip #117: If you asked someone out like 6-8 months ago... (7385 views)

Welcome to Best First Year!

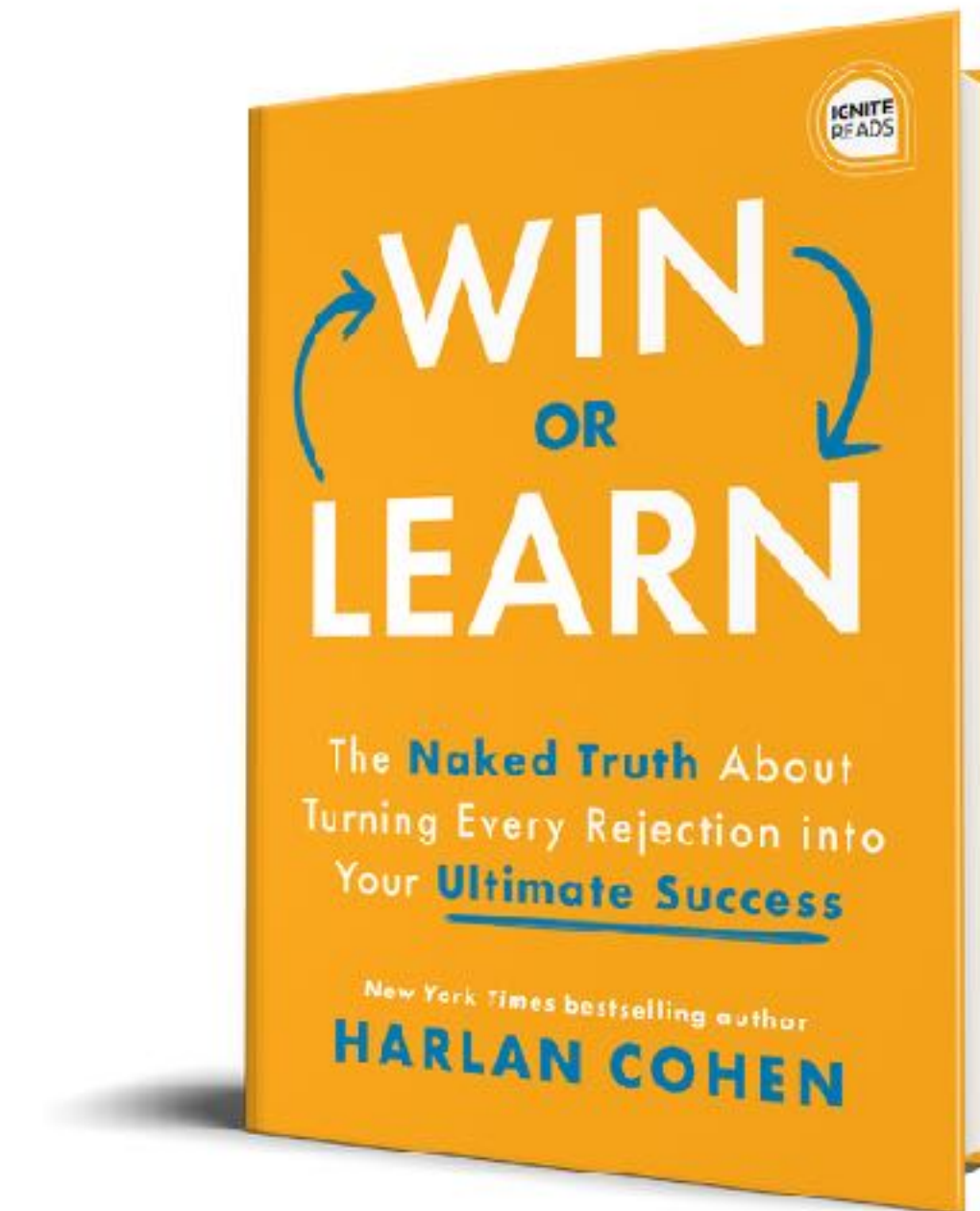
A College Success Coaching Program To Help Students Be Successful in College and Support Parents

[Sign Up Now](#)

Stats You NEED To Know

Navigating the first year in college can be one of the **MOST** difficult and daunting times. Too many students needlessly struggle, costing them time, money, and emotional energy. (Source: ACHA-NCHA Spring 2023 survey and U.S. Department of Education)

- ✓ 47.8 percent of students reported having **ACADEMIC** problems or challenges. Of this group, 87 percent said this issue caused them moderate or high distress.
- ✓ 50.8% of College students reported feeling **LONELY** over the past 12 months
- ✓ 50.3 percent of students reported having **FINANCIAL** problems or challenges over the past 12 months.
- ✓ 28.2 percent of students reported having **ROOMMATE** problems or challenges over the past 12 months.
- ✓ Four year graduation rate for students attending public colleges and universities is 33.3%. The six-year rate is 57.6%. At private colleges and universities, the four year graduation rate is 52.8%, and 65.4% earn a degree in six years.

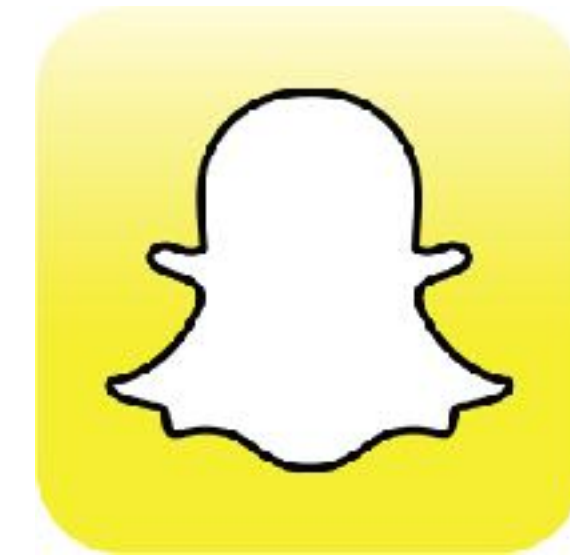


Now Available

courses.bestfirstyear.com

HARLAN COHEN

Text Me: 321-345-9070 | HarlanCohen.com



/HelpMeHarlan



@HarlanCohen



Win Harlan Cohen's \$2,500 Fall Scholarship!

College Ave and New York Times bestselling author Harlan Cohen are teaming up once again to make the road to college easier for high-school families. And we know the best strategy for financing college is to apply for scholarships year-round.

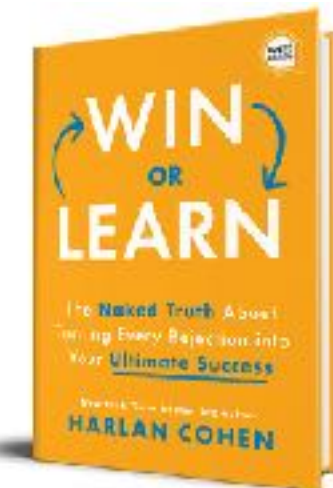
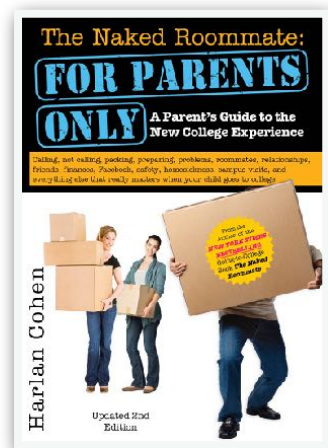
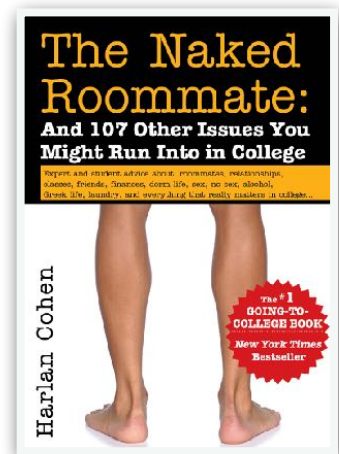
Enter to win our no-essay, no-hassle scholarship now.¹

Winning \$2,500 could have a major impact on your college journey.

<https://www.collegeave.com/harlan2023/>



Happy, Healthy, Almost Stress-Free College Planning with Harlan Cohen



HARLAN COHEN

Text Me: 321-345-9070

www.HarlanCohen.com/happy23



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