

# Five Simple Rules for Parents

Help your student navigate the transition  
to life in college...



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



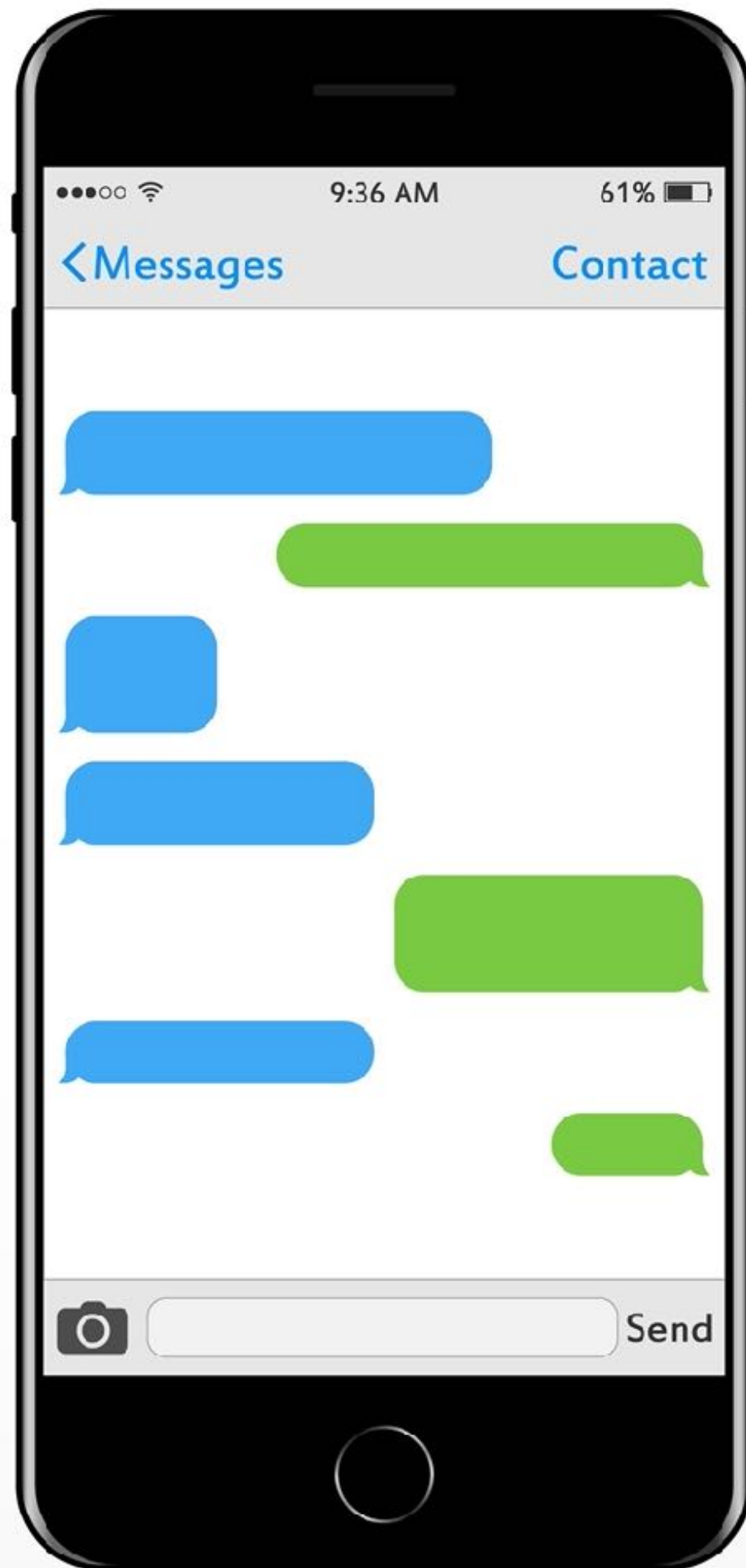
@HarlanCohen



/HelpMeHarlan

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**

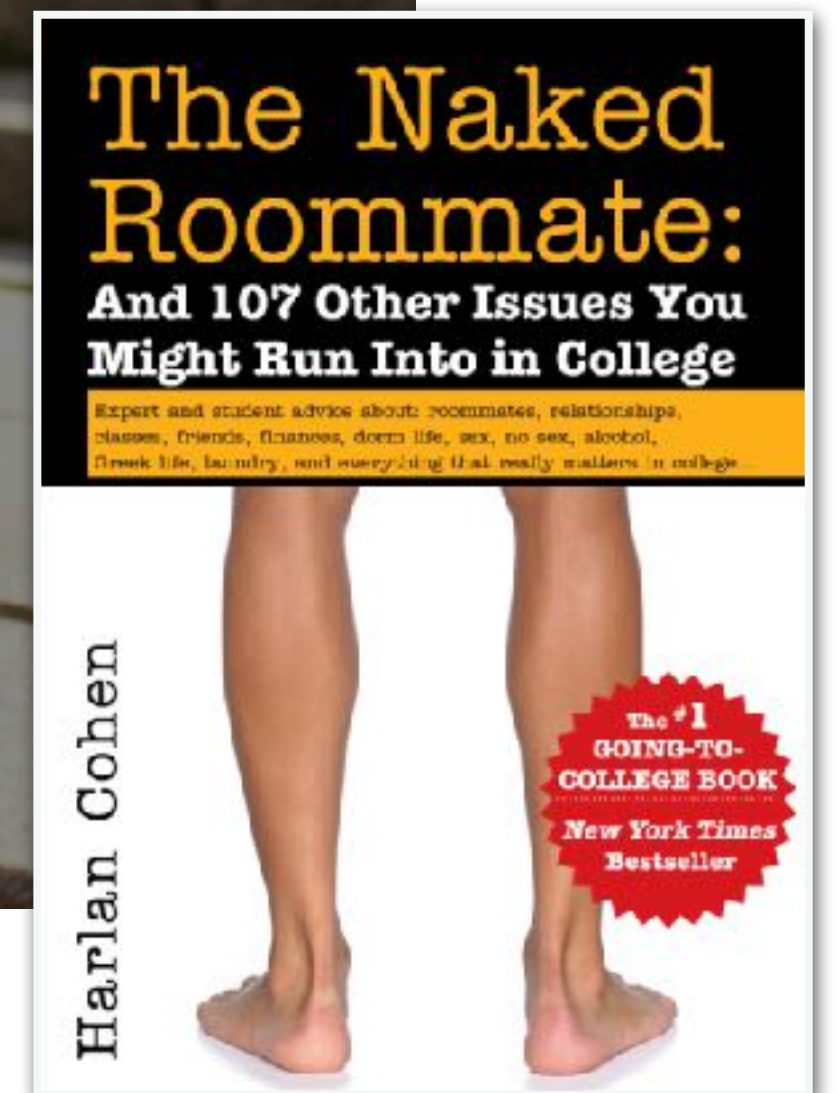
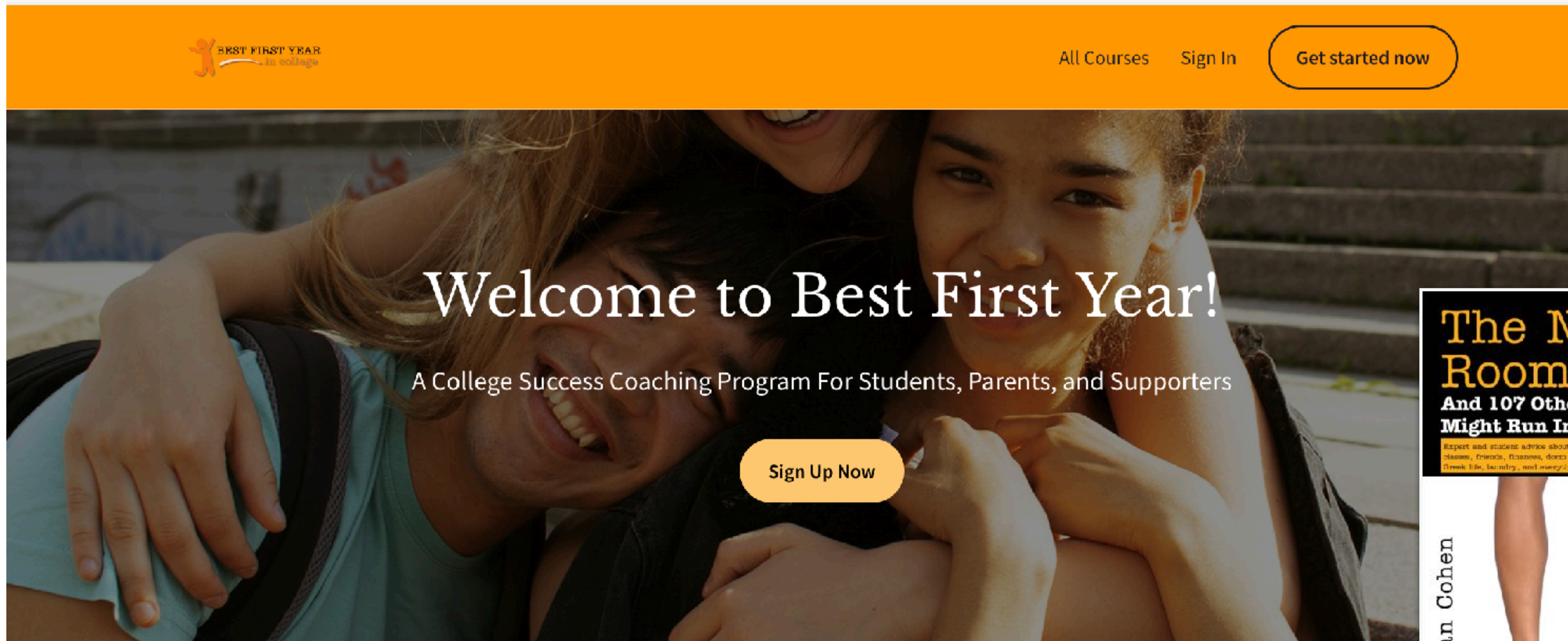
Answer in Chat or Text 321-345-9070

# QUESTION ANSWER



With Harlan Cohen

# Giving Away A Membership to Best First Year + Book



**BEST FIRST YEAR is a COLLEGE SUCCESS & LIFE COACHING Program for Students, Parents, and Supporters**

The Struggle is Real.  
Prepare.

Navigating the first year in college can be surprisingly difficult. Being unprepared can cost time, money, and emotional energy. The stats are clear. (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.

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- ✓ 50.8% of College students reported feeling LONELY over the past 12 months

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- ✓ 50.3 percent of students reported having FINANCIAL problems or challenges over the past 12 months.

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- ✓ 28.2 percent of students reported having ROOMMATE problems or challenges over the past 12 months.

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# **CLASS OF 2024 SENIOR AND PARENT SPECIAL PROGRAMS**

## **Winter/Spring Program Rundown:**

- **December: 13 Mistakes HS students make when committing to a college (open to all)**
- **January: Getting in. Not getting in. Getting waitlisted, deferred, and other outcomes.**
- **February: Financial Dos and Dont's for students and parents**
- **March: 5 Simple Rules for College Parents: How to prepare them for what's next**
- **April: Committing to College Checklist (how to make sure it's the BEST choice)**
- **May: 17 Things You Need to Before Going to College (open to all)**
- **June: Roommate Rules & Living on Campus & Mental Health Transition Plan**
- **July: Academic Success: Tips, Tricks, and Strategies to Be Successful in College**

**LIVE COACHING  
SESSIONS WITH HARLAN  
Twice a Month (January-July)**

**LIVE COACHING  
SESSIONS WITH HARLAN  
Once a Week (August-December)**

## Best First Year In College

0% complete

Search by lesson title

- REQUIRED: Best First Year Orientation** 0/0 ▼  
DRAFT
- Welcome Class of 2024** 0/2 ▼
- Weekly College Coaching Sessions** 0/15 ^

- (August 15 REPLAY) TOPIC: Setting Expectations, Connecting to Campus, and Roommates**  
VIDEO · 35 MIN
- (AUGUST 22 REPLAY) TOPIC: Making New Friends, People, Places, Patience**  
VIDEO · 50 MIN
- (AUGUST 29 REPLAY) TOPIC: Staying Safe on Campus (Alcohol, Drugs, Consent, and other taboo topics)**  
VIDEO · 44 MIN
- (September 5 REPLAY) TOPIC: Life Inside the Classroom (professors, study resources, time management, getting help)**  
VIDEO · 47 MIN
- (September 13 REPLAY) TOPIC: Your Mental Health (homesickness, stress, anxiety, rejection, and navigating change)**  
VIDEO · 48 MIN

## Setting Expectations, Connecting to Campus, and Roommates



### Session Rundown:

- **What do you want to happen this year in college?**
  - Setting Social, Emotional, Physical, Financial, Academic Expectations.
  - How will you make it happen?
  - Tell the story of your semester/quarter as if it's already happened.
  - Tell the story of your week as if it has already happened.
  - Call this the getting comfortable year. Please be kind to yourself.
- **Connecting to Campus**
  - Go to ALL Orientation Events.
  - Stay on campus. Treat college like a full-time job.
  - Find ways to connect to campus without requiring an invitation.
  - Activities fair and orientation events
  - Commuter rules of engagement (make school your home base)
- **Roommates**
  - Roommate's expectations (friendship is a bonus)
  - What is healthy roommate communication?
  - Dealign with roommate problems (RAs, counselors, other support systems)
  - Secrets, gossip, and other bad ideas

◦ 261162' 8021b' and other 89d 1d692





# GRAD GIFT SPECIAL

**Stay until the end...  
I've got a special offer for  
The Class of 2024!**

**REPLAY AVAILABLE THROUGH SUNDAY  
MEMBERS GET 24/7 ACCESS**

The background image shows a brick building with large windows and a statue of a man in a suit. The building has a sign that reads "GRACE DOHERTY LIBRARY" and "CENTRAL COLLEGE". Two people are walking in the foreground. The text is overlaid on an orange rectangular box.

***I asked...***

***What is your biggest concern  
about the next school year?***

**Answer in the chat....**

**IT ALL STARTS BY DREAMING**

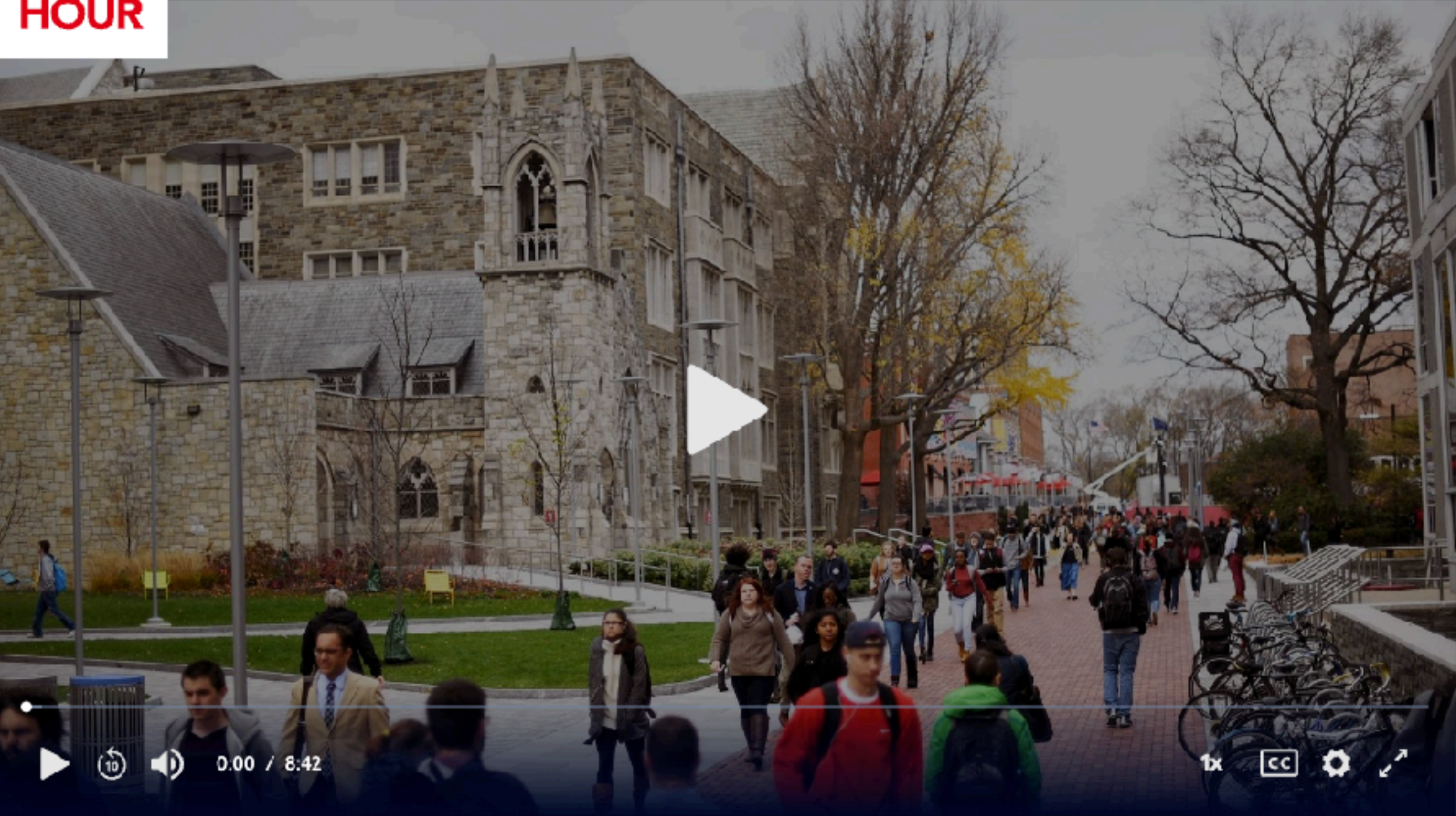
**BIG**



# THE LATEST...

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Menu Full Episodes Podcasts Newsletters



**Troubled rollout of FAFSA overhaul causes major delays for students seeking financial aid**

Mar 26, 2024 6:35 PM EDT

Support Provided By: [Learn more](#)

<https://www.pbs.org/newshour/show/troubled-rollout-of-fafsa-overhaul-causes-major-delays-for-students-seeking-financial-aid>

# THE LATEST...

LOCAL NEWS >

## 3 colleges in Massachusetts will cost now more than \$90,000 a year

WBZ NEWS

By Matt Schooley  
Updated on: March 28, 2024 / 12:18 PM EDT / CBS Boston



BOSTON - The cost of college is getting worse. Three schools in Massachusetts will cost more than \$90,000 a year starting in the fall.

Wellesley College, Boston University, and Tufts will all charge \$90,000 for undergraduates for tuition, housing and other expenses.

Paul Karger, co-founder of [TwinFocus](#), an investment adviser in Boston, told WBZ-TV that while the price seems shocking, it isn't unexpected. College prices have been trending up for years and that means families need to make tough decisions.

"Not everyone needs to, nor can everyone afford to go to some of these schools like a Boston University or many of these other schools named at \$90,000-plus a year. You can consider other types of options, including in-state community colleges and certainly scholarship programs," Karger said.

Karger recommends setting up a 529 college savings account as soon as your child is born. He said instead of holiday gifts from family members, consider asking for tuition contributions.

### More from CBS News

Boston Public Library's new chef to lead cooking program in Roxbury



Economic impact of Baltimore bridge collapse could be felt in Boston,...



Roger Federer to give commencement speech at Dartmouth College



When will the MBTA ferries start running this year?




# THE LATEST...


Forbes




LEADERSHIP • EDUCATION


## 3 Things Early Results Indicate About Regular Decision Ivy League Admissions Trends

Christopher Rim Contributor   
As the CEO of Command Education, I write about emotionally intelligent leadership and education.

[Follow](#)

 Mar 25, 2024, 05:06pm EDT



Office of Admissions GETTY

Ivy Day is swiftly approaching, and when it arrives, students across the country will receive their Ivy League admissions decisions. Anticipated to be on March 28th, Ivy Day marks the end of months of waiting. Many students are eager to know what they can expect from this cycle's results. While we cannot be certain of what to expect from one cycle to the next, Early Action (EA) and Early Decision (ED) results can lend insight into the trends we may see in the regular decision round.

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# THE LATEST...

## 1. Schools reporting ever-larger applicant pools

Students and families should expect to see Ivy League schools report record-breaking applicant pools, a trend that has continued over the last few regular decision cycles at Ivy League schools, as well as in the early cycle in 2023. This is due in large part to the prevalence of test-optional policies at top schools, which tend to result in a greater number of applicants. Larger applicant pools often correlate to smaller acceptance rates. During this year's early application cycle, Yale announced that they accepted [709](#) of their 7,856 applicants, amounting to a 9.02% acceptance rate—the lowest in over 20 years, topping the [precedent](#) set last cycle. While Columbia did not announce its official acceptance rates for the early application cycle (some numbers should be released in April alongside Regular Decision data), the university noted that their early decision applicant pool increased by [5%](#) over last year's. Students can expect these competitive schools to announce larger applicant pools for the regular decision round once more. At the same time, with schools such as [Dartmouth](#) and [Brown](#) reversing their test-optional policies, the 2024-25 application cycle may see applicant pools begin to thin.

# THE LATEST...

## 2. Top colleges will continue to distance themselves from their reputations for exclusivity.

While the admissions landscape at elite institutions continues to be competitive, many top schools are seeking to distance themselves from their exclusive reputations. Harvard University, for instance, announced in December that their early acceptance rate had risen to [8.74%](#), up from [7.56%](#) in the 2022–23 early admissions cycle. The percentage of first-generation college students [accepted](#) into Harvard's Class of 2028 increased to approximately 15.5% in this year's early acceptance pool. While Harvard announced its increased acceptance rate for the early round, other schools, including the University of Pennsylvania and Princeton University, declined to release their admissions data altogether. Princeton Dean of Admissions Karen Richardson [articulated](#) the reason for the lack of data during the 2021-22 cycle: "We know from our interactions with prospective students, families, and counselors that highlighting an admission rate and framing the admissions process through a list of statistics instills anxiety and fear. We do not want to discourage prospective students from applying to Princeton because of its selectivity."



# THE LATEST...

## 3. Elite schools outside of the Ivy League will become even more competitive.

As it becomes increasingly difficult to secure a coveted acceptance to the Ivy League, and as applicant pools continue to grow, other top schools outside of the Ivy League—such as Emory, Duke, Washington University in St. Louis, Carnegie Mellon, and NYU—are becoming ever more competitive. This trend toward greater exclusivity is already evident—for instance, NYU's acceptance rate plummeted to 8% for the Class of 2027; ten years ago in 2013, the admissions rate was 35%. In this year's early decision cycle, Duke reported a record low acceptance rate of 12.9% after receiving over 1,000 more applicants than in any previous Early Decision round (a 28% increase in applicants from 2022).

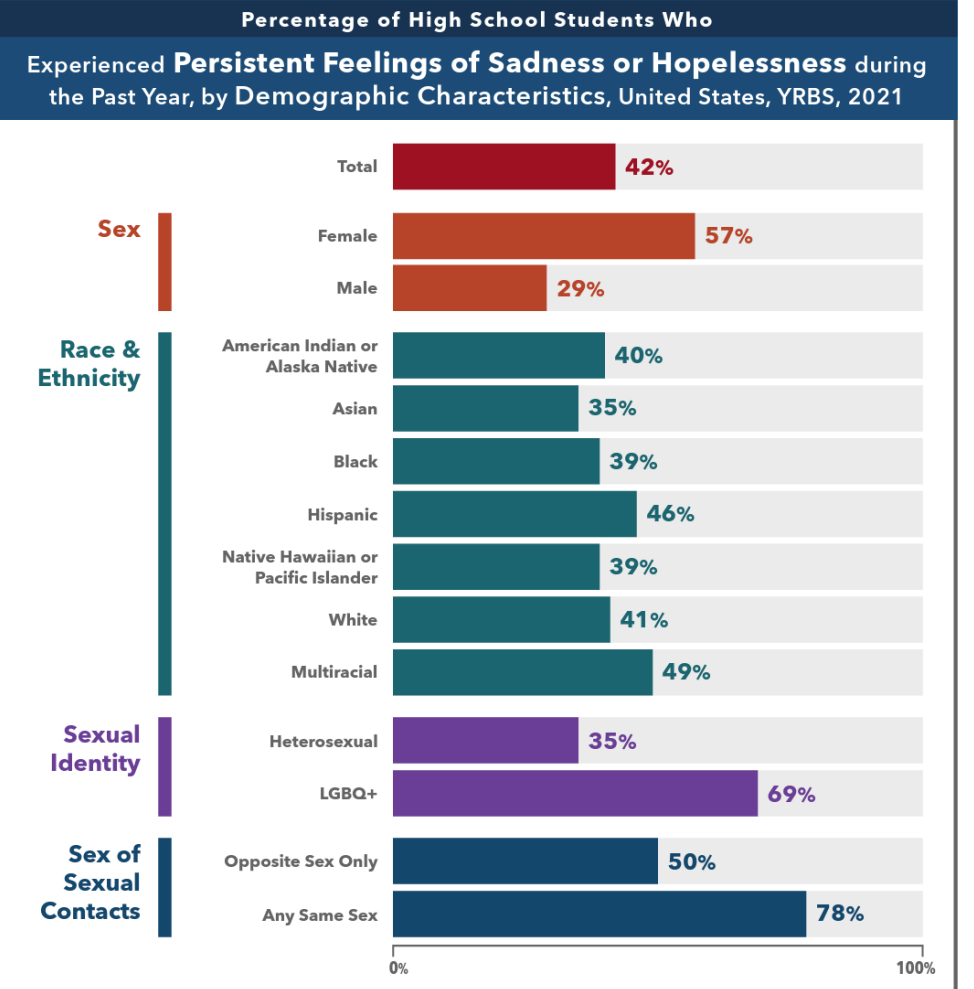
# THE LATEST...

## 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.

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# THE LATEST...

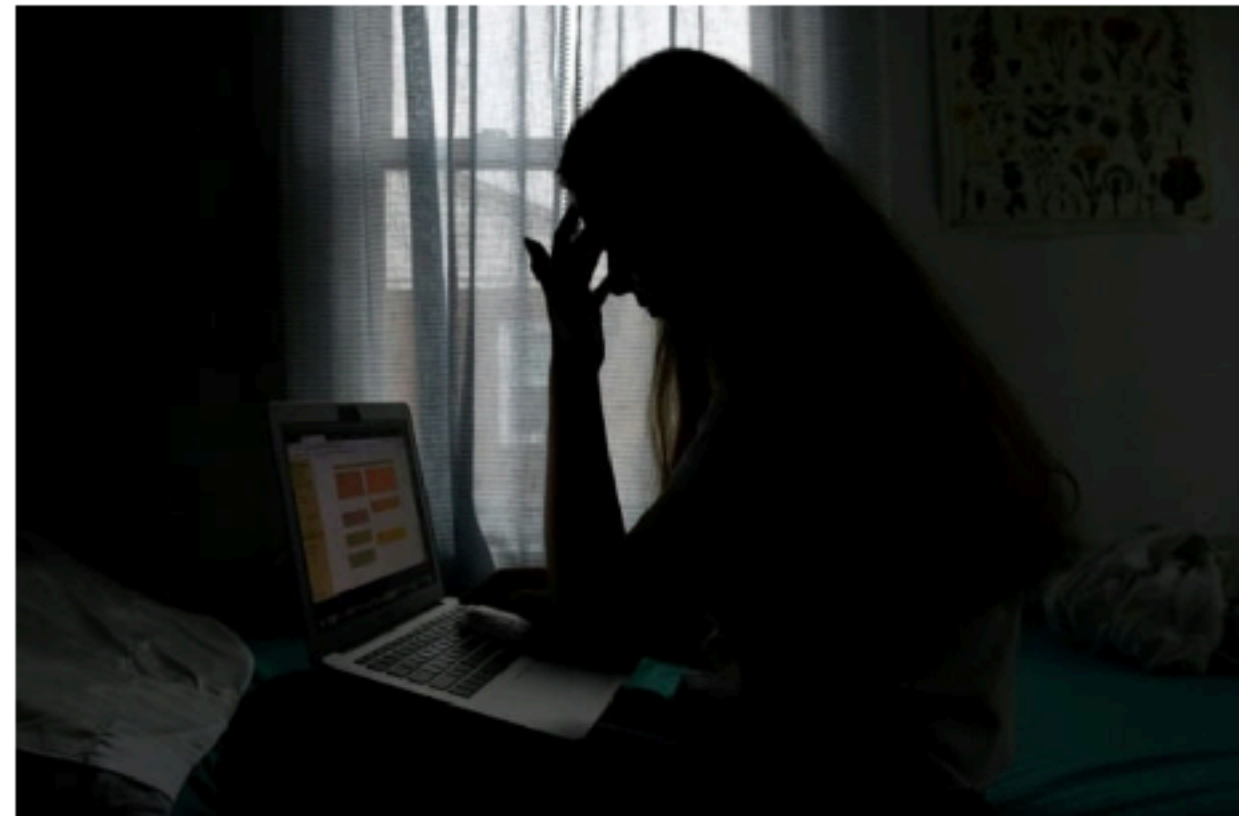
Part of the **Student Voice** Collection

● May 26, 2023

## Survey: Half of College Students With Mental Health Issues Haven't Accessed Care

Student Voice data reveal gaps in care and in knowledge of campus mental health resources. Students also see professors and advisers as responsible for helping struggling students, while experts recommend a culture of care.

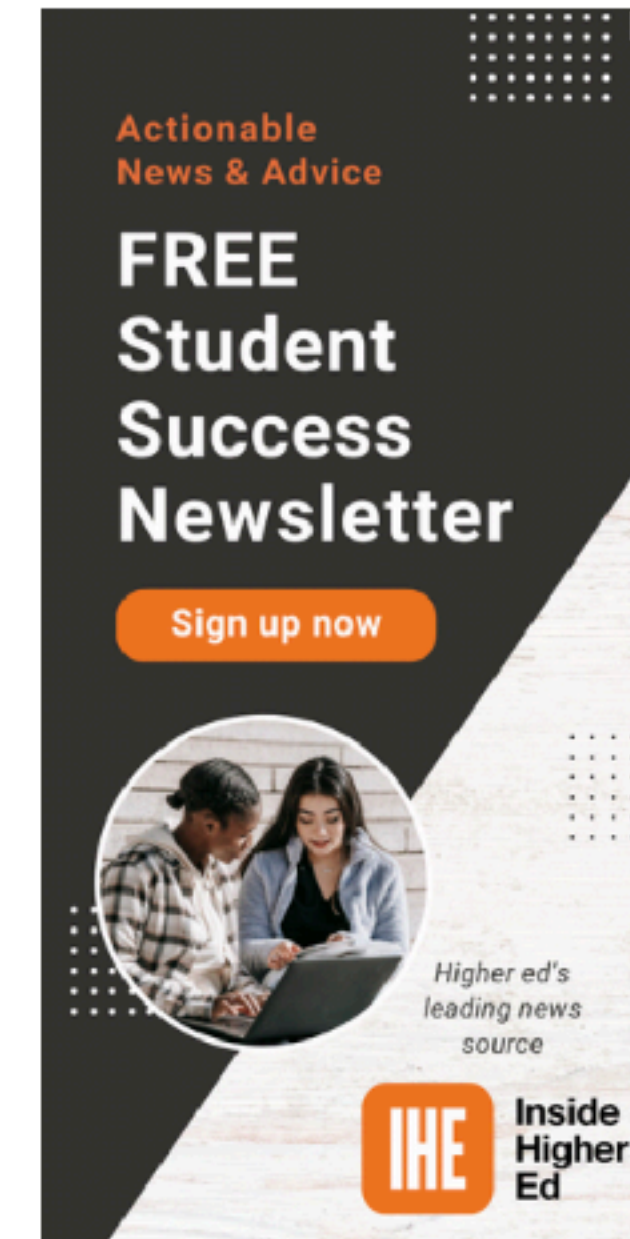
By [Colleen Flaherty](#)



Half of students rate their mental health as excellent or good in the newest Student Voice survey, and half say it's fair or poor.

Olivier Douliery/AFP/Getty Images

**E**leanor Lott, a junior studying genetics at North Carolina State University, jumped at the chance to serve on the institution's mental health task force this past academic year when a friend asked her to participate. Lott was already involved in student government wellness initiatives and had one urgent goal for the task force: "Getting student suicide numbers down as fast as possible—just seeing if there were any go items that we could act on in that moment."



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# THE LATEST...

May 25, 2023

## Campus Engagement Tip: Boost Belonging With an Intervention

Researchers from Indiana University found a link between an intervention exercise about belonging prior to their first year on campus and student retention.

By Ashley Mowreader



An intervention exercise for incoming students can boost belonging, an Indiana University study found.

adamkaz/E+/Getty Images

**A** new report from Indiana University reveals that an intervention exercise for incoming students can promote feelings of belonging and retention during their time at the institution.

The three-step intervention, called Social Belonging for College Students, exposes students to the commonality of student anxieties around attending college and promotes reflection in identifying their own fears.

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The three-step intervention, called Social Belonging for College Students, exposes students to the commonality of student anxieties around attending college and promotes reflection in identifying their own fears.

Researchers found the exercise promoted student persistence, course taking and sense of belonging, as well as first-year completion.

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# Lisa Damour Talks College Tips



**The**  
**HARLAN COHEN**   
**Podcast**

**Lisa Damour, PhD**  
**TEENS, PHONES,**  
**COLLEGE, PARENTING,**  
**SLEEP, HOMESICKNESS,**  
**RAPID FIRE Q&A**



# Lisa Damour Talks College Tips



# Elizabeth Hamblet Episode

**The**  
**HARLAN COHEN**   
**Podcast**

**Elizabeth C. Hamblet**  
**7 STEPS TO COLLEGE SUCCESS**  
**A pathway for students**  
**with disabilities**



# Elizabeth Hamblet Podcast

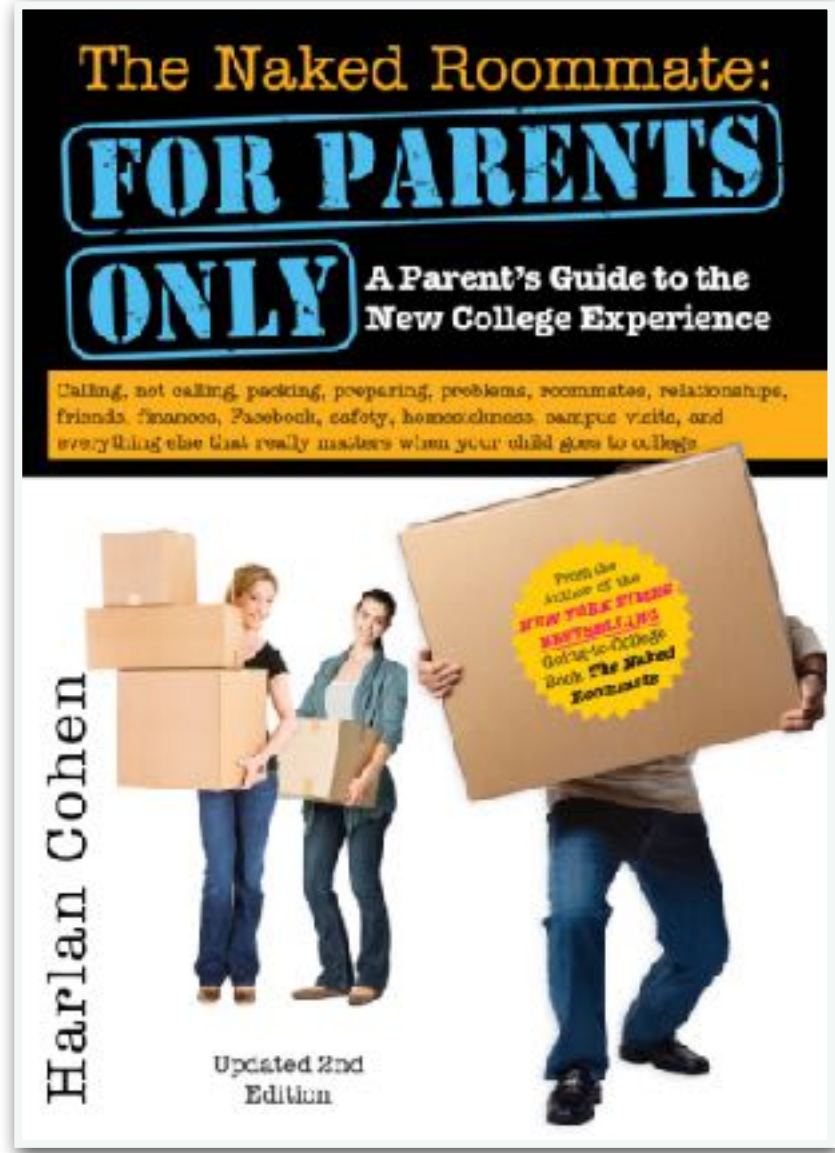
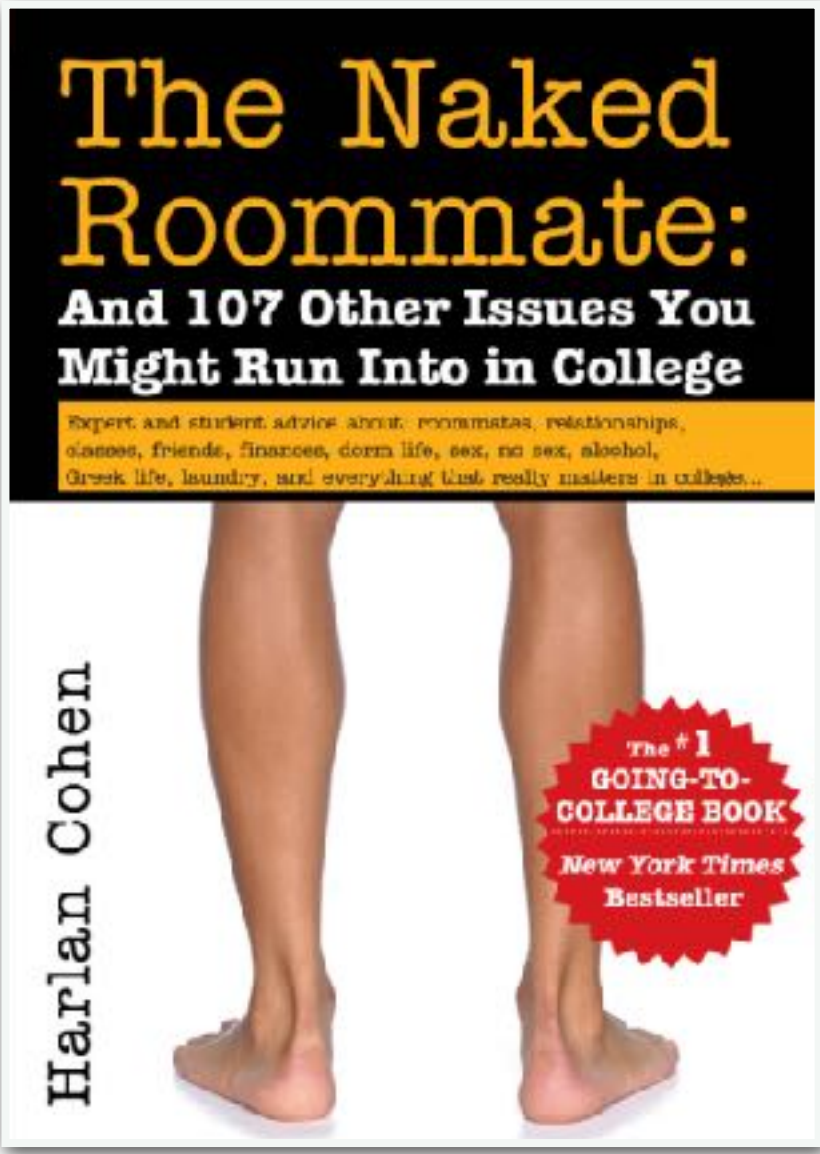
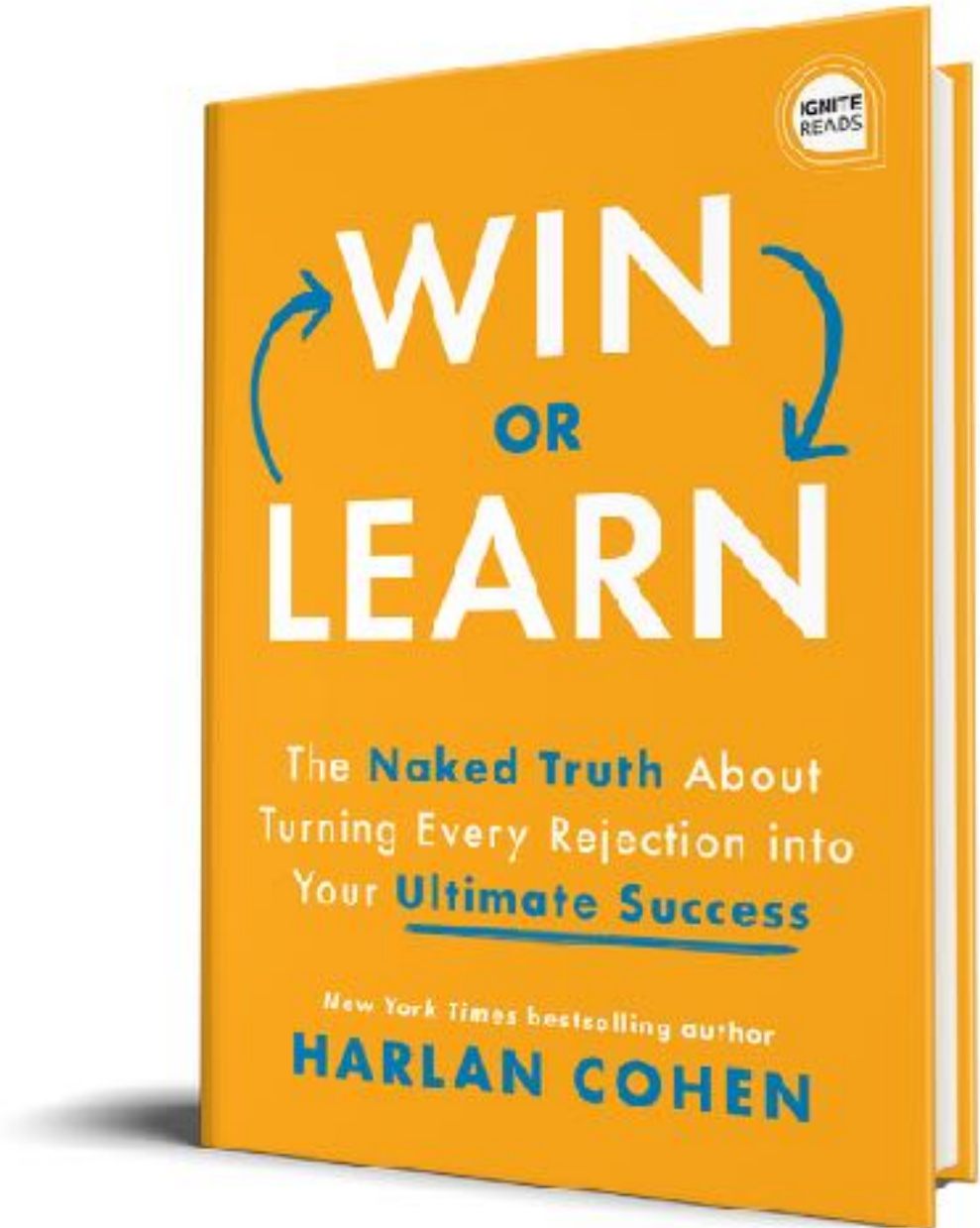




***What is your biggest concern about the next school year?***



# WHAT DO I DO? Research and Write Books



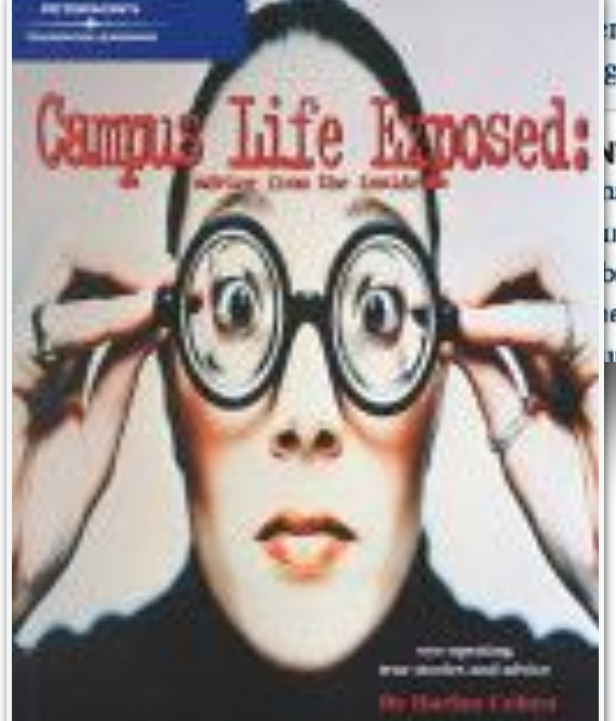
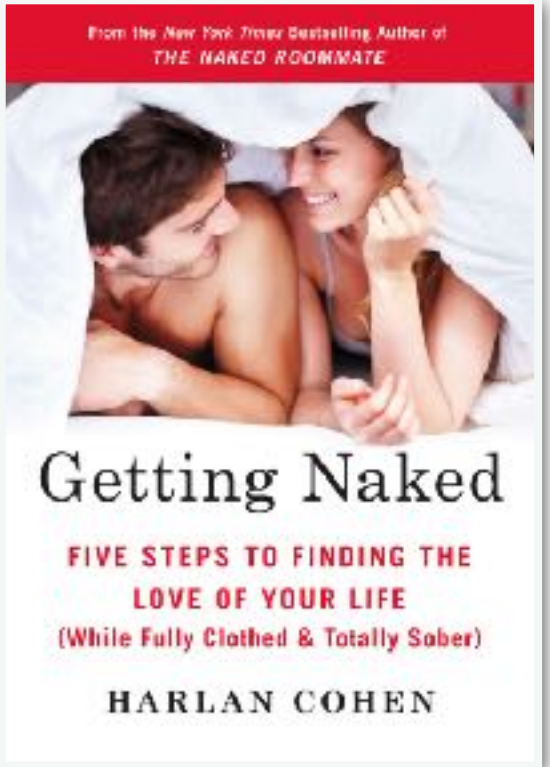
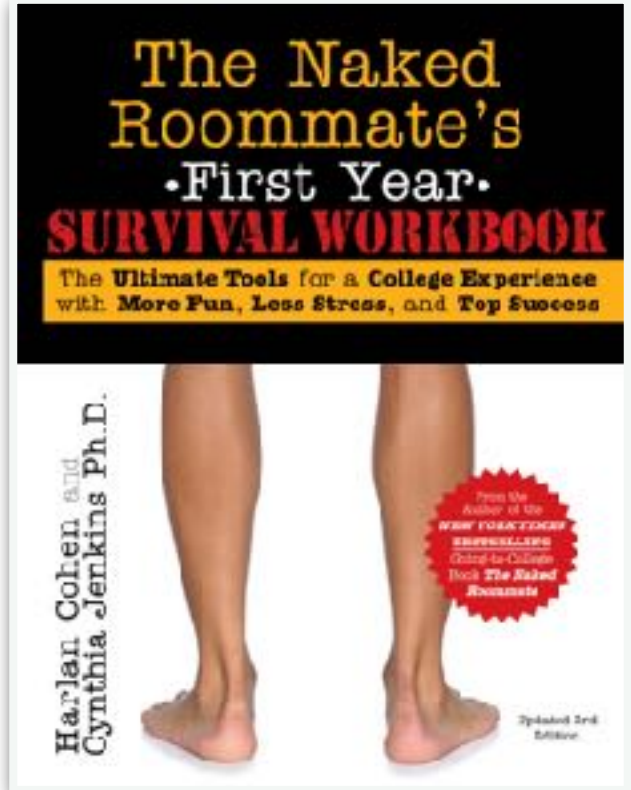
BEST SELLERS > EDUCATION

## Best Sellers

June 2015

< May 2015 July 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>



# WHAT DO I DO? Support College Students



**helpmeharlan**

Harlan Cohen

Edit profile

1062 Following 588.7K Followers 29.8M Likes

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

[linktr.ee/harlancohen](https://linktr.ee/harlancohen)

Videos

Favorites

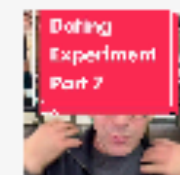
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Playlists



Life Tips

84 posts



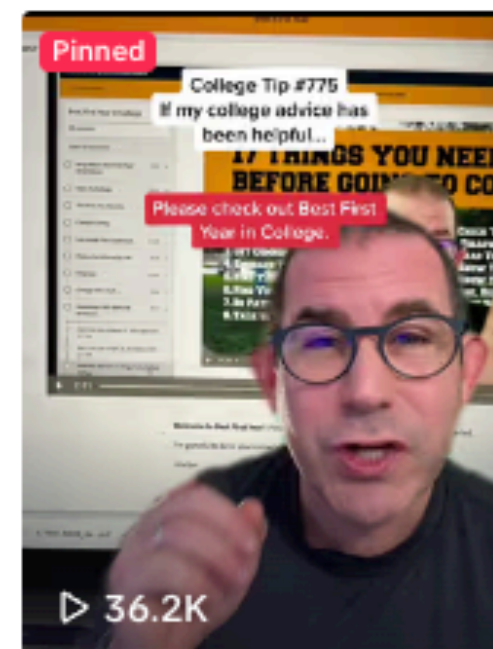
Dating Experiment

7 posts

Videos



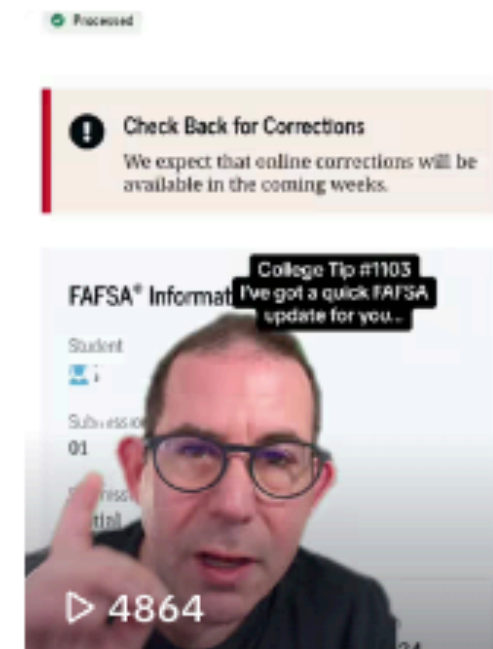
Life Tip 508: When some...



College Tip 775: If my col...



College Tip 336: Get Co...



College Tip 1103: I've got...



harlancohen

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2,376 posts

504K followers

1,774 following

Harlan Cohen he/him/his

@harlancohen

Author

TikTok 621K+ (helpmeharlan)

NY Times bestselling author & journalist

Mission: I ❤️ 2 help

[www.HarlanCohen.com](https://www.HarlanCohen.com)

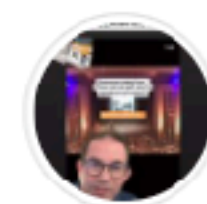
Inquires: [media@helpmeharlan.com](mailto:media@helpmeharlan.com)

[linktr.ee/harlancohen](https://linktr.ee/harlancohen)

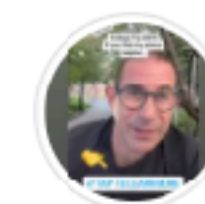
11.9M accounts reached in the last 30 days. [View insights](#)



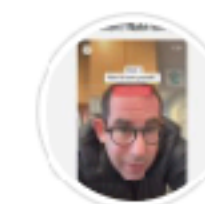
5 Simple Ru...



Speaking



Coaching



URSELF



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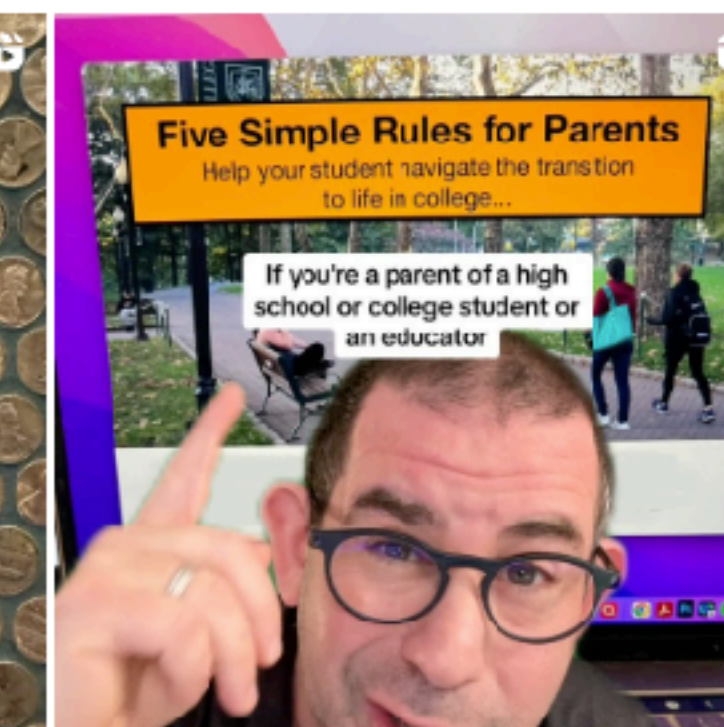
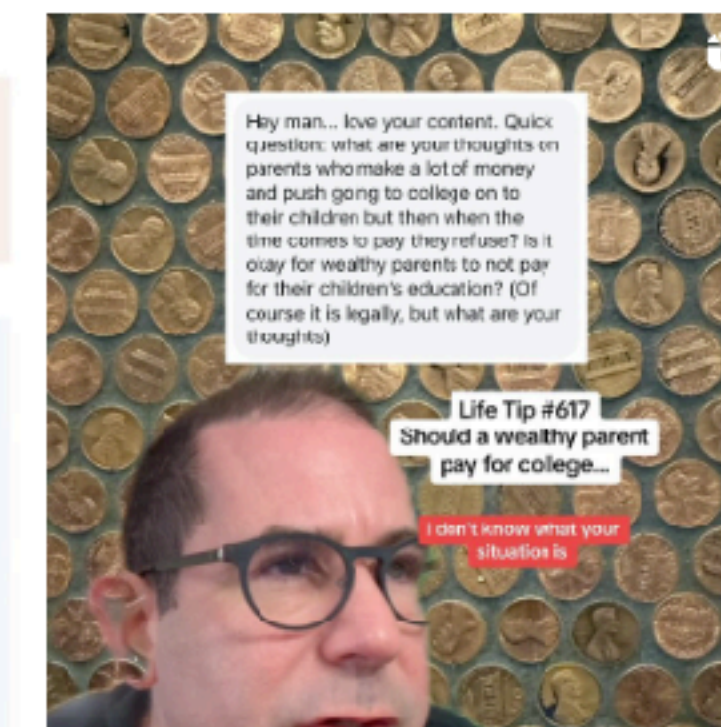
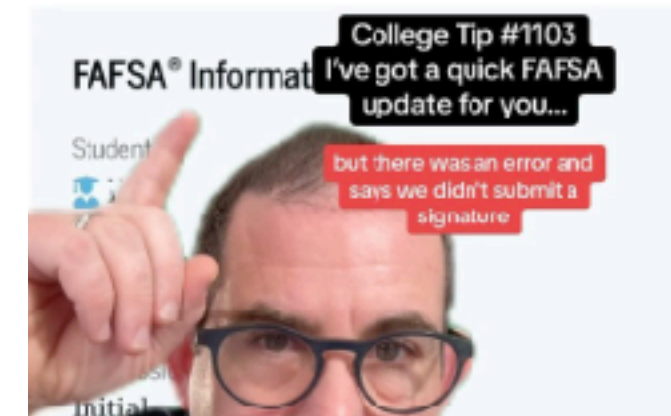
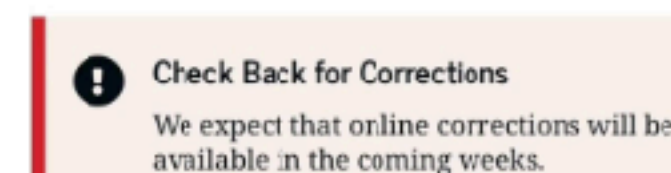
BOOKS

POSTS

REELS

SAVED

TAGGED



Your posts have literally made me cry lately. My son is struggling big time! He had a great group of friend in high school but can't seem to find his people at his college.

He does work out

He does do soccer intramurals

But his floor is quiet and just misses belonging to a group of friends.

He attends UW and visited his best friend at IU this weekend and now wants to maybe transfer. So when I heard your latest post my mind exploded!! He's at university of wisconsin

And does love the school but is so homesick and sad to not have a group.

His best friend goes to Indiana University and when he visited he had so much fun. His friend has so many friends on his floor and my son said, mom... this is how college should be 😞 I'm waiting for him to ask me if he can transfer.

Thank you for your posts

I'm hoping he will continue to put himself out there.

NOV 4 AT 6:44 PM

Hi Harlem! I'm a freshman at Tufts University, and I'm struggling with getting a good grade in an Intro class with 250+ students. Our grade is solely based on our quiz grades and I suck at taking tests. I studied hard for my first one and didn't end up with the results I hoped for. Do you have any advice regarding taking tests in college?

NOV 4 AT 10:03 PM

Have you gone over the questions with your prof? Or a TA? That's a great way to review the material and get to know your teacher.

NOV 2 AT 5:25 PM

Hey Harlan 🙌 I'm very sure you won't be reading my dm but it's worth a try. I'm a freshmen in college at Morgan State University, and I've always been the outgoing type of person and it was always easier for me to make friends and be social. I've been giving it some time since I moved here in August and I have no one. I feel so alone and I've been feeling like it's too late to make some new friends and start living "the college dream" I've tried to join clubs and reach out to people that I follow on campus but it just hasn't been working out for me in the best way. I'm crying everyday and I have no more motivation. I'm sad all the time and my parents don't even know because I don't want them to feel bad for me after all they've sacrificed. I need help!

OCT 3 AT 4:58 PM

Hi Harlan, I'm a second year medical student in the UK but I've been watching a lot of your videos for the past month and just wanted to say a massive massive thank you for everything! You have completely completely changed my perspective of university in the absolute best way possible and I've just started my second year already more positive about settling in after a challenging first year with a completely different mindset. In particular, you have mentioned doing things that you genuinely enjoy and your temporary friends advice was really helpful amongst other things! As a second year student, is there any advice you can give for returning students that aren't freshmen/ first years for being your best self and just continuing to be content in your academic and personal life? Thanks so much once again :)

AUG 31 AT 9:24 PM

I just found out that my freshman daughter's boyfriend has been going to her college several times a week to spend the night in her dorm with her. I am beyond mad! We paid an extra \$2000 for her to have a single room, not so she can play house with her boyfriend. Advice, please.

AUG 22 AT 5:47 AM

hi! just moved in to my dorm for my sophomore year. not sure if you have yet but can you do a video about making friends with/getting to know people on your floor? last year i didn't know anyone and i want it to be different this year

Congrats on the new school year! What did you do last year? I'd start there. A few suggestions: get involved in your residence hall association. Volunteer to be part of some group or committee. Keep your door open as much as possible. Sit at tables with people you don't know. If you have a friend or someone you get to know sit with someone new. Study and the study lounges. Study and open places in your residence hall. Say hi to people. Some of these people might not respond right away but overtime they'll realize you are a friendly, safe person.

# WHAT DO I DO? Teach, Listen, Share

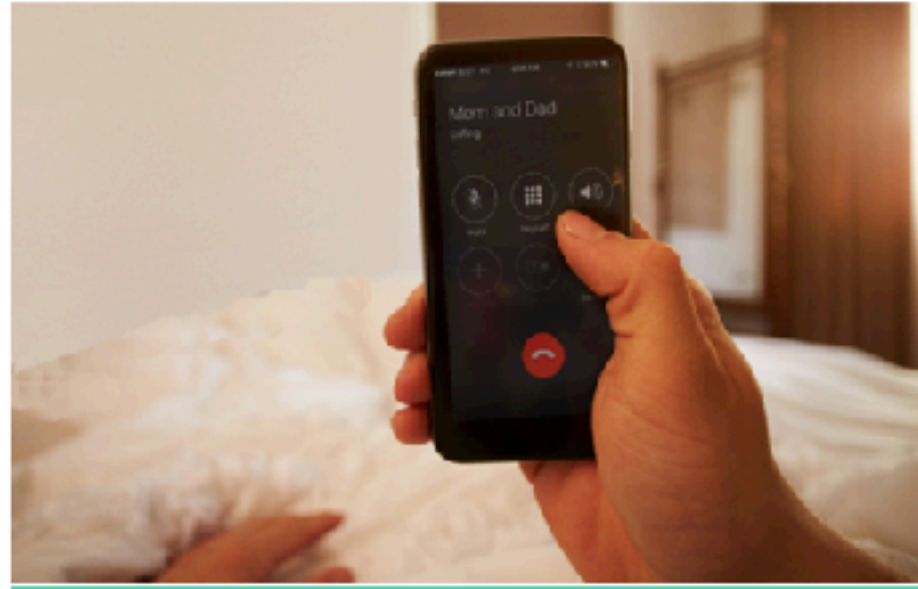


# WHAT DO I DO? Share Stories

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.

### TRENDING

Ted Cruz Slammed After Photos Show Him Flying To Cancun As Texans Freeze

GOP Congressional Staffers Say They're Furious At Their Bosses — Privately, At Least

'Fox & Friends' Scolds New York Times For Its Accurate Obit Of Rush Limbaugh

Woman Under Insurance

TwinCities.com  
PIONEER PRESS

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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

# WHAT DO I DO? Interview Experts

## Apple Podcasts Preview



25 episodes

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Education

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MAR 21, 2024

### Lisa Heffernan - Cofounder of Grown & Flown on community, parenting,...

The Harlan Cohen Podcast is available on Spotify, Amazon, Apple Podcasts, Pandora, or wherever you listen to your podcasts. Sign up for the Harlan's Best First Year College Success and Coaching Program for Students, Parents, and Supporters: <https://courses.bestfirstyear.com> About Lisa: Lisa...

[▶ PLAY](#) 51 min

FEB 29, 2024

### Leslie Josel: Talking about ADHD, Executive Function, and Time...

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[▶ PLAY](#) 56 min

FEB 1, 2024

### Jeffrey Moss, CEO of Parker Dewey on Micro-Internships and Career...

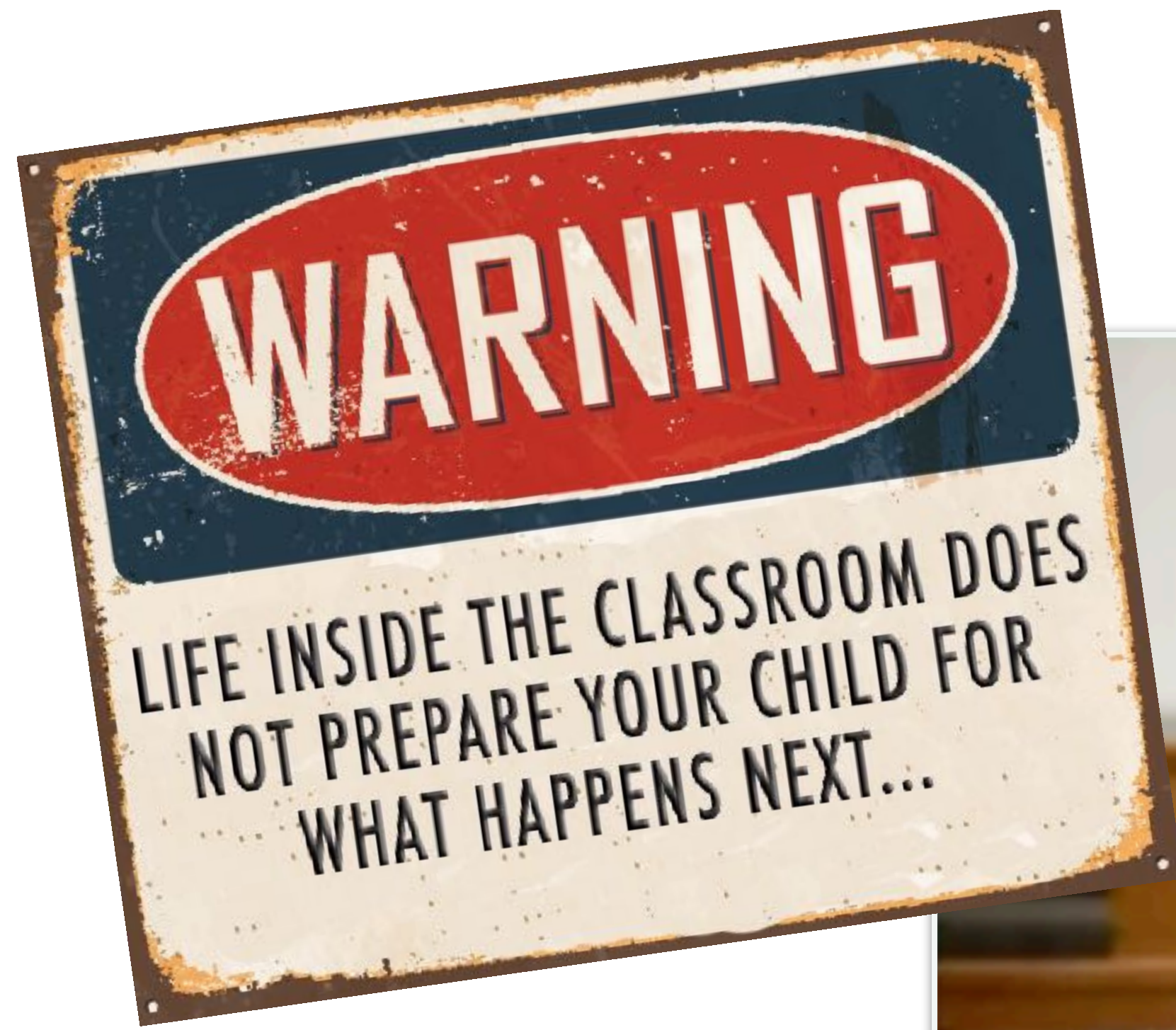
The Harlan Cohen Podcast is available on Spotify, Amazon, Apple Podcasts, Pandora, or wherever you listen to your podcasts. Sign up for the Harlan's Best First Year College Success and Coaching Program for Students, Parents, and Supporters: <https://courses.bestfirstyear.com> About...

[▶ PLAY](#) 47 min



# WHAT DO I DO? I'm a dad





# They Call Parents Names...



**I call you the MOST loving, caring, and supportive parents facing new and unprecedented challenges.**



SIMPLE RULE #1

# Get Comfortable With The Uncomfortable



- ▶ **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**

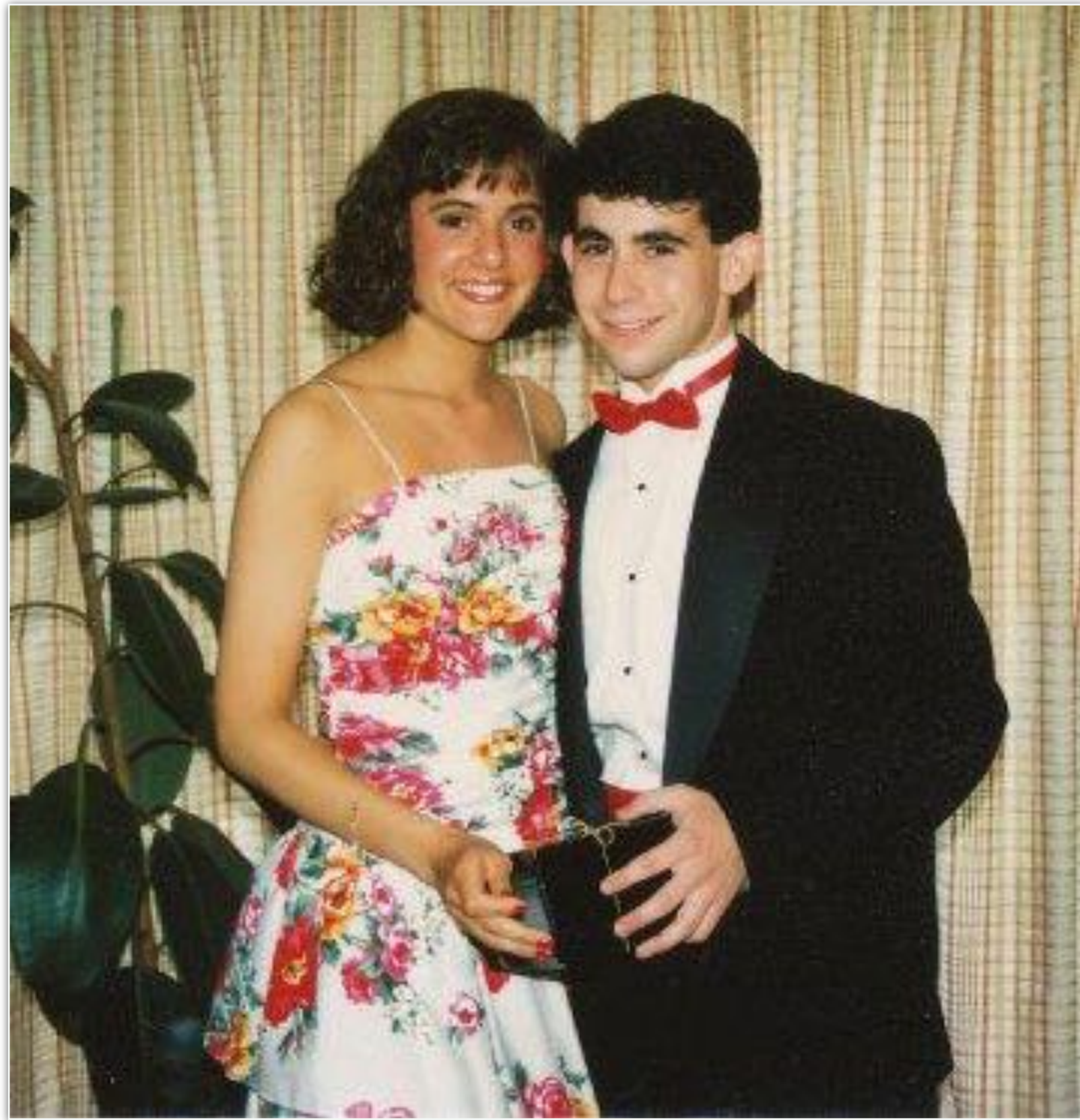


**X Didn't get into a fraternity**





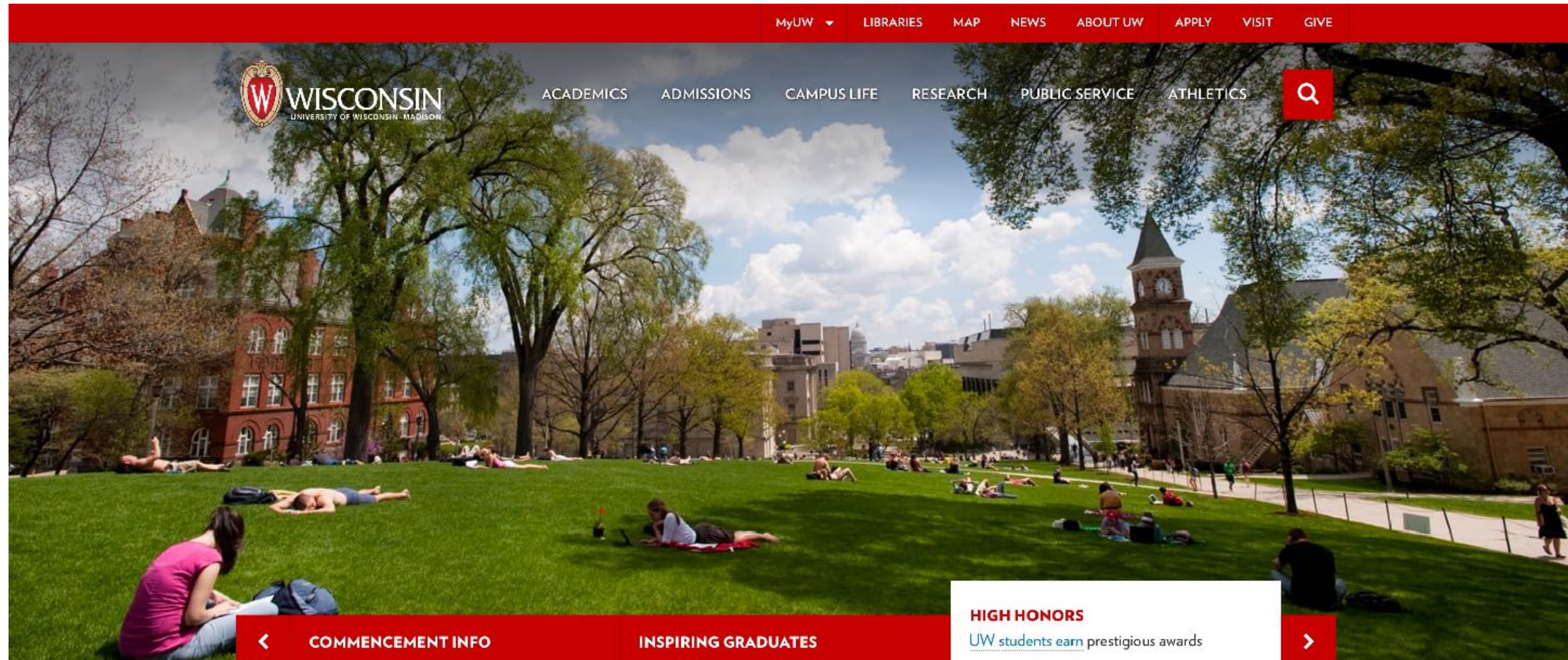
**My girlfriend...**



**shot the LDR puppy**



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






EXPAND THE  
BOUNDARIES  
OF POSSIBLE

**IT CAN STORM IN COLLEGE...**

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

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





**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**



# The Five BIG Transitions

**SEPPFA**

**Social  
Transition**

**Emotional  
Transition**

**Physical  
Transition**

**Financial  
Transition**

**Academic  
Transition**

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



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



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

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

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

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

2019

### 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

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

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

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)

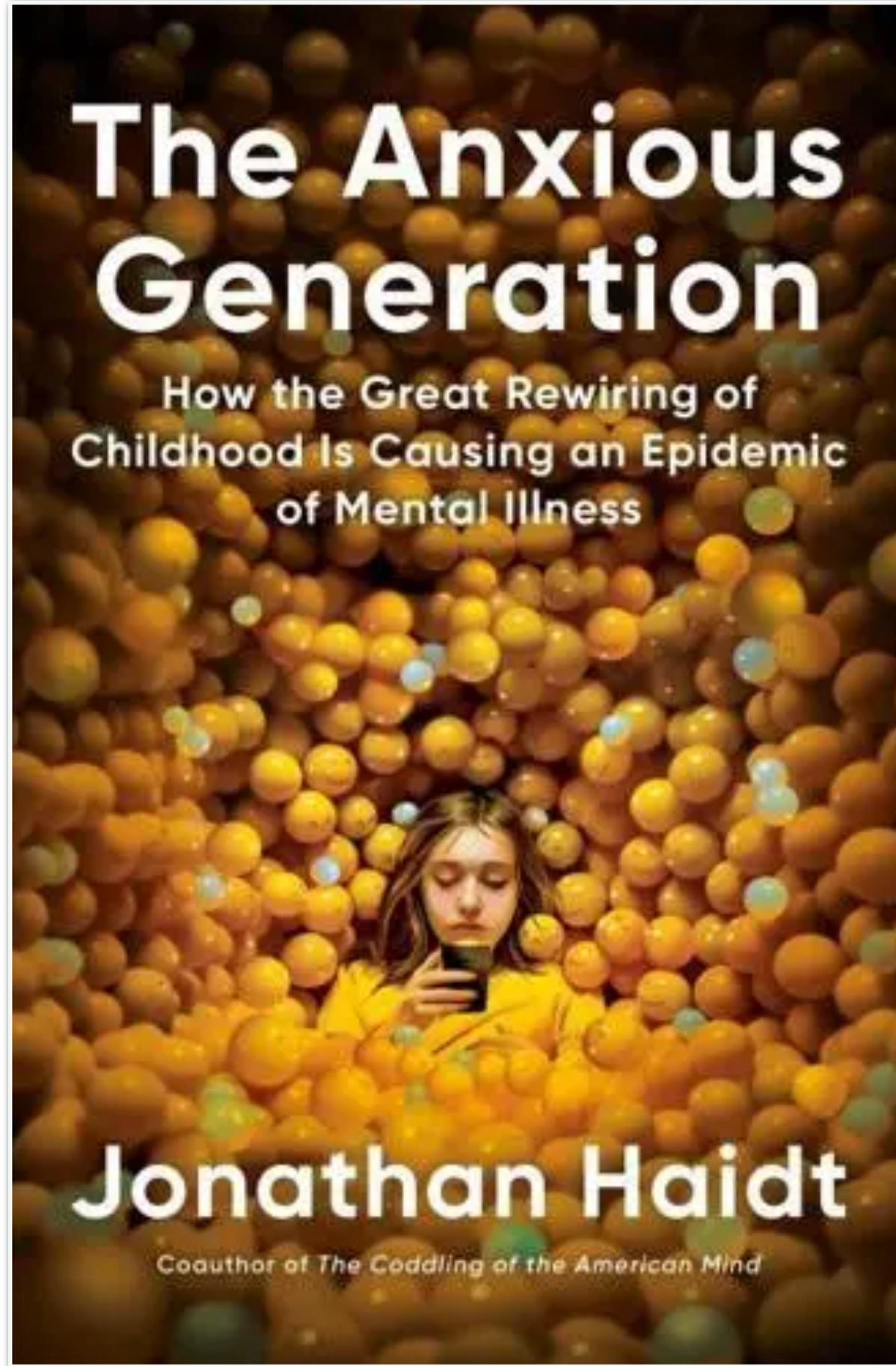
Percent (%)	Male	Female	Total
No, never	19.1	8.5	12.0
No, not last 12 months	9.0	5.3	6.5
Yes, last 2 weeks	42.3	55.5	51.2
Yes, last 30 days	15.5	16.8	16.3
Yes, in last 12 months	14.1	13.9	13.9
<i>Any time within the last 12 months</i>	71.9	86.2	81.4

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

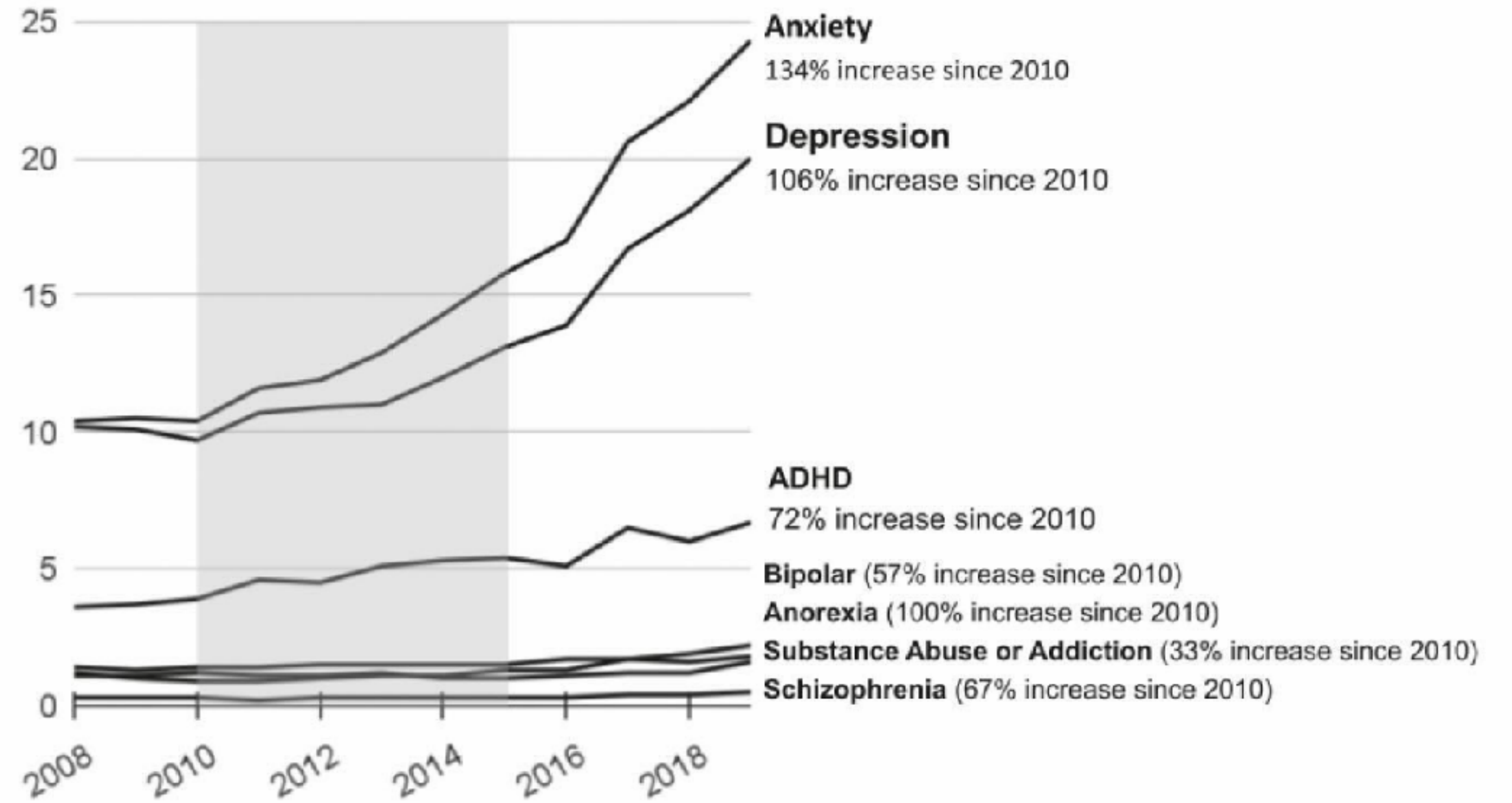
Percent (%)	Male	Female	Total
No, never	15.9	5.5	9.0
No, not last 12 months	7.7	3.6	4.9
Yes, last 2 weeks	42.7	58.8	53.5
Yes, last 30 days	15.9	17.3	16.9
Yes, in last 12 months	17.7	14.9	15.8
<i>Any time within the last 12 months</i>	76.4	91.0	86.1

#### 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



## Mental Illness Among College Students



From *The Anxious Generation* by Jonathan Haidt  
Source: American College Health Association

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



Win or Learn

## **The Universal Rejection Truth**

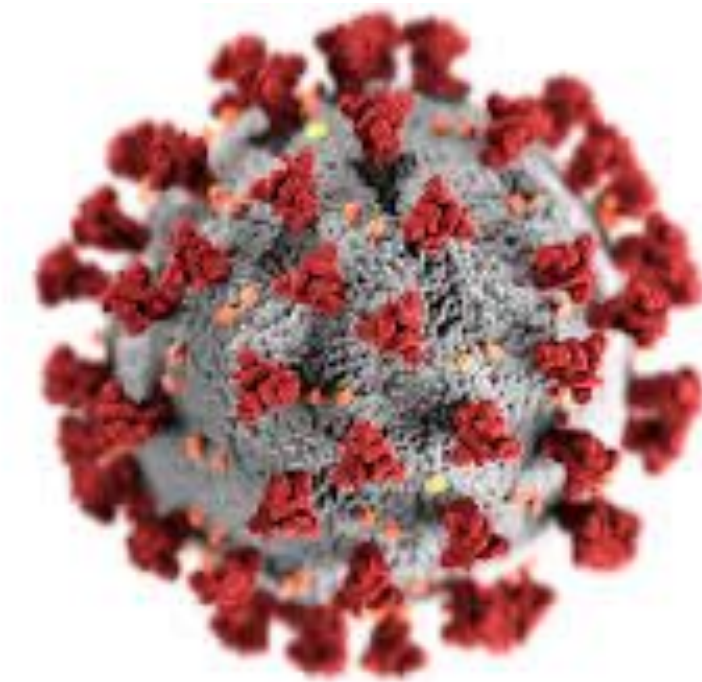
The Universal Rejection Truth says that not every-  
one and everything will always respond to you the  
way you want. Like gravity, there's no escaping this  
irrefutable law of nature. Like the winter in Chicago  
fighting it will leave you cold and miserable.

Accepting this truth  
you free. Th

# 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.



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



**AND YOU WILL  
STILL FACE  
REJECTION...**



# Students who fight the truth

These students are always looking to hate, hide, or attack. They blame anyone or anything for the things what make them uncomfortable. These children are NOT happy and can be very difficult to communicate with.



A photograph of two young women with dark skin, smiling broadly and clapping their hands. They are positioned on the left and right sides of the frame, with their hands meeting in the center. The background is plain white.

# Students who face the truth

These people acknowledge the truth and seek to find answers. They are open to feedback, guidance, and support. These children are willing to look inward, look outward, and grow.

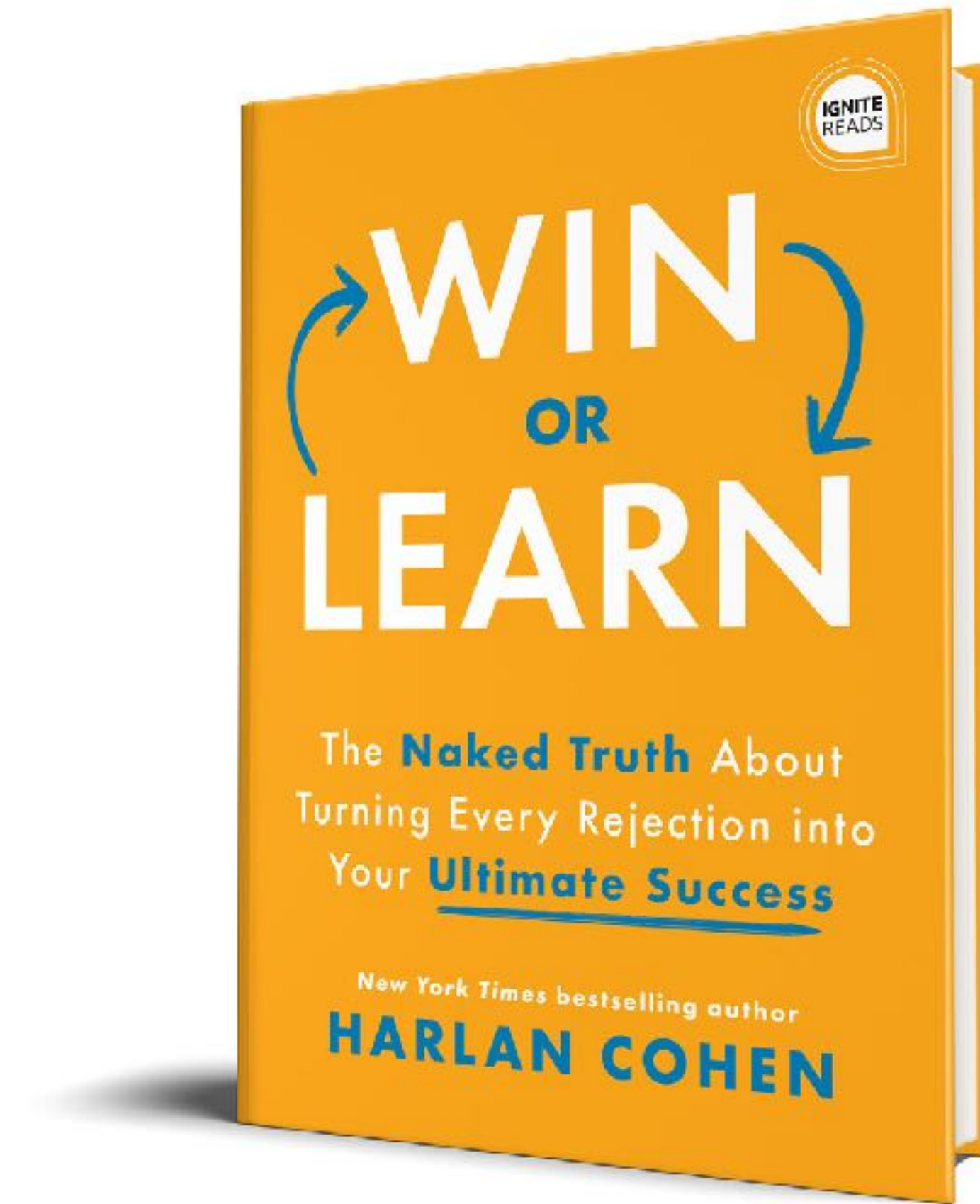
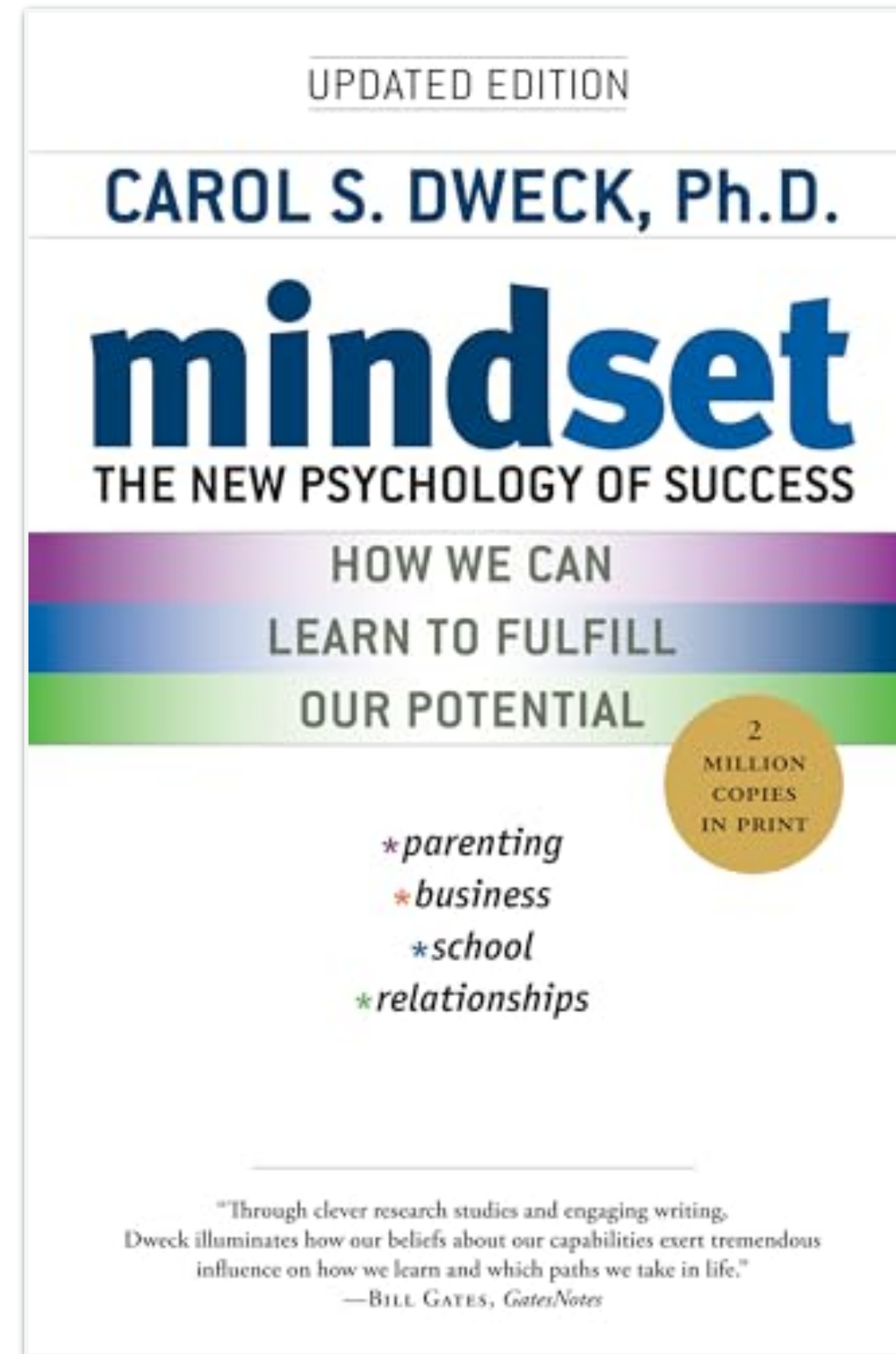
# Practice Uncomfortable

Uncomfortable is NOT an emergency

It's part of life.



# Practice Uncomfortable



Am I the problem?

Is someone or something else the problem?

Is the URT the problem?



## SIMPLE RULE #2

**DON'T PANIC...**

Think places, people, and  
patience



**PEOPLE:**

Find Your 5 people



**PLACES:**

Find Your 3 places



**PATIENCE:**

Give it a  
couple  
semesters



# PLACES ARE WHERE YOU CAN...

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

✧ SWEAT

✧ PLAY

✧ PRAY

✧ LIVE

✧ LEARN

✧ LEAD

✧ LOVE

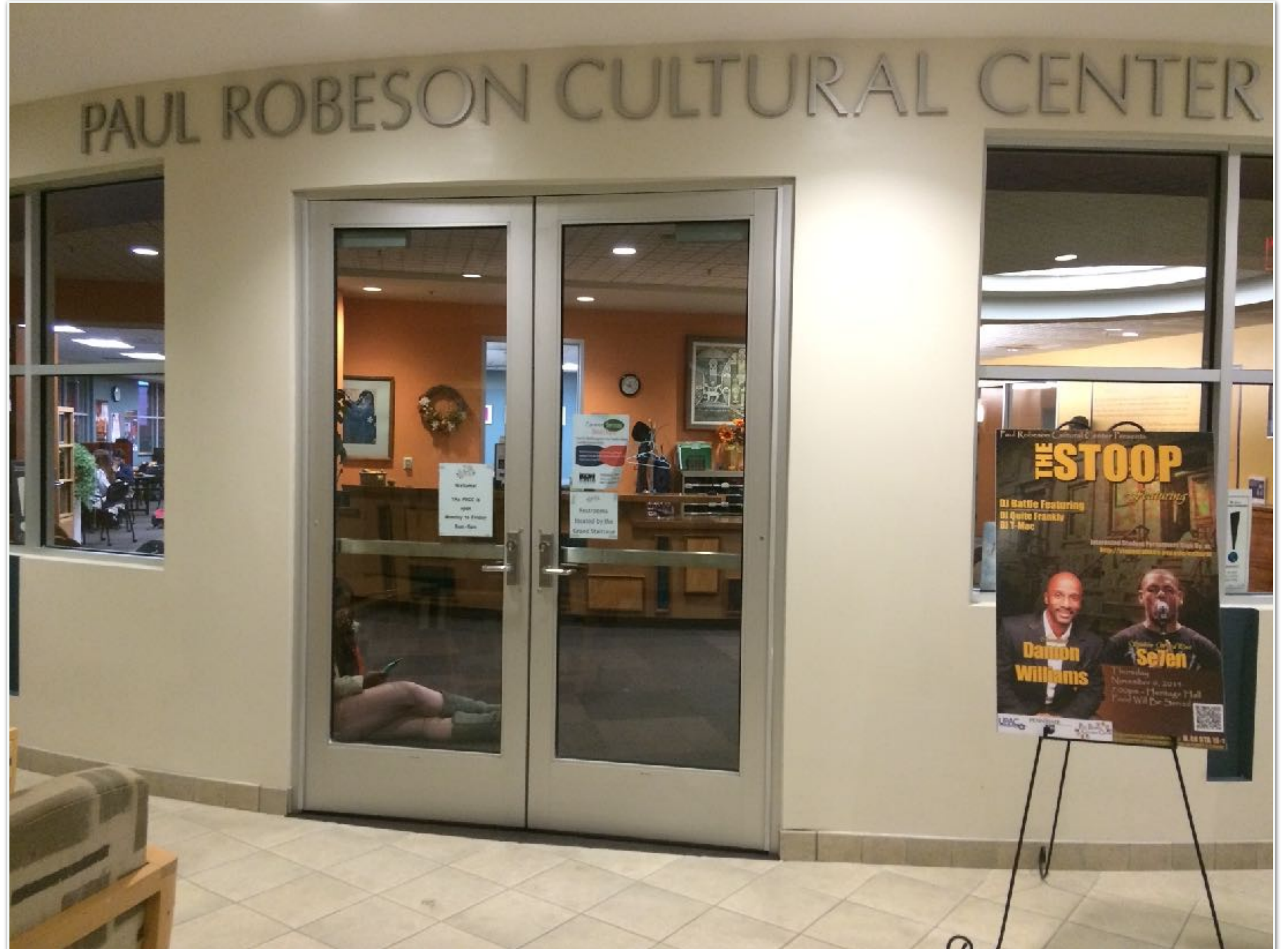
✧ WORK





# Places

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





**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

# Why three places?



✦ ALWAYS  
somewhere to go

✦ ALWAYS  
something to do


✦ ALWAYS  
have options

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

# 5 PEOPLE... WHY?

- \* Someone is always there
- \* You will never be alone
- \* You always have options





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

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

## SIMPLE RULE #3

**Their struggles belong to them...**  
**Their victories belong to you !!!**



THE BLOG

# Helicopter Parenting Has Given Birth To A Generation of Entitled Victims

04/12/2016 10:55 pm ET

7.1k     

Like 45K



Abilash Gopal, M.D.   
Psychiatrist and Author



EMILIE DUCHESNE VIA GETTY IMAGES

Overparenting is widely recognized as a problematic approach to raising kids. For nearly a decade, studies have shown how the rise of the “helicopter parent” has been worsening [children’s anxiety and school performance](#) in the K-12 years. Now we’re witnessing what happens when the overparented child grows up, and it’s a

SECTIONS HOME SEARCH The New York Times

EDUCATION | ESSAY

## Today’s Students May Be Emotionally Unprepared

By MARC BRACKETT JUNE 22, 2016

Regardless of all the honors classes and A.P. courses they took in high school, or the science, technology and engineering classes they cram into their college curriculum, students today will not be fully prepared to compete in an increasingly global business environment.

The problem — and the solution — is not intellectual. It’s emotional.

American teenagers are in psychological trouble. For the first time, college students today are facing more stress than their parents, according to a recent report by the American Psychological Association.

The evidence is all around us. American teenagers attempt suicide more often than youths in most other countries, and they are among the world leaders in violence, binge drinking, marijuana use, obesity and unhappiness, according to a Temple University professor, Laurence Steinberg.

A survey of more than 123,000 students at 153 colleges by the American College Health Association in 2013 found that more than half experienced overwhelming anxiety and about a third felt deep depression during the

WHAT'S YOUR  
STORY?





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



# Tell Your Story As If...

It's May 1, 2025 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.



## SIMPLE RULE #4

**Apply the 24-Hour Rule**



# What is the 24-hour rule?

Give  
problems  
24 hours  
to settle  
breathe...



# What's going to happen over the next 24 hours?

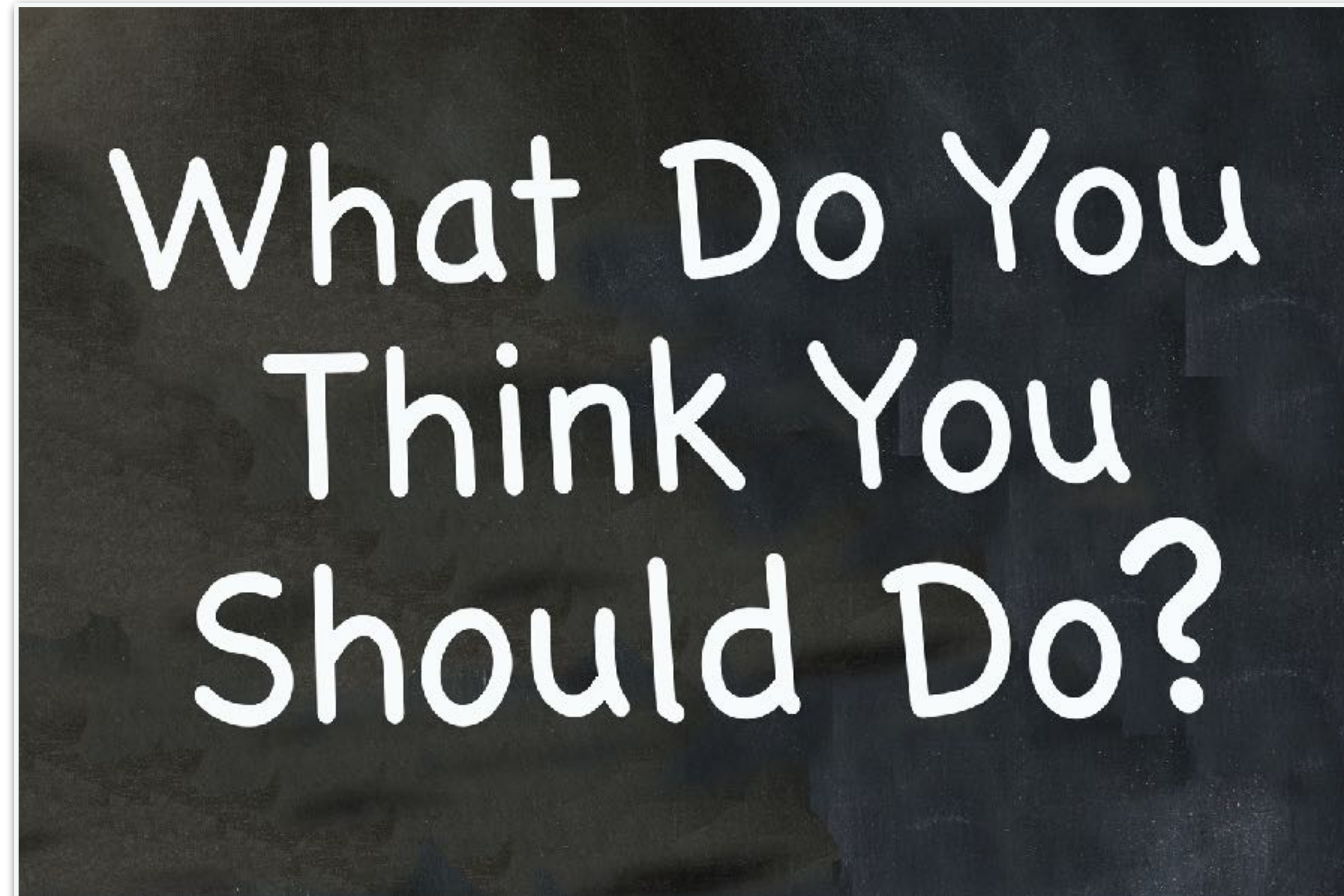
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- ◆ **NOTHING** - The problem will still be there tomorrow.
- ◆ **SOLUTION** - Your child will solve the problem.
- ◆ **NEW PROBLEM(S)** - The old problem will no longer be a problem because new and exciting other problems will pop up.

# SIMPLE RULE #5

**Practice asking the question:**



(AND actually give them time to answer...)

# THEN THINK:

**Where are the PLACES  
to get help?**

For every problem there are at least  
three places to get help.

---



**Who are the PEOPLE  
who can help?**

For every problem there are at least  
five people in your child's corner who  
can help.



**WARNING:**  
**Rule #5 can only  
be followed  
by students and  
parents who:**

---



- Are comfortable with the uncomfortable
- Know how to find people and places
- Allow their children space to safely struggle
- Are patient enough to apply the 24-hour rule





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?

## The Naked Roommate: And 107 Other Issues You Might Run Into in College

Expert and student advice about: roommates, relationships, classes, friends, finances, dorm life, sex, no sex, alcohol, Greek life, hazing, and everything that really matters in college.


Harlan Cohen



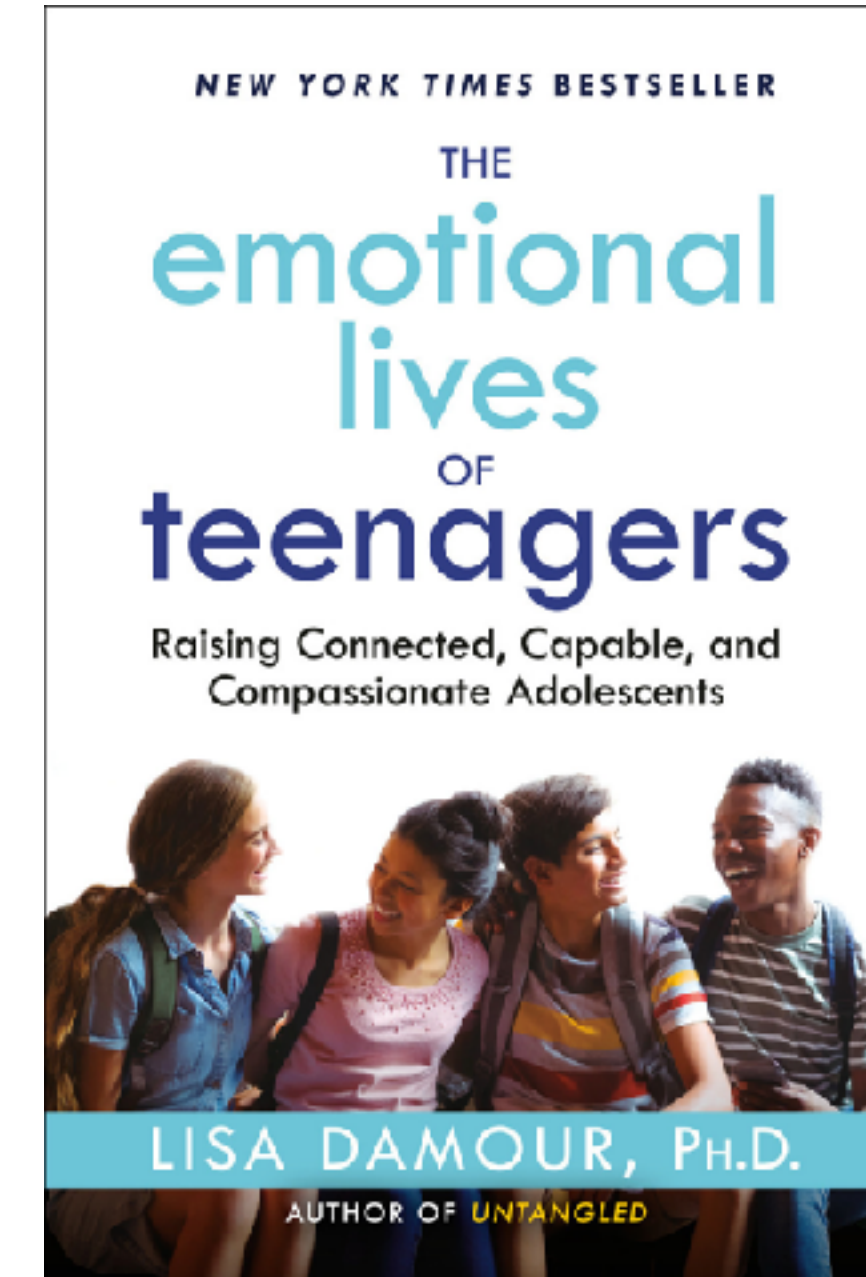
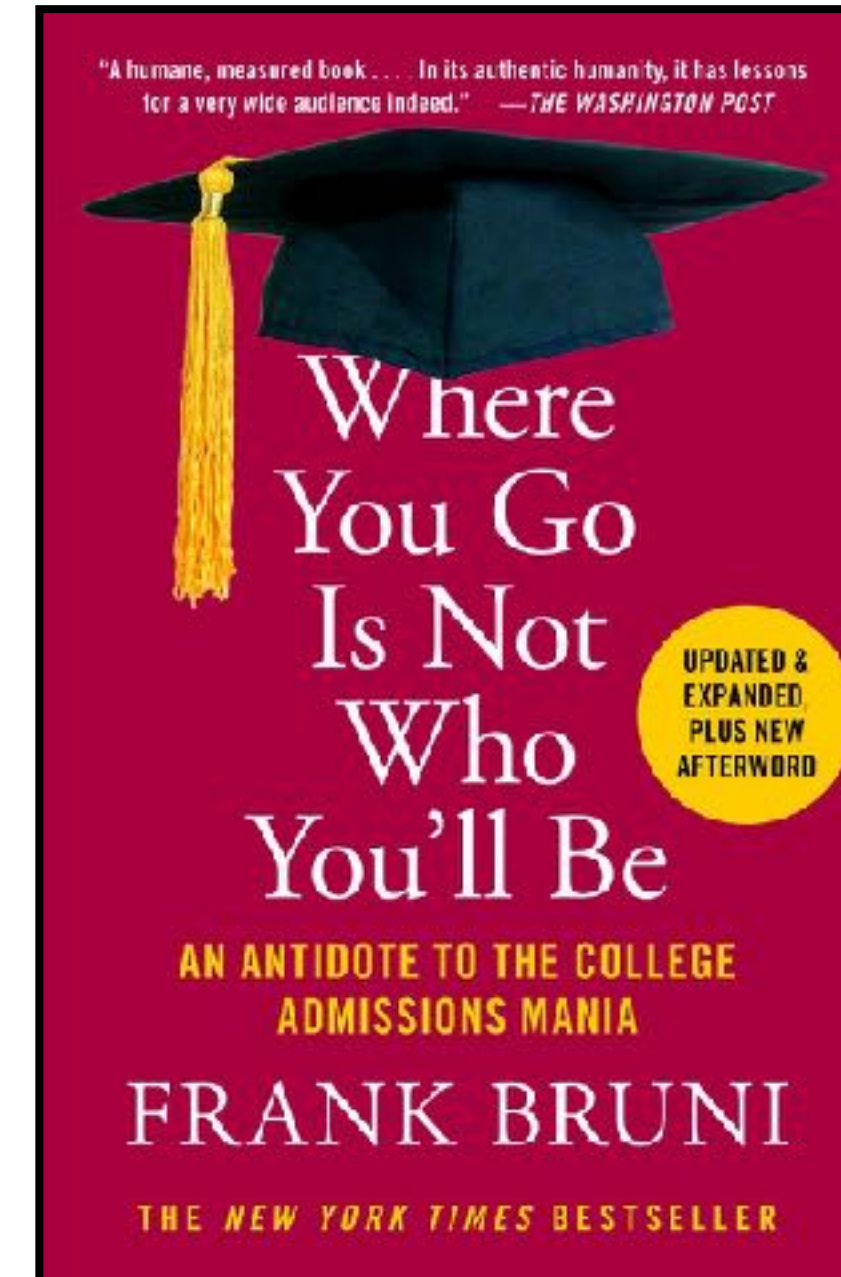
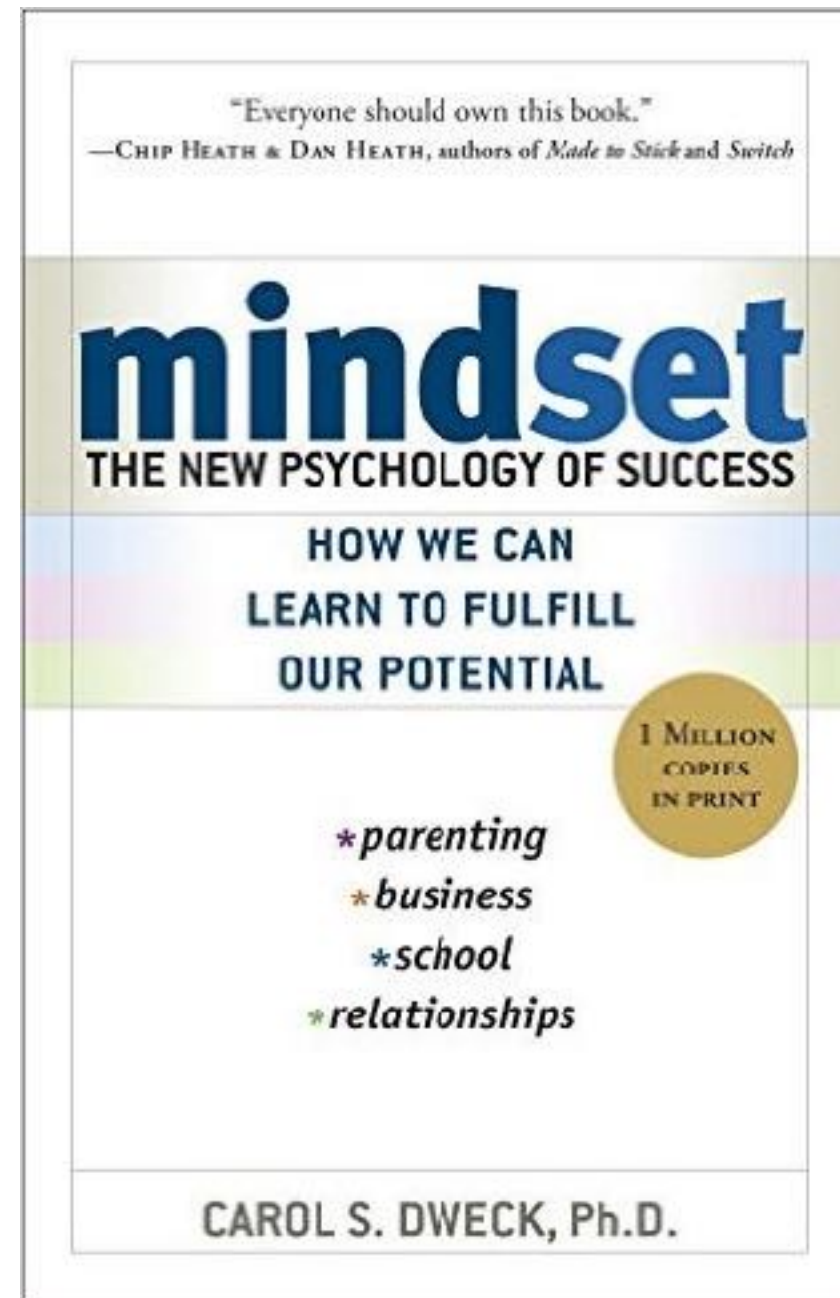
The #1  
GOING-TO-  
COLLEGE BOOK  
New York Times  
Bestseller

RECAP:

# 5 Simple Rules

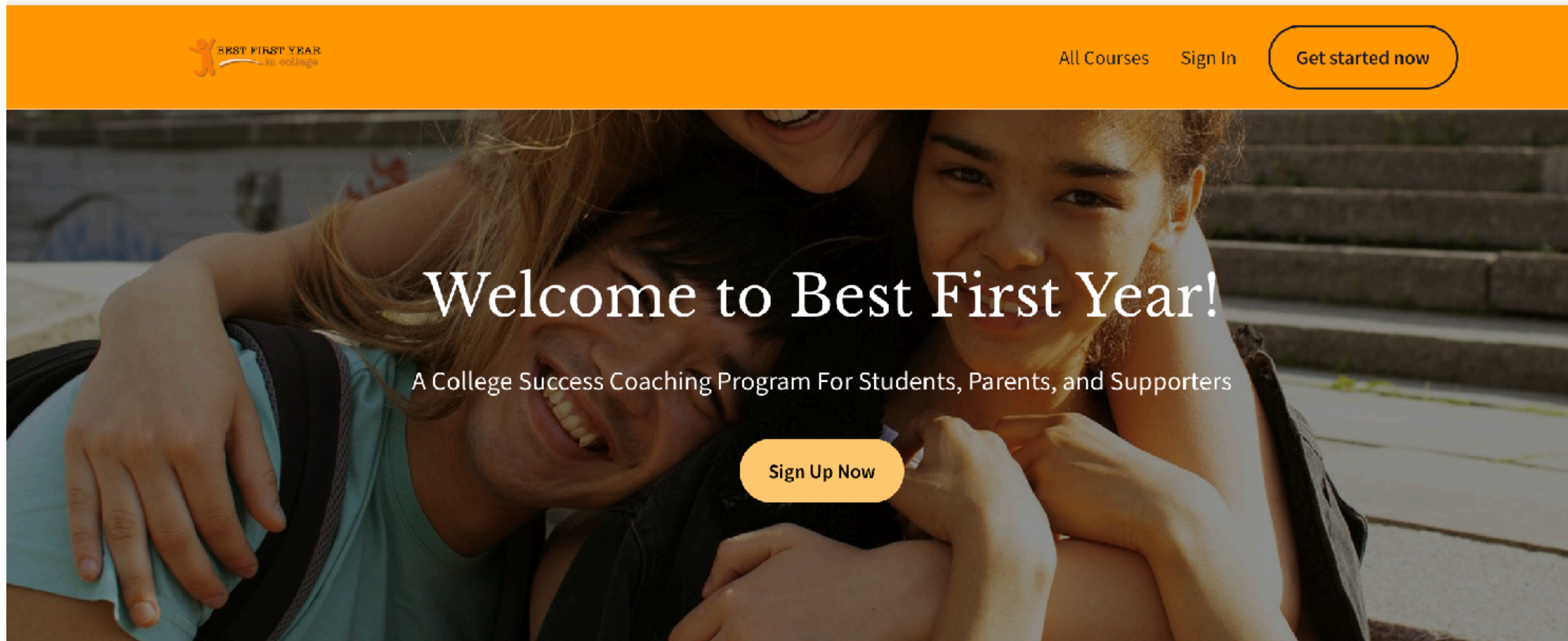
1. **Get Comfortable with the Uncomfortable**
  2. **DON'T PANIC! People, Places, & Patience**
  3. **Struggles belong to them...  
Their victories belong to you!**
  4. **Apply the 24-Hour Rule**
  5. **Practice asking:  
What do you think you should do?**
- 

# Books to check out...



[https://www.amazon.com/shop/influencer-7e79dad0?ref=ac\\_inf\\_tb\\_vh](https://www.amazon.com/shop/influencer-7e79dad0?ref=ac_inf_tb_vh)

# Giving Away 1-Year Membership to Best First Year



All Courses

Sign In

Get started now

## Welcome to Best First Year!

A College Success Coaching Program For Students, Parents, and Supporters

Sign Up Now

# Class of 2024 High School Senior & Parent Winter/Spring Programs

From January through July, Harlan will offer monthly programs for Best First Year students and families. This is in addition to 2x a week group coaching calls. Can't be there live? Watch the recordings when you're ready. Dates TBD.

- ✓ MARCH: 5 Simple Rules for Parents: Help your student navigate the transition to life in college
- ✓ APRIL: Committing to College Checklist. Make sure you check all the right boxes.
- ✓ MAY: 17 Things You NEED to Do Before Going to College (for students and parents)
- ✓ JUNE: Roommate Rules | Living on Campus | Mental Health Transition Plan
- ✓ JULY: Academic Success: Tips, Tricks, and Strategies to Be Successful in College

# COACHING SESSIONS

## Twice a Month (January-July)

## Weekly (August-December)

**Best First Year In College**

0% complete

Search by lesson title

- REQUIRED: Best First Year Orientation** 0/0  DRAFT
- Welcome Class of 2024** 0/2
- Weekly College Coaching Sessions** 0/15
- (August 15 REPLAY) TOPIC: Setting Expectations, Connecting to Campus, and Roommates** 0/1 VIDEO · 35 MIN
- (AUGUST 22 REPLAY) TOPIC: Making New Friends, People, Places, Patience** 0/1 VIDEO · 50 MIN
- (AUGUST 29 REPLAY) TOPIC: Staying Safe on Campus (Alcohol, Drugs, Consent, and other taboo topics)** 0/1 VIDEO · 44 MIN
- (September 5 REPLAY) TOPIC: Life Inside the Classroom (professors, study resources, time management, getting help)** 0/1 VIDEO · 47 MIN
- (September 13 REPLAY) TOPIC: Your Mental Health (homesickness, stress, anxiety, rejection, and navigating change)** 0/1 VIDEO · 48 MIN
- (September 19 REPLAY) TOPIC: Finances (making money, managing money, saving money)** 0/1 VIDEO · 37 MIN
- (September 26 REPLAY) TOPIC: Finances (making money, managing money, saving money)** 0/1 VIDEO · 31 MIN

### Setting Expectations, Connecting to Campus, and Roommates



#### Session Rundown:

- **What do you want to happen this year in college?**
  - Setting Social, Emotional, Physical, Financial, Academic Expectations.
  - How will you make it happen?
  - Tell the story of your semester/quarter as if it's already happened.
  - Tell the story of your week as if it has already happened.
  - Call this the getting comfortable year. Please be kind to yourself.
- **Connecting to Campus**
  - Go to ALL Orientation Events.
  - Stay on campus. Treat college like a full-time job.
  - Find ways to connect to campus without requiring an invitation.
  - Activities fair and orientation events
  - Commuter rules of engagement (make school your home base)
- **Roommates**
  - Roommate's expectations (friendship is a bonus)
  - What is healthy roommate communication?
  - Deal with roommate problems (RAs, counselors, other support systems)
  - Secrets, gossip, and other bad ideas

- 26162' 8021b' and other pad 1692
- 09118u with roommates 101622 (142' 001261012' other 2162012 212622)
- 119212 162111 1001122 00111221012
- 10011222 2 2622210122 (112221112 12 2 10122)



**12 MONTH MEMBERSHIP  
YOU AND ONE ADDITIONAL FAMILY MEMBER  
(All-Access-Guarantee)**



**GRAD GIFT  
SPECIAL**

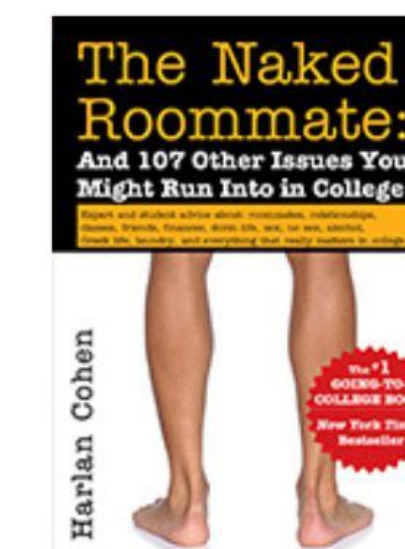


**BEST FIRST YEAR COLLEGE  
SUCCESS COACHING PROGRAM  
AND FREE BOOK**

~~\$297~~

**\$267**

+



**ENTER CODE: PARENT10**

**GIVE YOUR STUDENT A BEST FIRST YEAR MEMBERSHIP AS A GRAD GIFT**



## America's #1 College Life Expert is in YOUR Corner

Get Direct Access to Harlan...

Harlan is the New York Time Bestselling author of the #1 book on college life, *The Naked Roommate: And 107 Other Issues You Might Run Into in College*. He's also author of *The Naked Roommate for Parents Only* and *WIN or LEARN: How To Turn Every Rejection Into Your Ultimate Success*. Harlan has visited over 500 college and high school campuses and has 575K+ followers on TikTok and 210K+ followers on Instagram. Harlan will be personally hosting each week's Group Coaching Session and Q&A discussion. Harlan is in your corner!



# GRAD GIFT SPECIAL

10% OFF

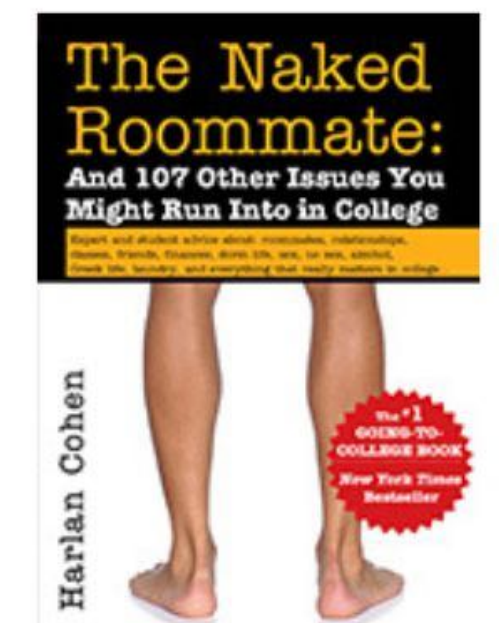
## BEST FIRST YEAR COLLEGE SUCCESS COACHING PROGRAM AND FREE BOOK

**39 Coaching Session + 6 Special Events**  
**24/7 Access to All Videos and Worksheets**



~~\$297~~  
**\$267**

+



### ENTER CODE: PARENT10

GIVE YOUR STUDENT A BEST FIRST YEAR MEMBERSHIP AS A GRAD GIFT

<https://courses.bestfirstyear.com/courses/collegesuccess>



**Sign up by Sunday (3/31) at Midnight  
1 NEW MEMBER WILL RANDOMLY BE SELECTED TO RECEIVE  
A 1-HOUR 1-ON-1 COACHING SESSION**



<https://courses.bestfirstyear.com/courses/collegesuccess>



### Complete purchase to start learning



**Best First Year In College** \$297.00

Quantity

Subtotal \$297.00

Estimated tax ⓘ Enter your zip code

Total USD **\$297.00**



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Card number  
1234 1234 1234 1234

Expiration  CVC

**Complete purchase**

All transactions are secure and encrypted





**Email \***

**First name \***  **Last name \***

**Country \***

**Zip code \***

This is a gift

**Select a payment method** 🔒 Secured

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**Apple Pay**

**Affirm**

**Cash App Pay**

**K.**

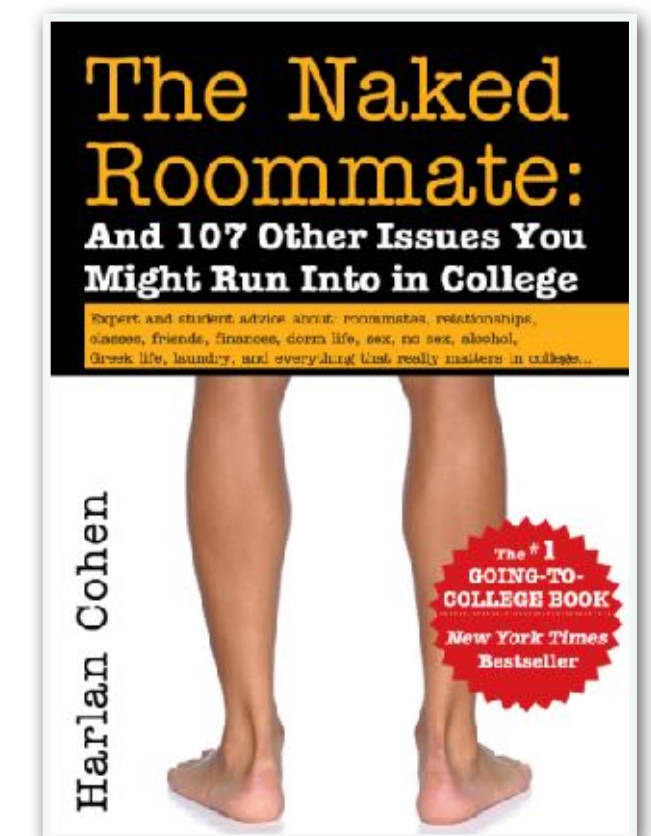
**Card number**

**Expiration**  **CVC**

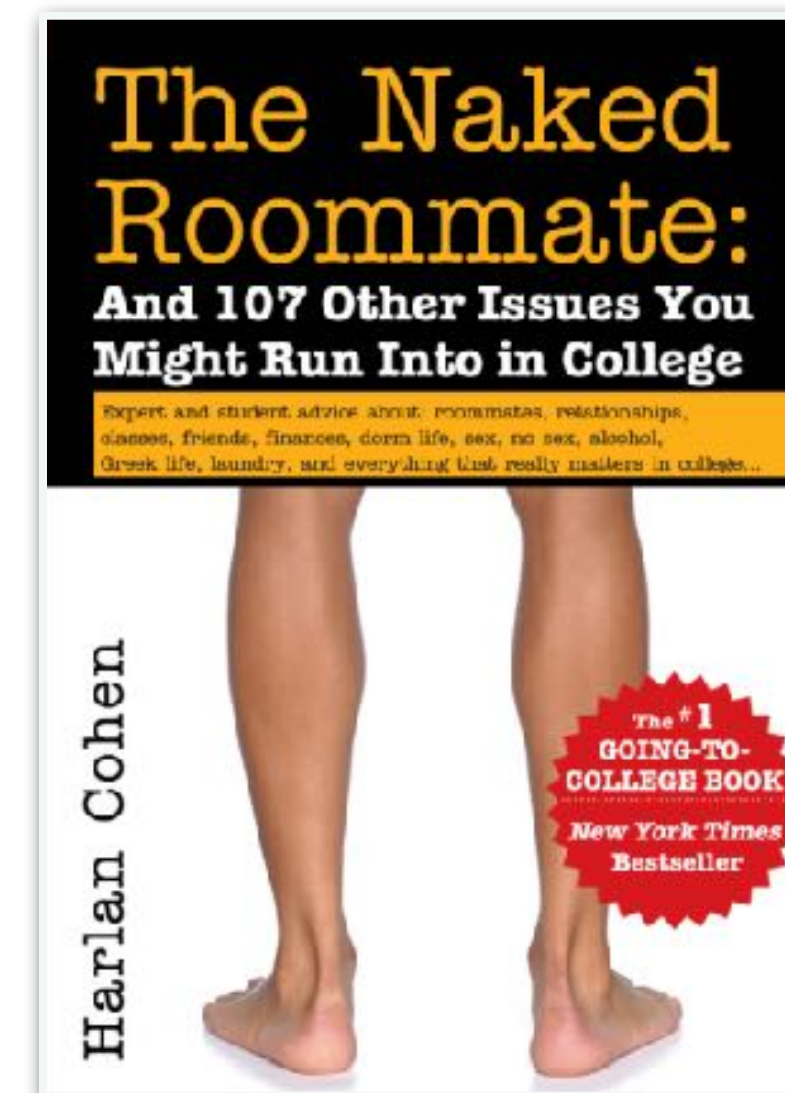
**Complete purchase**

🔒 All transactions are secure and encrypted

**Independent Educational Consultants**  
**College Access Programs**  
**College Counselors**  
**International Student Programs**  
**College/University Courses & Summer Melt**



# THE BEST FIRST YEAR IN COLLEGE THE WINNER IS...

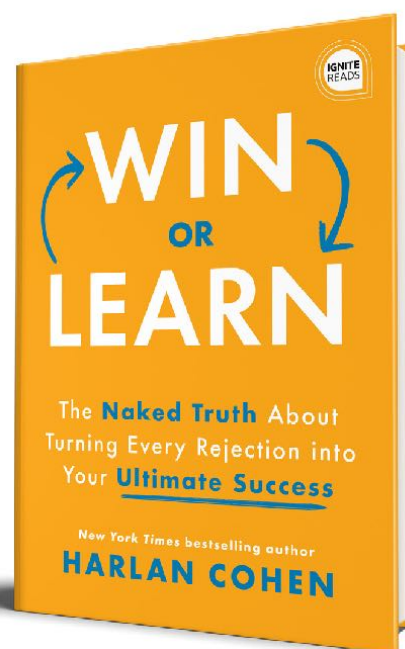
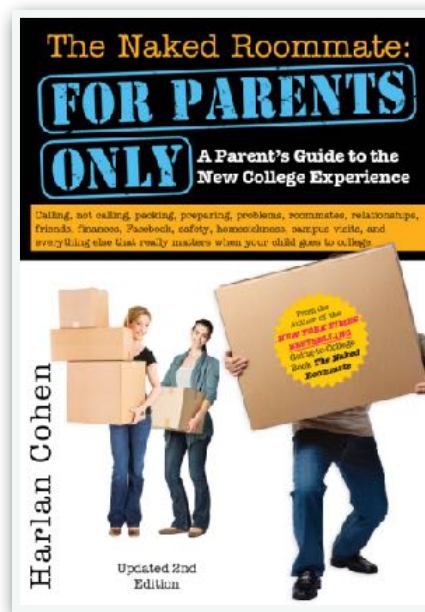
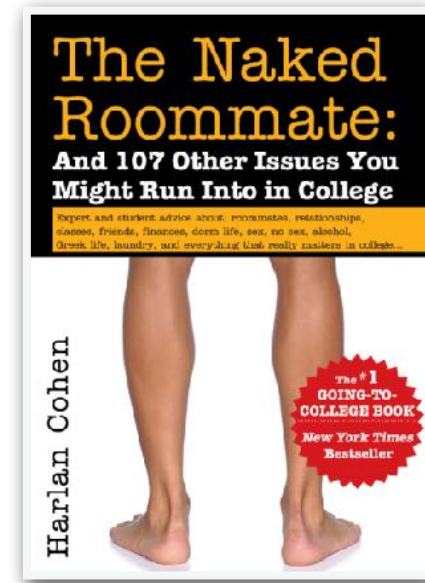


# QUESTION ANSWER



With Harlan Cohen

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# Five Simple Rules for Parents

Help your student navigate the transition  
to life in college...



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