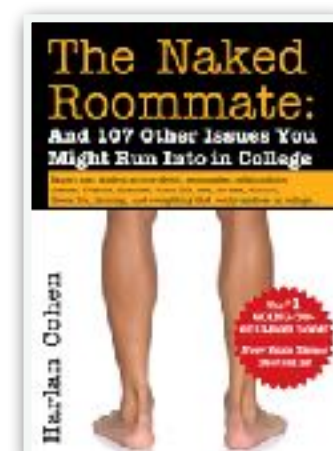


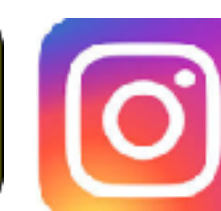


HARLAN COHEN

www.HarlanCohen.com



/HelpMeHarlan

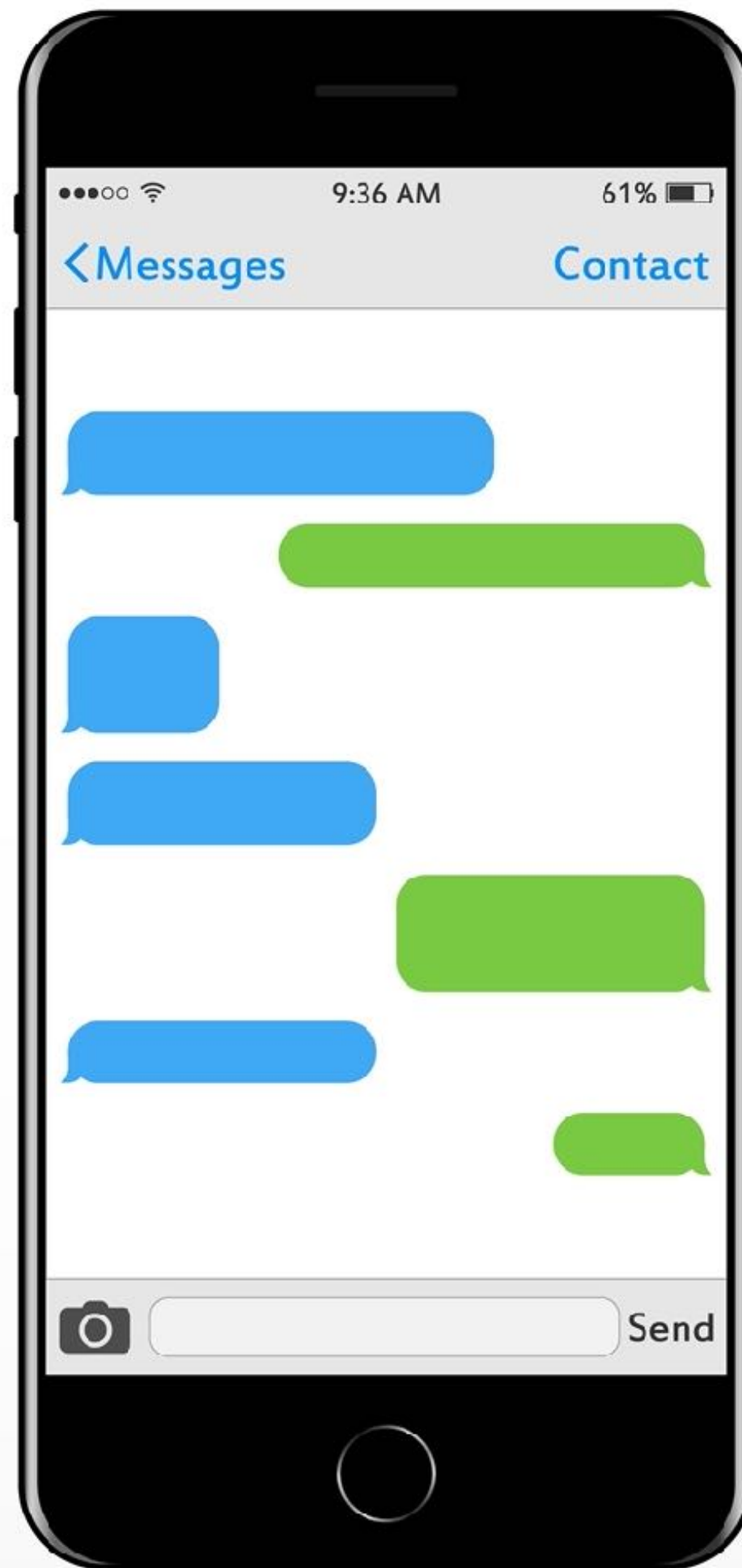


@HarlanCohen

On a scale 1-10

How are you today?

Share a number and why....



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

A photograph of a modern building interior, likely a university lobby or atrium. The space features large glass windows, a polished floor reflecting the surroundings, and a curved staircase with a glass railing. A green rectangular text box is overlaid on the upper portion of the image.

***What concerns you most
about college?***

A photograph of a modern building interior, likely a university lobby or atrium. The space features large glass windows, a polished floor reflecting the surroundings, and a curved staircase with a glass railing. A green rectangular text box is overlaid on the middle portion of the image.

Answer in chat

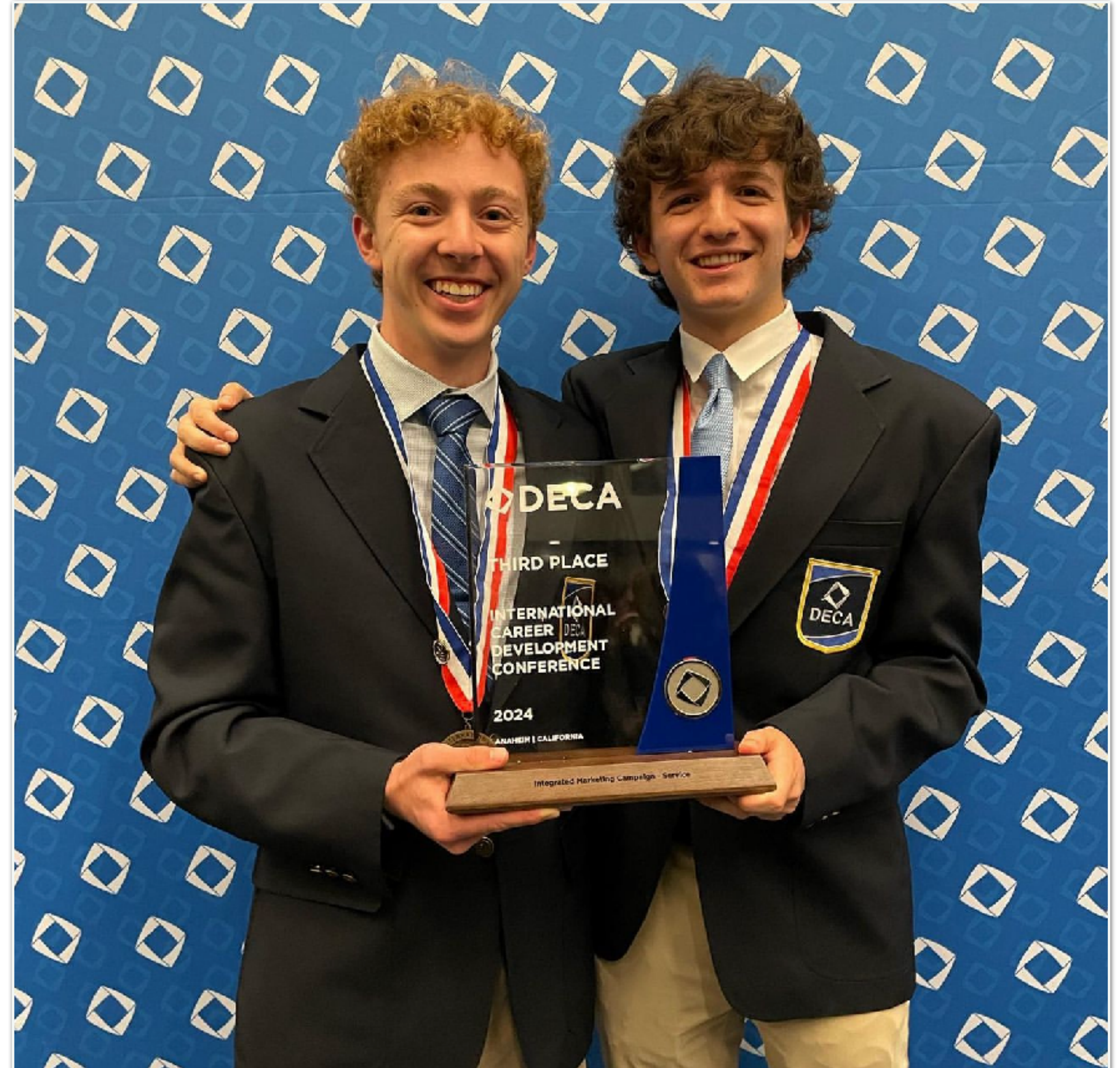
**IT ALL
STARTS BY
DREAMING**

BIG



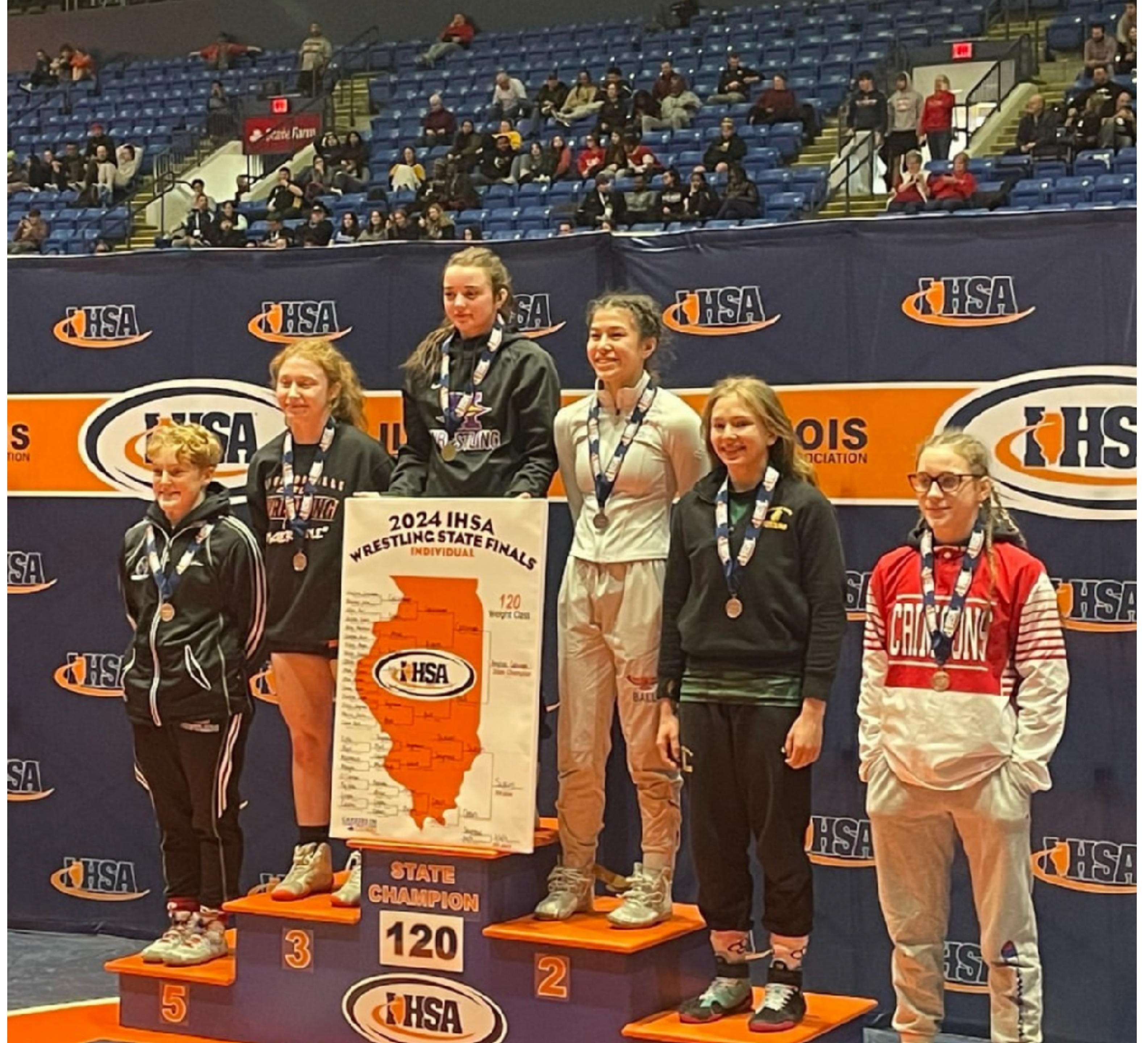
**IT ALL
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IT ALL
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**IT ALL
STARTS BY
DREAMING**

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**IT ALL
STARTS BY
DREAMING**

BIG



GETTING IN...

April 03, 2024

Colleges Begin to Welcome the Class of 2028

Applications are up and acceptance rates are down after a chaotic year in college admissions. But a number of factors could dampen enrollment optimism.



As the Class of 2028 begins receiving college decision letters, a picture of the year's admissions data is becoming clearer.

Photo illustration by Justin Morrison/Inside Higher Ed | Kittisak Jirasittichai/iStock/Getty Images

Applications Are Up

According to Common App data, the number of applicants increased by nearly 6 percent over last year. While the figure applies only to the 834 member institutions that used the Common App consistently from 2019 to 2024, it's welcome news after years of stagnant enrollments post-pandemic, and builds on a sizable boost in early applicants in the fall.

Students also applied to slightly more colleges than last cycle, according to the CommonApp data: an average of 5.74 colleges per student, up from 5.66.

At some colleges, applications appeared to rise in direct response to affordability initiatives. Last summer Duke University announced it would offer free tuition for North and South Carolina-based applicants from families making less than \$150,000 a year; this cycle Duke received 4,700 more applicants than last year, 1,250 of which were from North or South Carolina. In Minnesota, enrollment at public colleges rose for the first time in a decade after the state implemented a free tuition program for residents making less than \$80,000 a year.

GETTING IN...

● April 03, 2024

Colleges Begin to Welcome the Class of 2028

Applications are up and acceptance rates are down after a chaotic year in college admissions. But a number of factors could dampen enrollment optimism.



As the Class of 2028 begins receiving college decision letters, a picture of the year's admissions data is becoming clearer.

Photo illustration by Justin Morrison/Inside Higher Ed | Kittisak Jirasittichai/iStock/Getty Images

Acceptance Rates are Down

Admission to highly selective institutions became even more competitive this cycle, as it has for the past decade. Yale University received a record 57,465 applications, for instance—dwarfing its previous record of 52,250 by nearly 10 percent—and had an acceptance rate of 3.7 percent, its lowest ever, down from 4.5 percent last year. Some highly selective non-Ivy institutions also boasted record-low acceptance rates, including Williams College and Rice and Duke Universities.

Harvard's acceptance rate, however, rose this year, from 3.34 to 3.59 percent, its first increase since 2020; at the same time, applications to the university fell by over 5 percent from last year. The small but notable shift comes after a year of controversy in which Harvard president Claudine Gay was ousted over criticism of her Congressional testimony on campus antisemitism and accusations of plagiarism.

GETTING IN...

Forbes

FORBES > LEADERSHIP > EDUCATION

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

Michael T. Nietzel Senior Contributor ⓘ
I am a former university president who writes about higher education.

0

Apr 1, 2023, 05:00am EDT

Listen to article 5 minutes



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

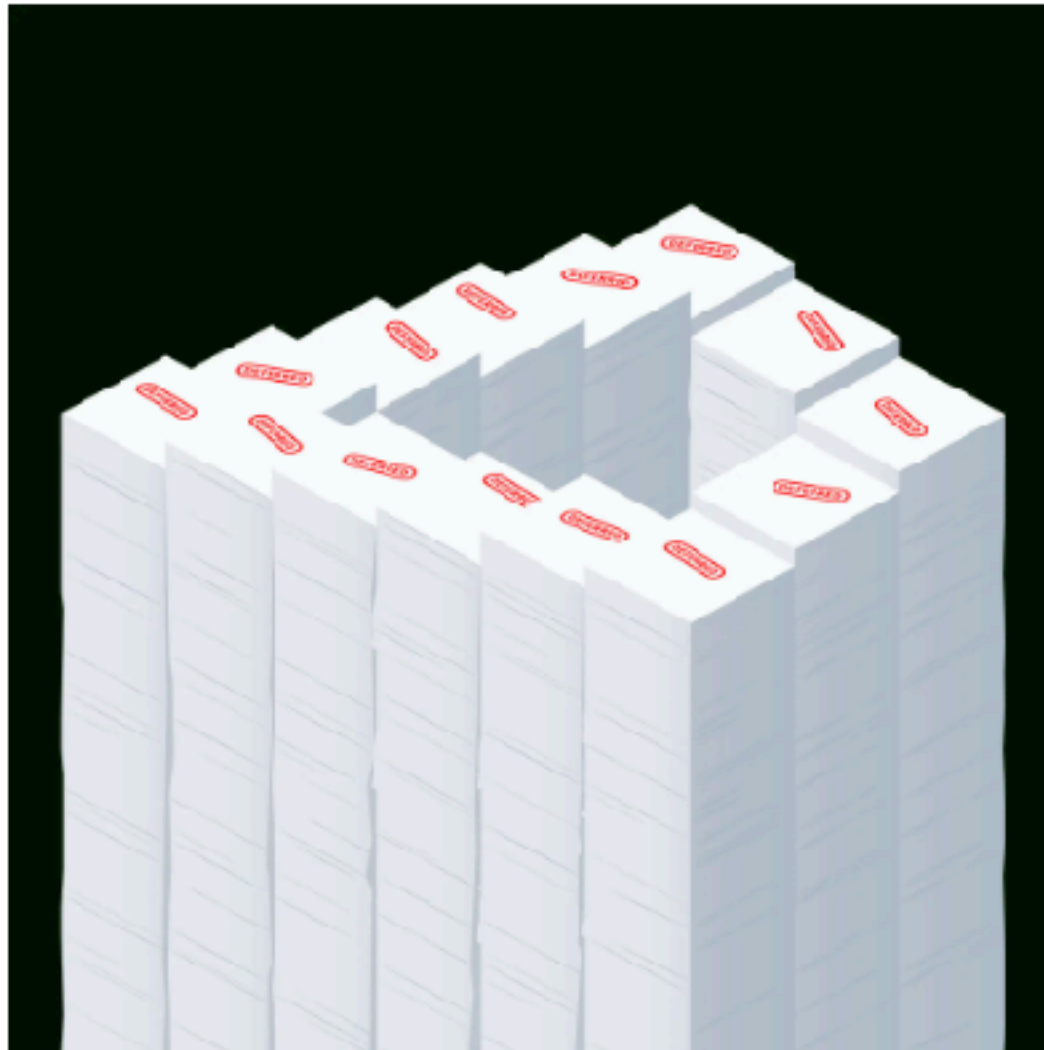
Last Thursday was Ivy Day, the date where all of the eight Ivy League universities send out admission offers to the hundreds of thousands of applicants hoping to be accepted by one of them.

GETTING IN...

The New York Times

The Cynical Reason College Applications Are Surging

March 16, 2023



Ben Wiseman

 Give this article



 339

By Jeffrey Selinger

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

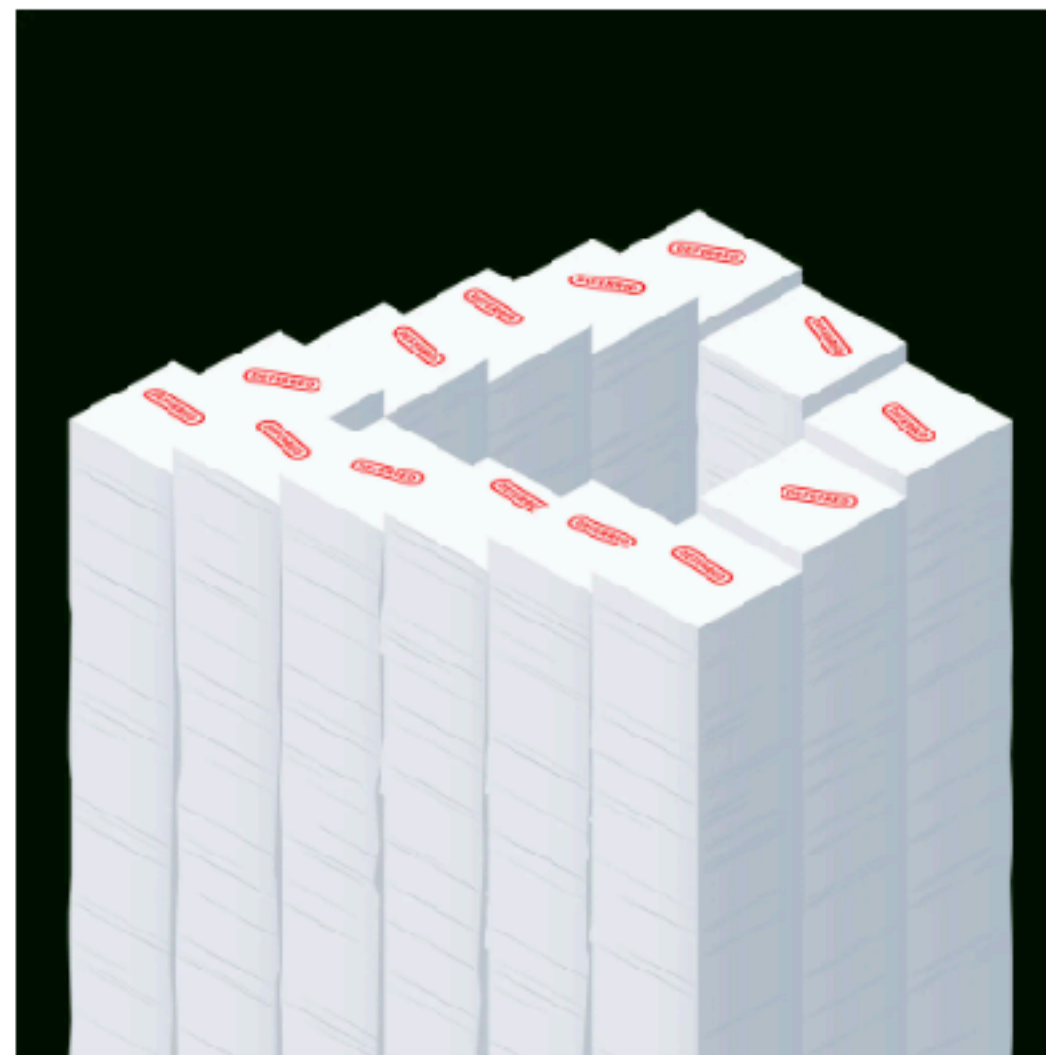
Clemson, for example, received 26,000 applications this year for its first-ever early action cycle and then got an additional 32,000 regular decision applications for a freshman class that will end up having around 4,500 students. Overall, applications were up 10 percent from the previous admissions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

GETTING IN...

The New York Times

The Cynical Reason College Applications Are Surging

March 16, 2023



Ben Wiseman

 Give this article    339

By Jeffrey Selinger

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

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

Paying for college...



OFFICE OF AD

Hi

From all of us at Miami University, thank you for your patience as we navigate this year's related financial aid delays together. We have important news to share on this front.

The release of financial aid offers will begin on Monday, April 29. However, the process of releasing this important information has several complications which we want to share as aid offers being sent.

Please read this information carefully.

If you log in to [StudentAid.gov](https://studentaid.gov) and your FAFSA says "Complete," or if you did not complete your FAFSA, you can expect an aid offer and your estimated cost of attendance by the end of the evening.

If your FAFSA says "Complete" but you do not receive an offer from us on Monday, you are still awaiting information from the Department of Education in order to move forward with your aid offer. You do not need to contact our office on Tuesday morning if you do not receive an offer. We will confirm if you are in this group in a communication about what to expect moving forward.

If your FAFSA was rejected, you have already been notified by Miami. I encourage you to complete your FAFSA corrections or Miami forms (to be made available on Monday), as soon as you're able. Please note that it may take 3-5 business days once you have completed those items for your FAFSA to be updated and for us to receive the updated information from the Department of Education.

We are receiving updated FAFSAs every day, and we'll work as quickly as we can to release aid offers following Monday's first release with an intention to send additional offers as early as Tuesday, April 30 if they're ready.

We know you may be considering institutions other than Miami who have maintained a May 1 confirmation deadline, and that you may feel pressured to make a decision. Remember, **you deserve all of the information you need to make a decision about your future, and you are worth waiting for.** If an institution has kept their May 1 confirmation deadline, you have the right to contact them and request an extension. We invite you to do the same if you need more time past May 15 to make your decision about Miami.

Thank you again for your patience as we work through this together.

Sincerely,

Bethany Perkins
Director of Admission



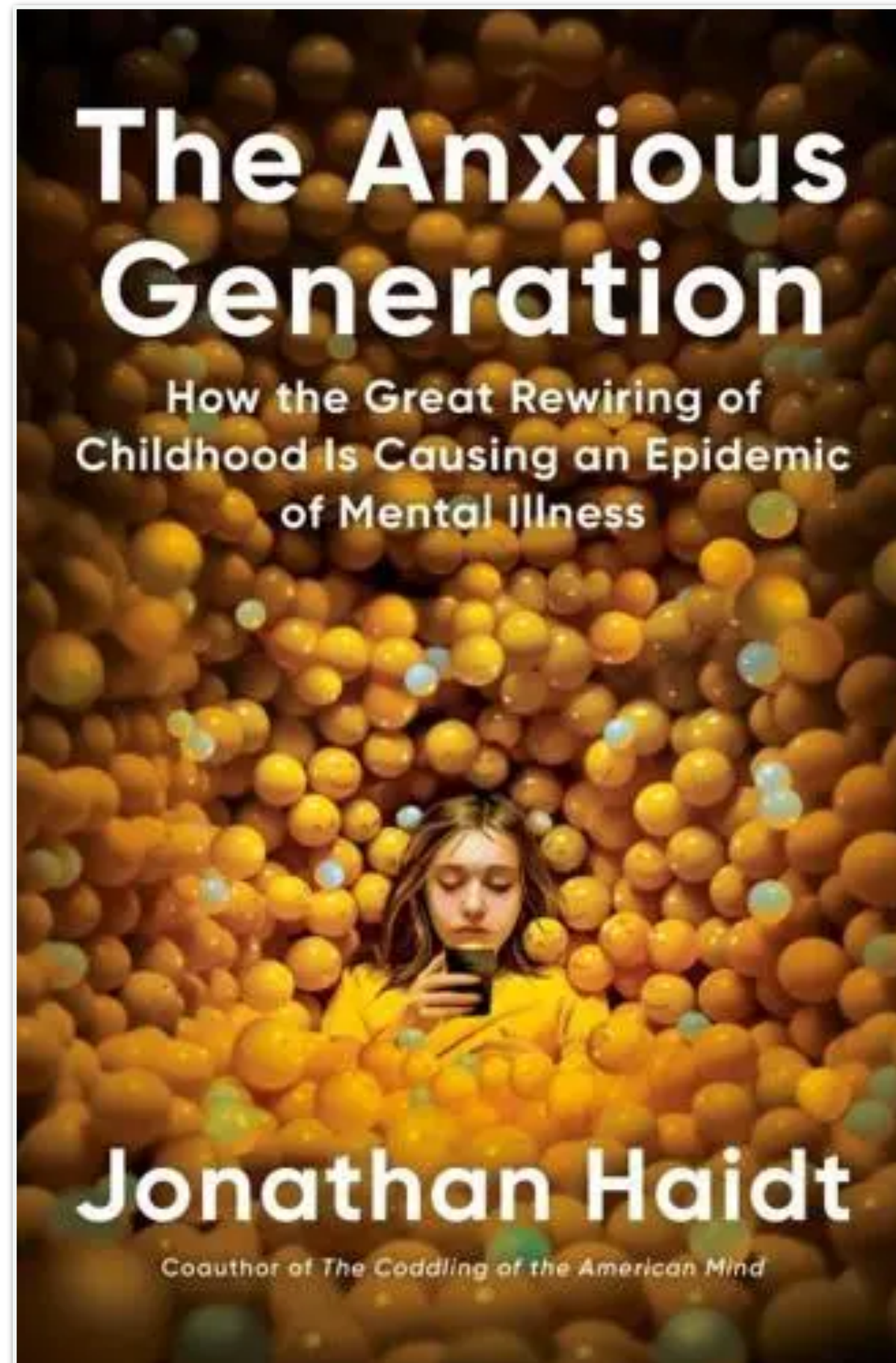
OFFICE OF ADMISSION

301 S. Campus Avenue

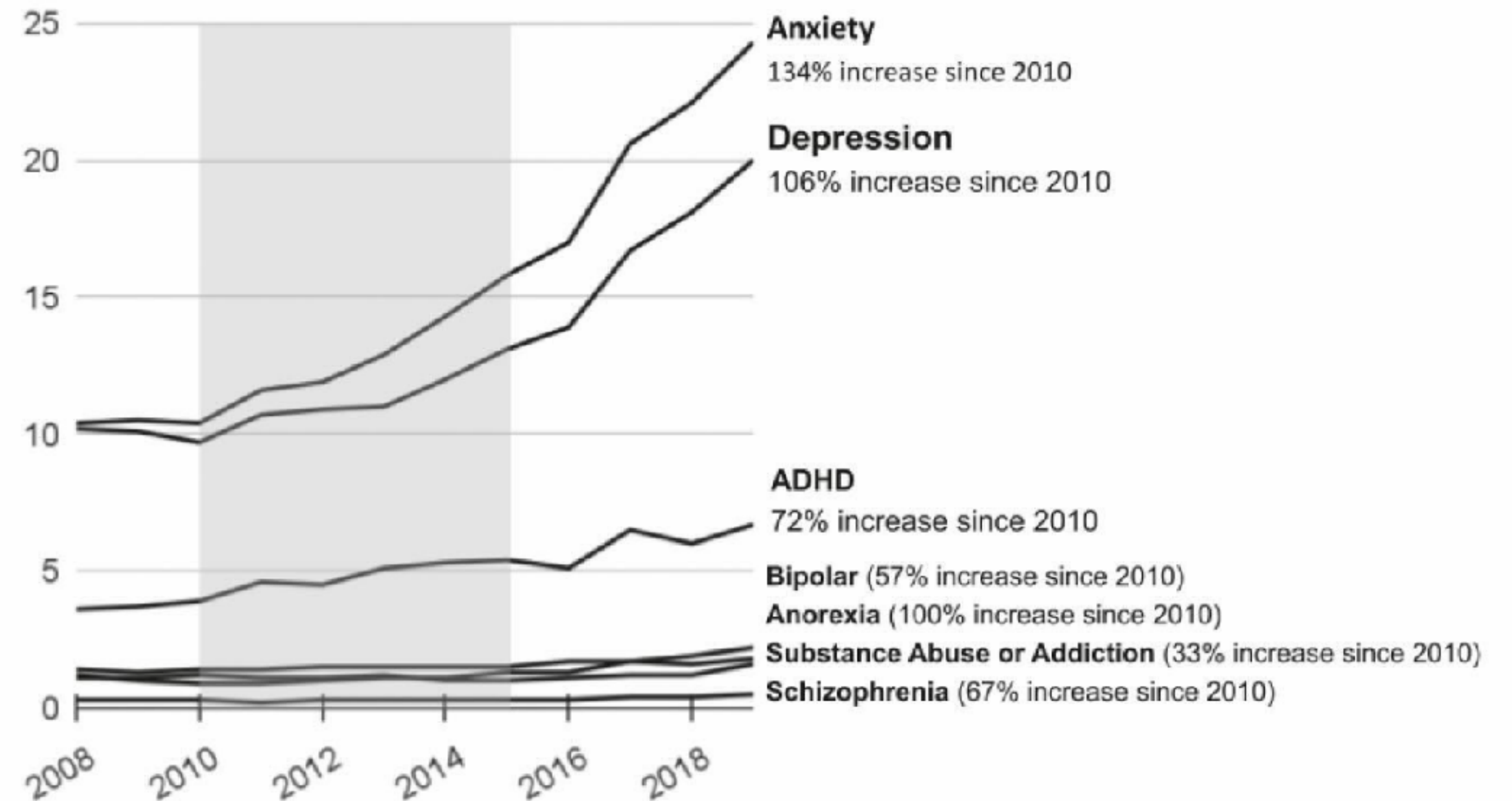
Oxford, OH 45056

513-529-2531





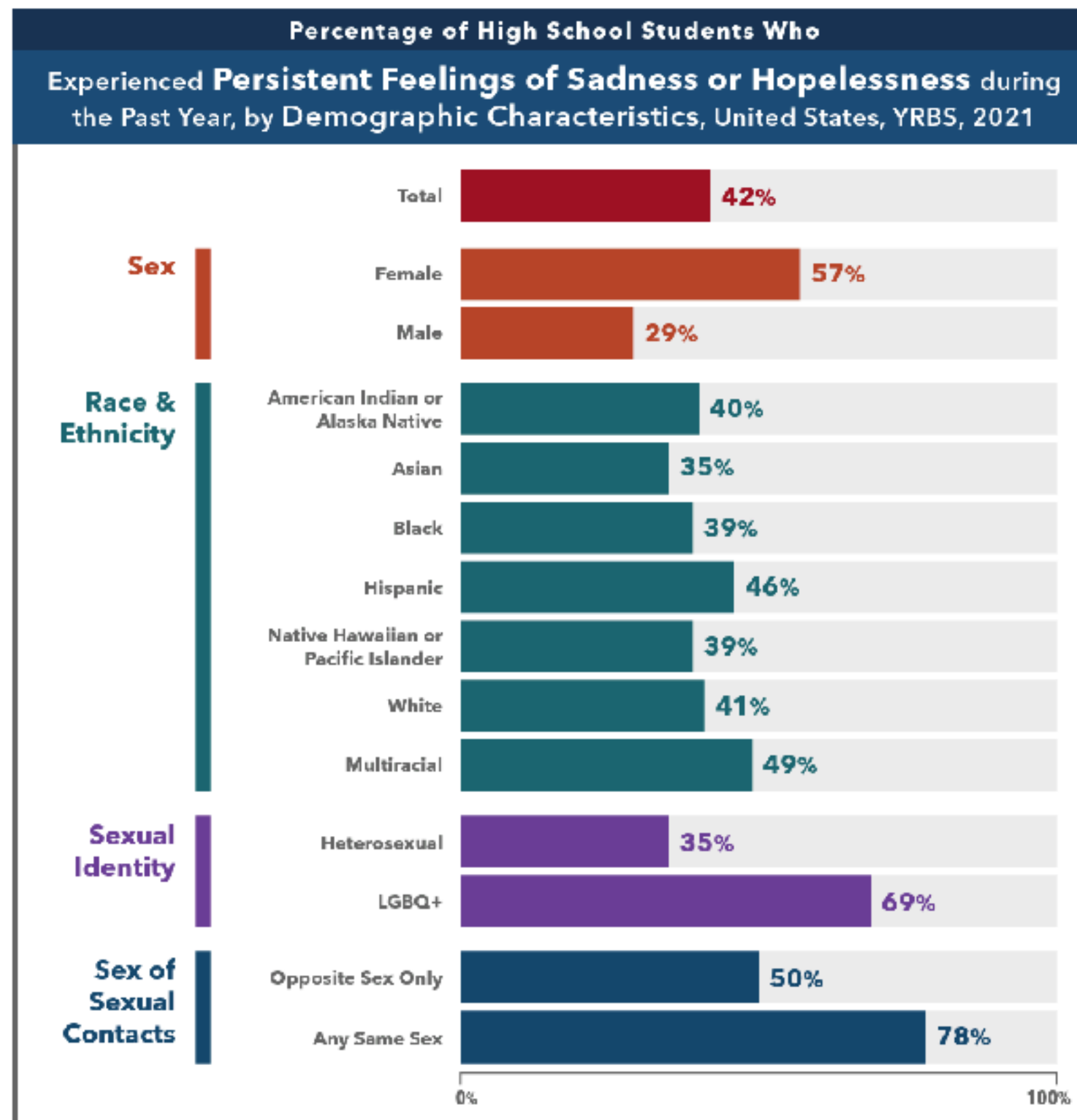
Mental Illness Among College Students



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

PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

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

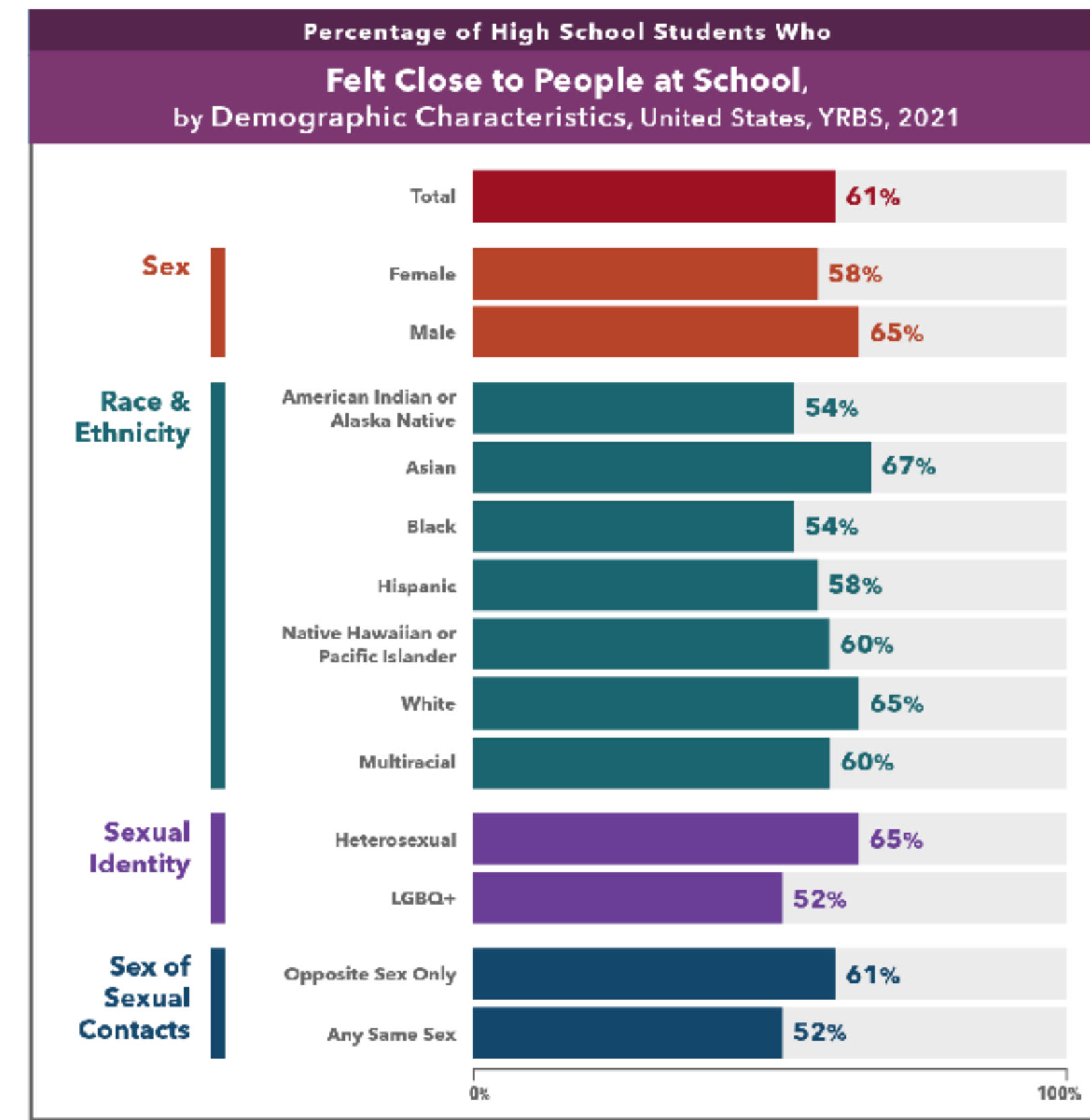


MENTAL HEALTH AND SUICIDALITY

60

SCHOOL CONNECTEDNESS

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



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

NEW AND EMERGING NATIONAL DATA

74

GETTING IN...

The New York Times

YOUR MONEY

Some Colleges Will Soon Charge \$100,000 a Year. How Did This Happen?

Some Vanderbilt students will have \$100,000 in total expenses for the 2024-25 school year. The school doesn't really want to talk about it.



Robert Neubecker



By **Ron Lieber**

Reporting from Vanderbilt University in Nashville

Published April 5, 2024 Updated April 8, 2024



Live!



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



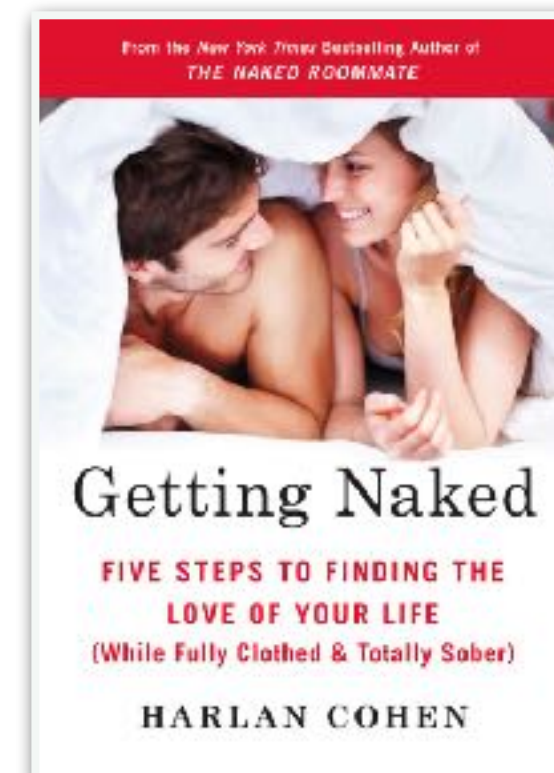
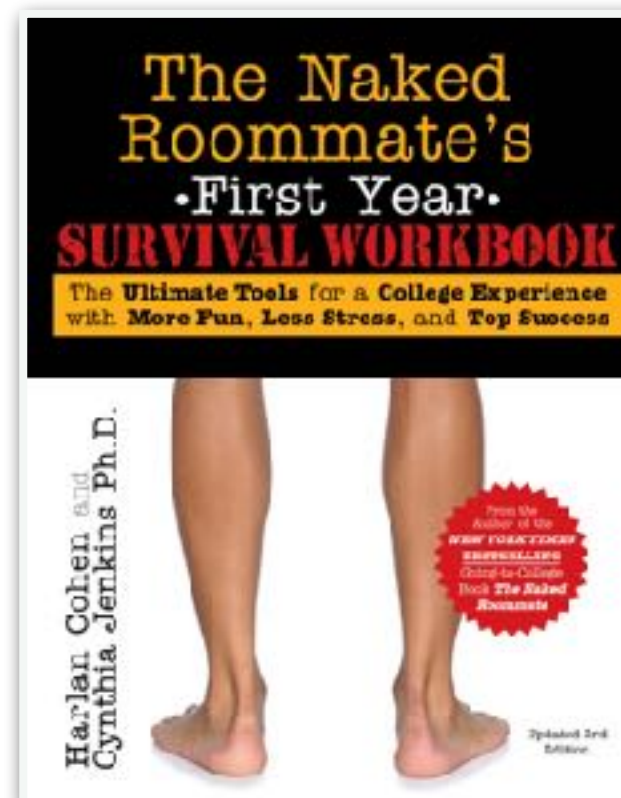
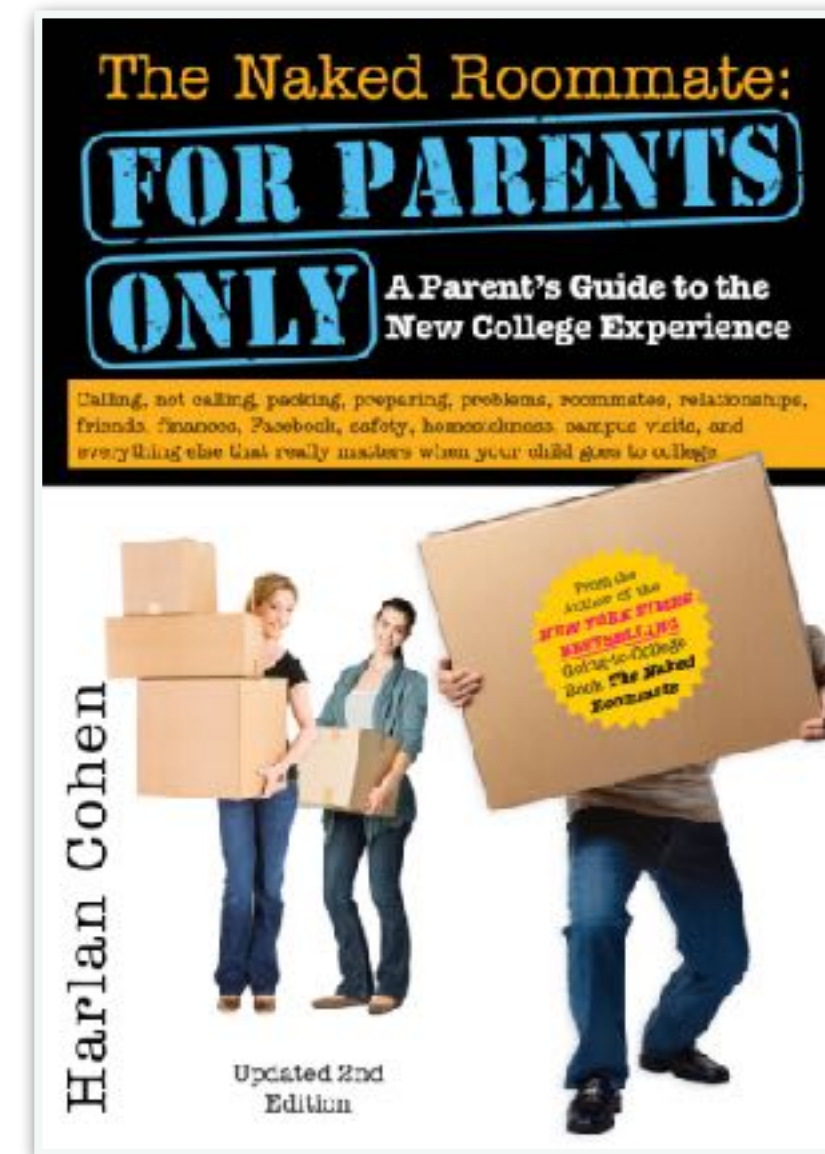
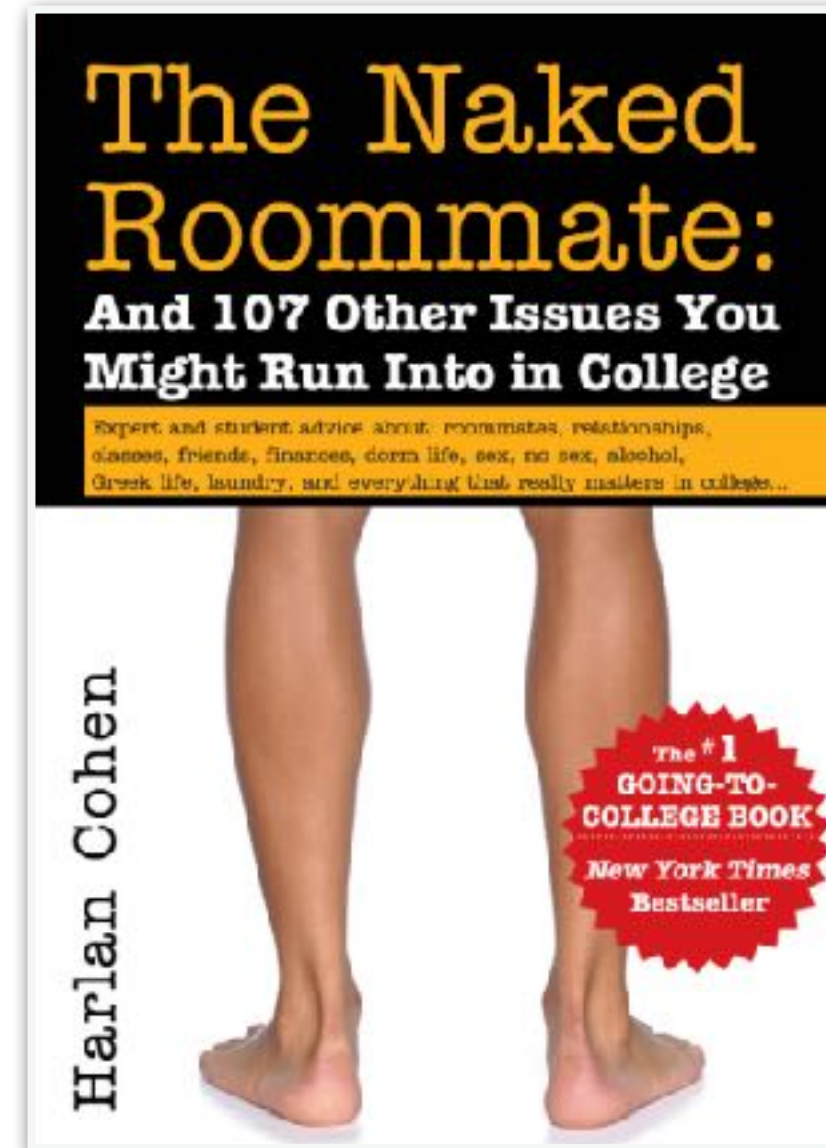
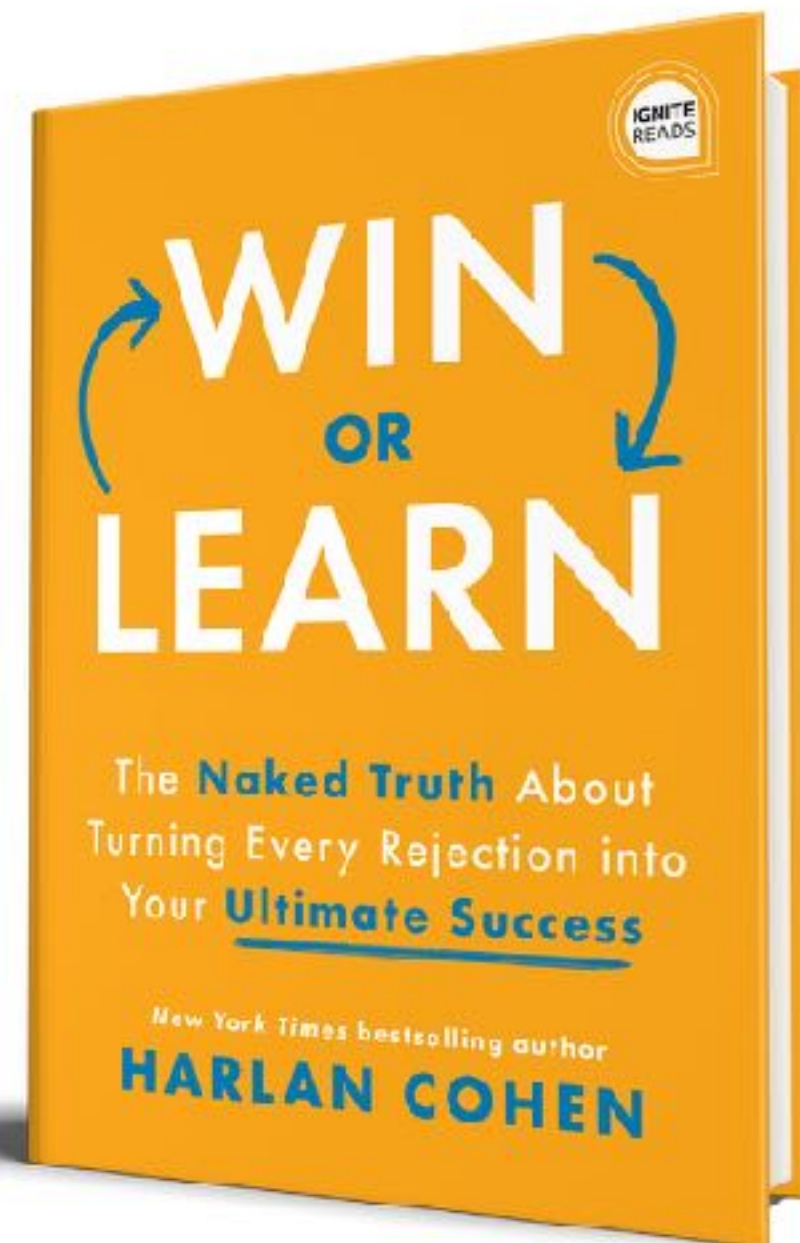
**I never lose.
I either win or I learn.**
- Nelson Mandela

"It always seems impossible until it's done."
- Nelson Mandela

**WHAT'S YOUR
DREAM FOR YOUR
CHILD?**



WHAT DO I DO? Research and Write Books



BEST SELLERS> EDUCATION	
Best Sellers	
OVERVIEW	
PRINT & E-BOOKS Fiction Nonfiction	
HARDCOVER Fiction Nonfiction	
PAPERBACK Trade Fiction Mass Market Fiction Nonfiction	
E-BOOKS Fiction Nonfiction	
ADVICE & MISC. Combined	
CHILDREN'S Picture Books Middle Grade Young Adult Series	
GRAPHIC BOOKS Hardcover Paperback Graphic	
MONTHLY LISTS Classics New Nonfiction Fiction Children's Young Adult	
THIS MONTH	JUNE 2015
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

WHAT DO I DO? Support Students & Parents



helpmeharlan

Harlan Cohen

Edit profile

1066 Following 630.2K Followers 30.1M Likes

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

linktr.ee/harlancohen

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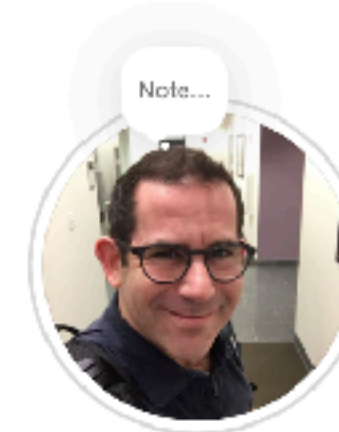
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Life Tips

84 posts



harlancohen

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2,471 posts 563K followers 1,833 following

Harlan Cohen he/him/his

@harlancohen

Author

TikTok 621K+ (helpmeharlan)

NY Times bestselling author & journalist

Mission: I ❤️ 2 help

www.HarlanCohen.com

Inquires: media@helpmeharlan.com

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6.8M accounts reached in the last 30 days. View insights



BEST FIRST ...



Speaking



Coaching



URSELF



PAY 4 COLL...



TODAY



BOOKS

POSTS

REELS

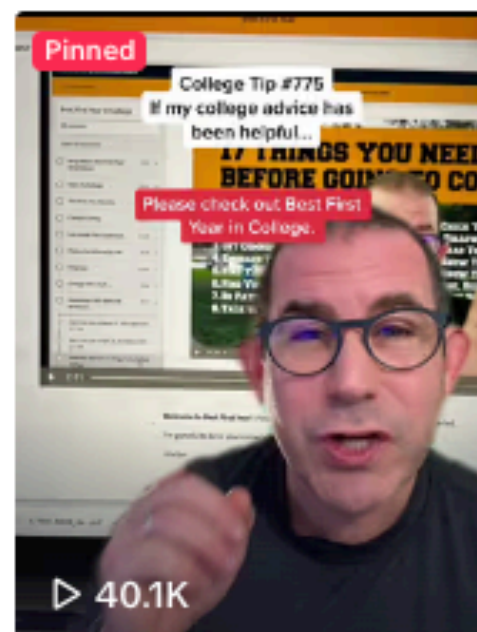
SAVED

TAGGED

Videos



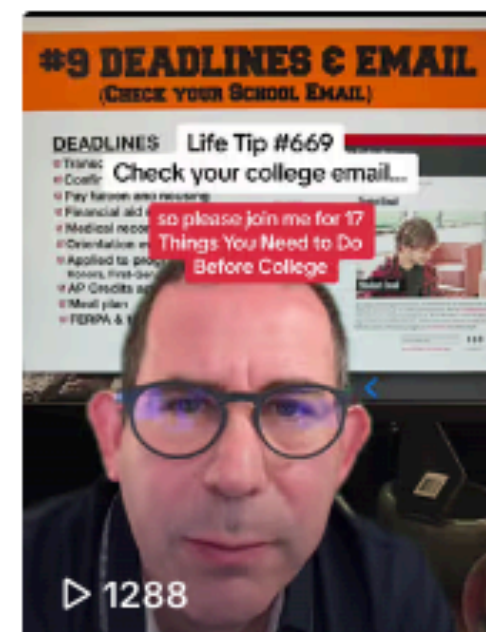
Life Tip 508: When some...



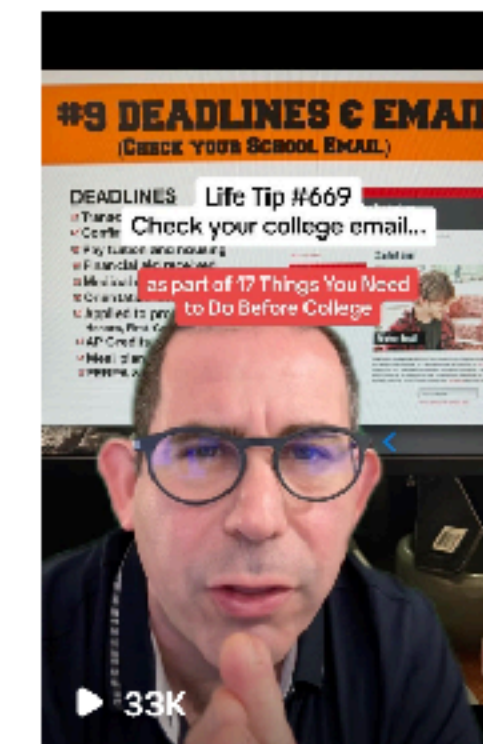
College Tip 775: If my col...



College Tip 336: Get Co...



Life Tip 638: Check your ...



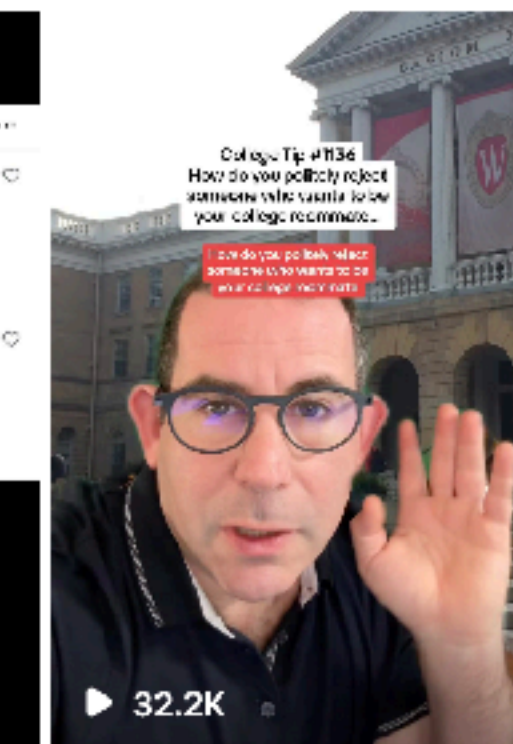
33K



28.2K



42.7K



32.2K

NOV 4 AT 6:44 PM

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.

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!

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.

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

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.

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

WHAT DO I DO? Teach and Listen and Visit



I Visit College... Over 500 Schools



WHAT DO I DO? Interview Experts

Apple Podcasts Preview



25 episodes

HARLAN COHEN POCAST

New York Times bestselling author Harlan Cohen has candid conversations with top experts, and leading influencers. Guests share their greatest [more](#)

The Harlan Cohen Podcast

Harlan Cohen

Education

★★★★★ 5.0 • 12 Ratings

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MAR 21, 2024

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

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[▶ 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... >

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[▶ PLAY](#) 47 min

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.

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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.

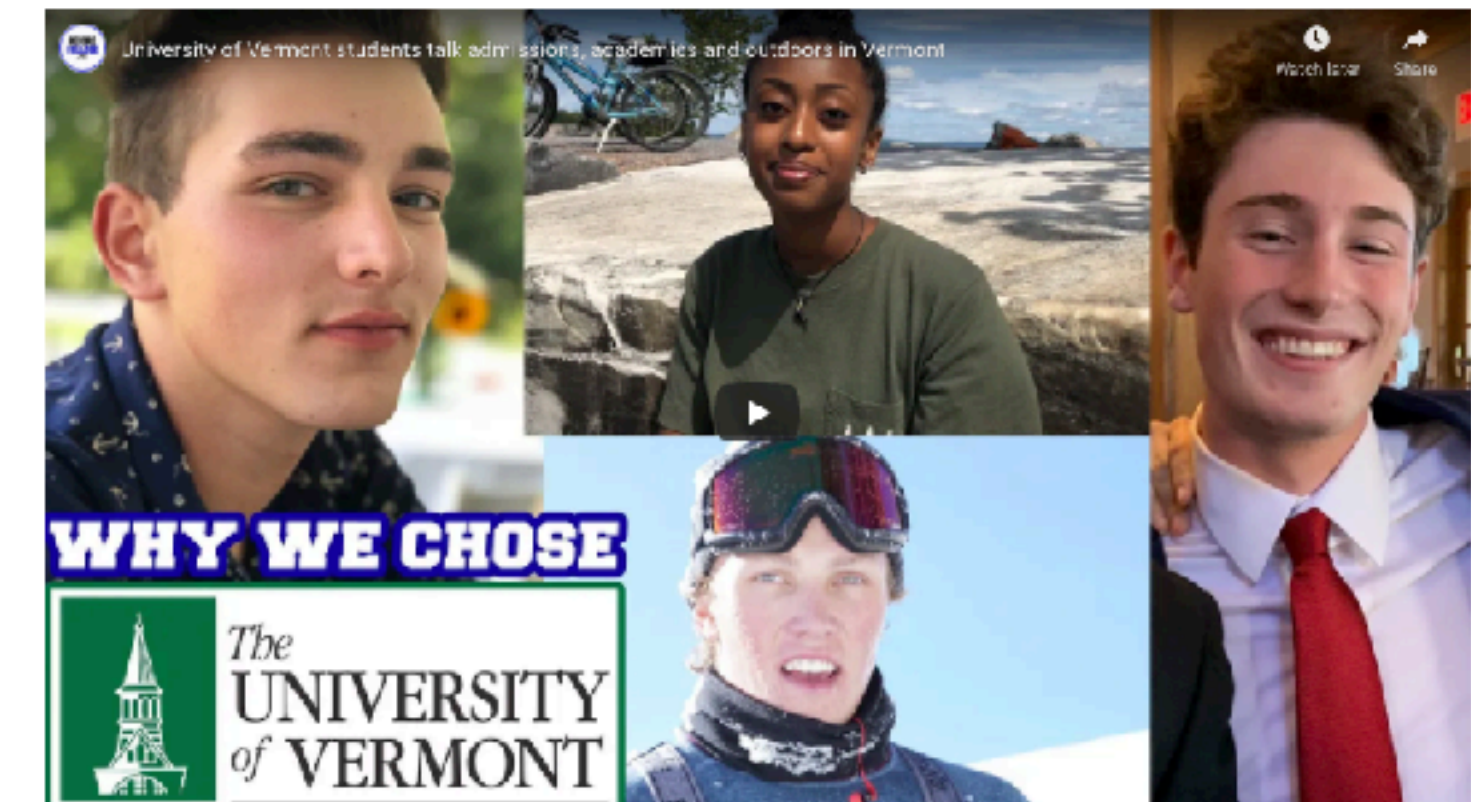
-- Hungry

BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION

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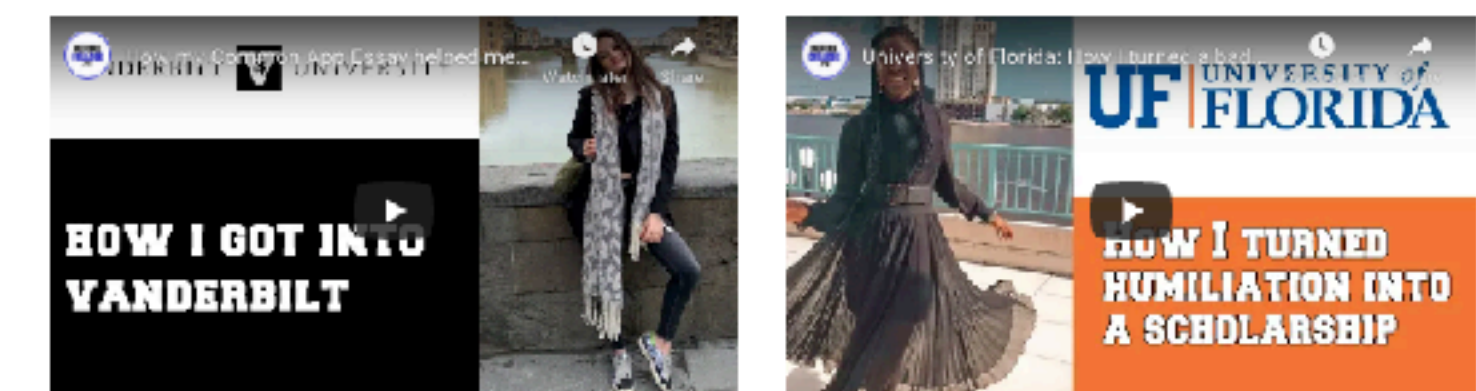


[Click here for links to stories mentioned](#)

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](#).



WHAT DO I DO? I'm a dad of a senior





WARNING

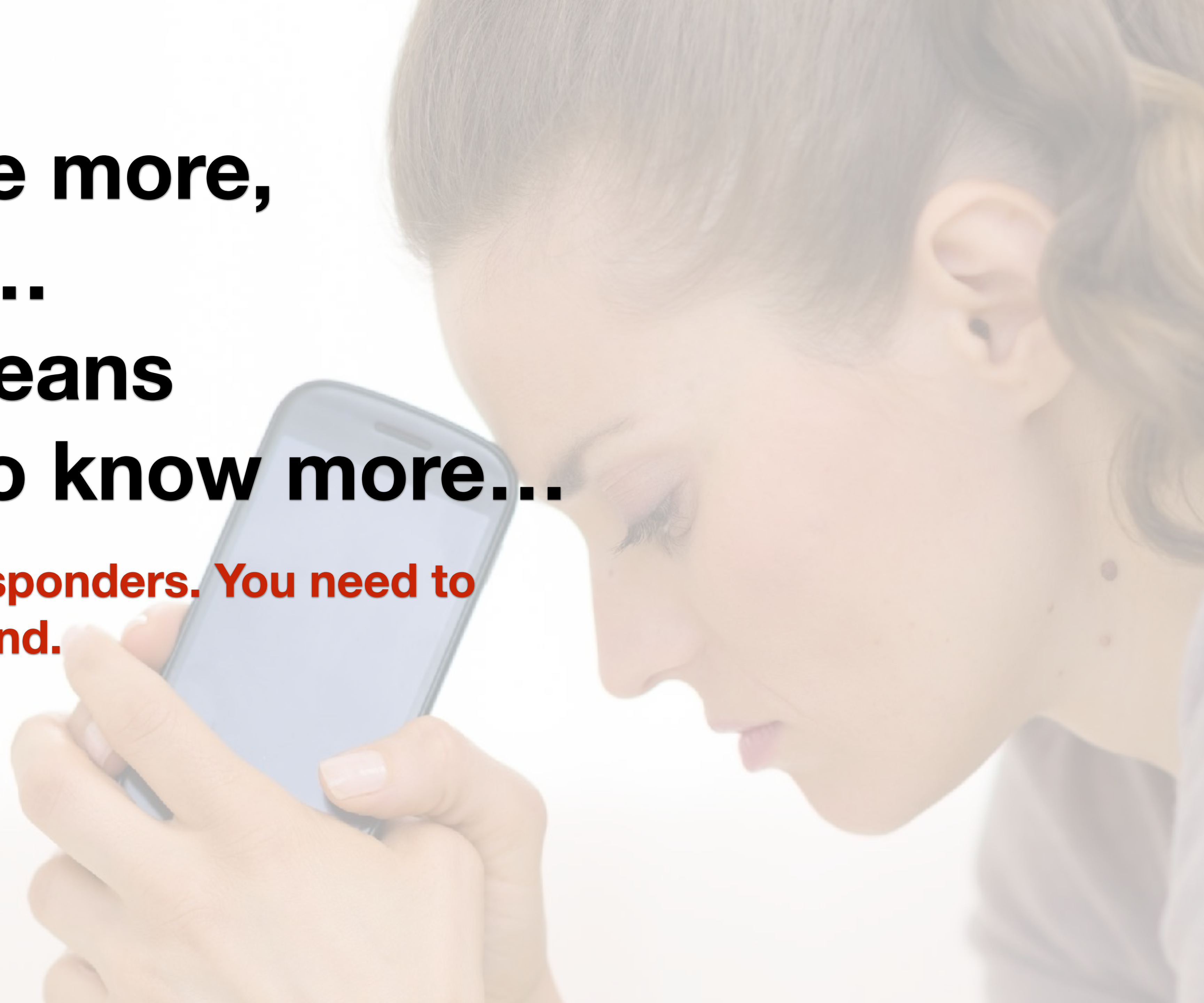
**HIGH SCHOOL DOESN'T
PREPARE YOU FOR WHAT
HAPPENS NEXT...**

**College planning in high school is all about
SEARCH and SELECTION, but there's a third part...
It's called TRANSITION.**



**You will see more,
hear more...
and that means
you need to know more...**

**Parents are first responders. You need to
know how to respond.**



They Call You Names...

HELICOPTER PARENTS



SNOWPLOW PARENTS



LAWN MOWER PARENTS



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

RULE #1

**Get comfortable with the
uncomfortable**



**This is where
it all started...**



**Then it
continued...**



**Next
uncomfortable
stop...**



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



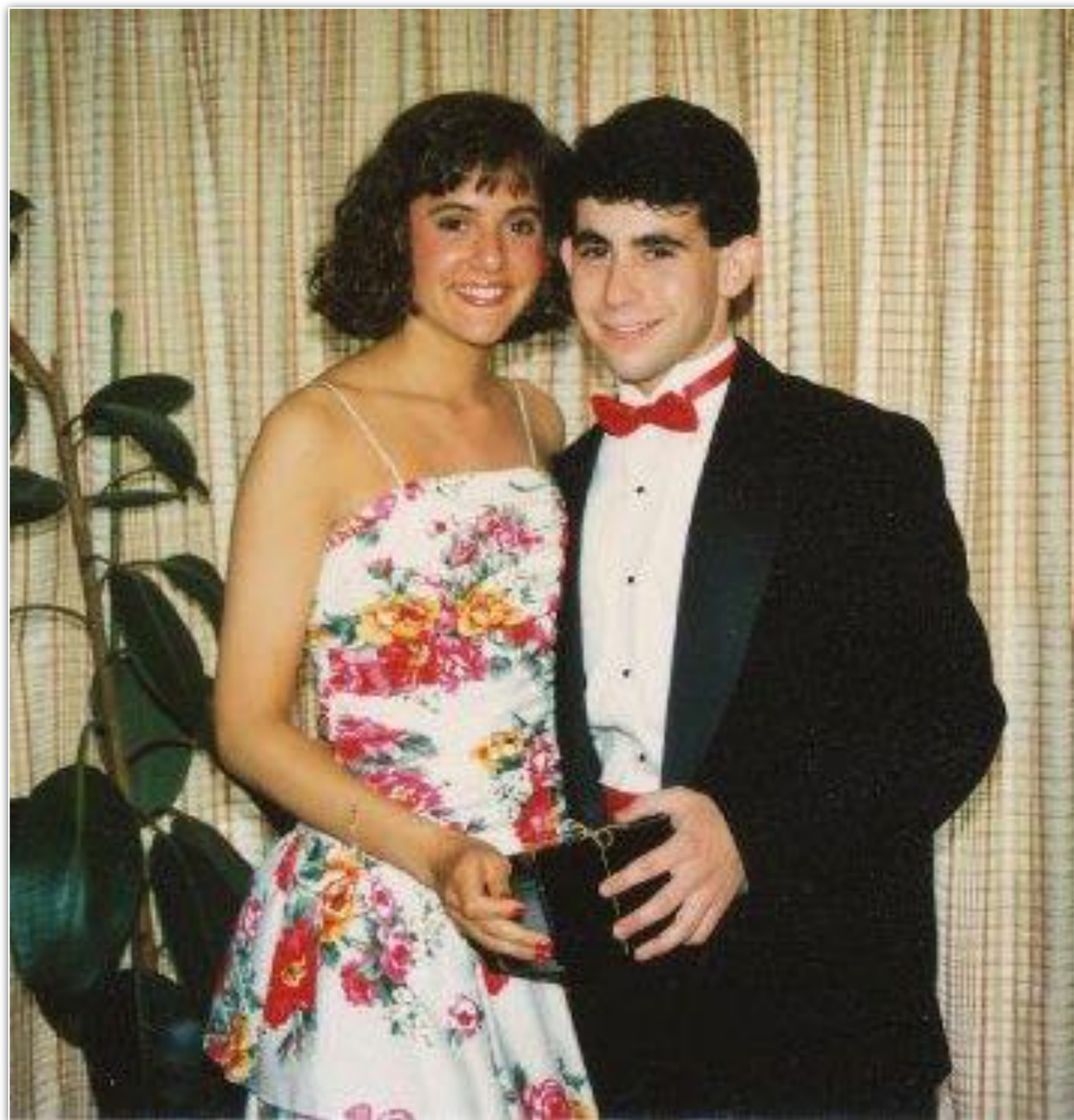
X Roommate was not my friend



X Didn't get into a fraternity



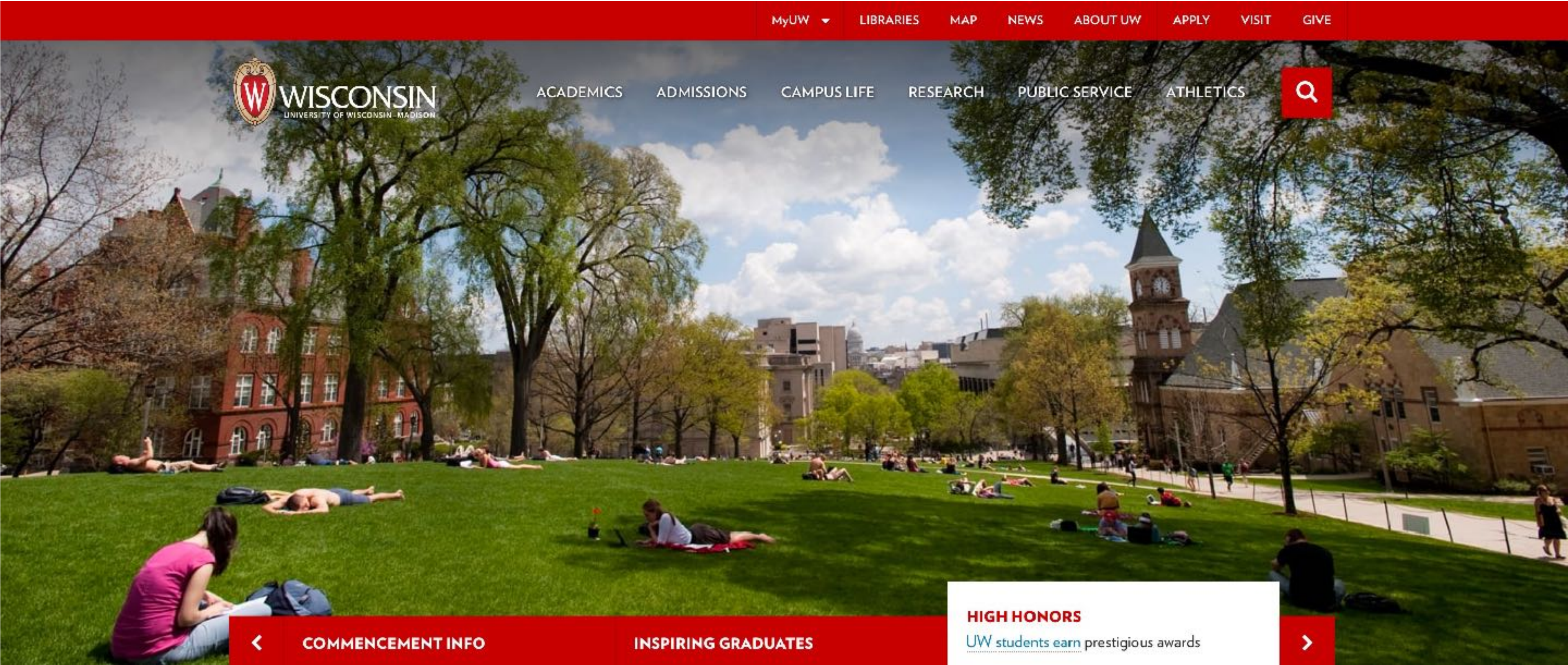
My girlfriend...



shot the LDR puppy



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



A photograph of a snowy college campus. In the foreground, a large, leafless tree stands on the left, with a red banner hanging from its branches that reads "EXPAND THE BOUNDARIES OF POSSIBLE" and "Zaner-Bloser". Three students are walking on a snow-covered path. One student on the left is wearing a red backpack. Another student in the center is wearing a grey hoodie and red shoes. A third student on the right is wearing a dark coat and a backpack. In the background, a large, multi-story brick building is visible through the snow. The sky is overcast and snowy.

IT CAN STORM IN COLLEGE...
SOCIAL, EMOTIONAL,
PHYSICAL, FINANCIAL, and
ACADEMIC STORMS.

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





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**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**



SEPPFA

**Social
Transition**

**Emotional
Transition**

**Physical
Transition**

**Financial
Transition**

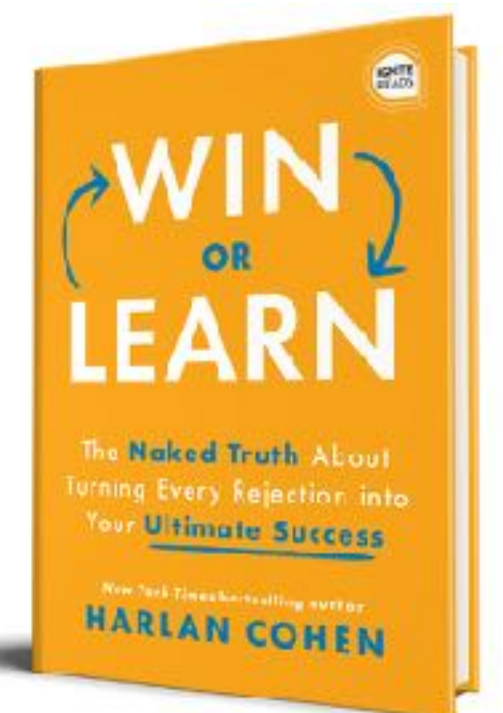
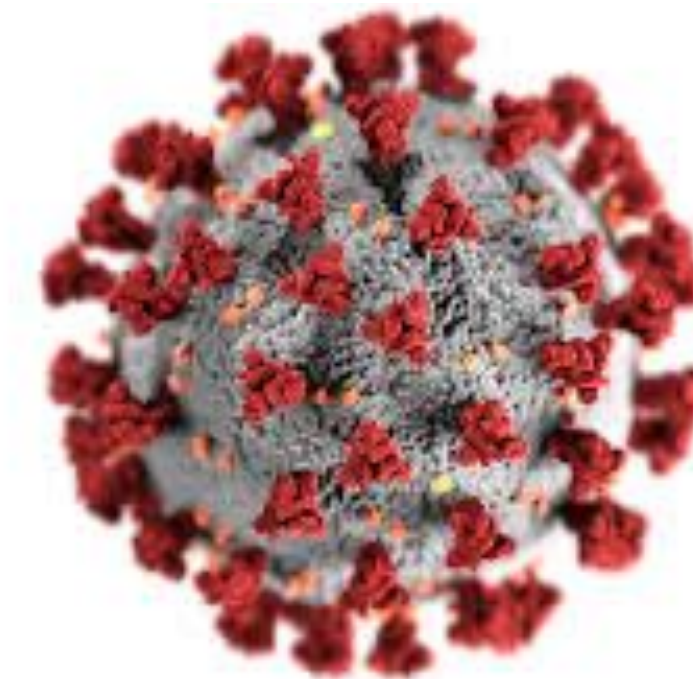
**Academic
Transition**

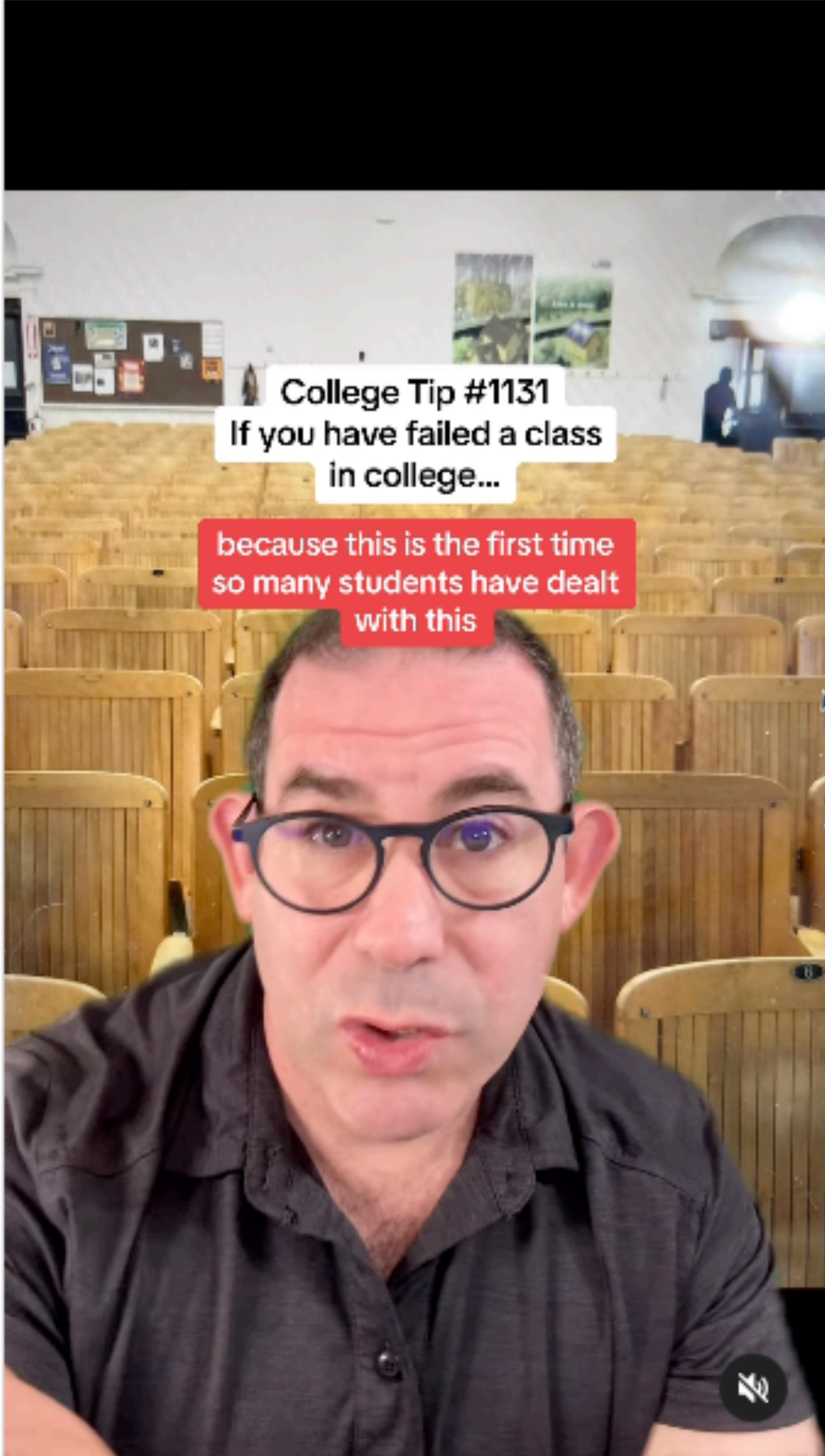
Yes, the world's worst acronym

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.





College Tip #1131
If you have failed a class
in college...

because this is the first time
so many students have dealt
with this

**harlancohen** 
Original audio 

— View replies (2)



fluffy_bird_boy I failed calculus twice (the maximum allowed at my college) and I moved to a different school and passed it there. They only had one prof teaching calc at the introductory level before I moved. All I needed was a change in professor

1w 77 likes Reply

— View replies (2)



aidenthekan I failed Calc 2 my sophomore year. This was my first

[View insights](#)

[Boost reel](#)



4,668 likes
May 2

 Add a comment... [Post](#)

<https://www.instagram.com/harlancohen/reel/C6eFuevrlqN/>

People who fight the uncomfortable

These people 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.

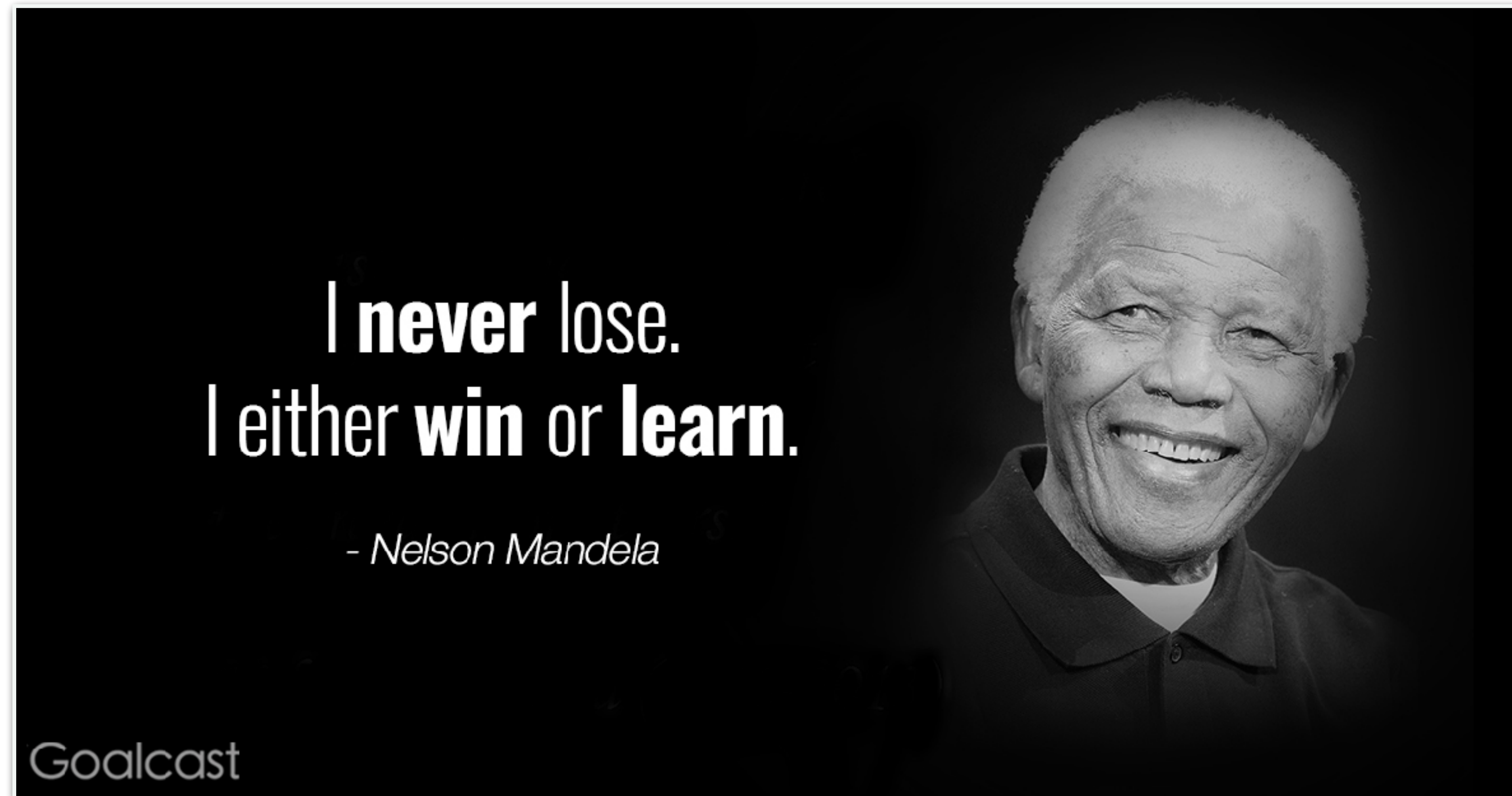




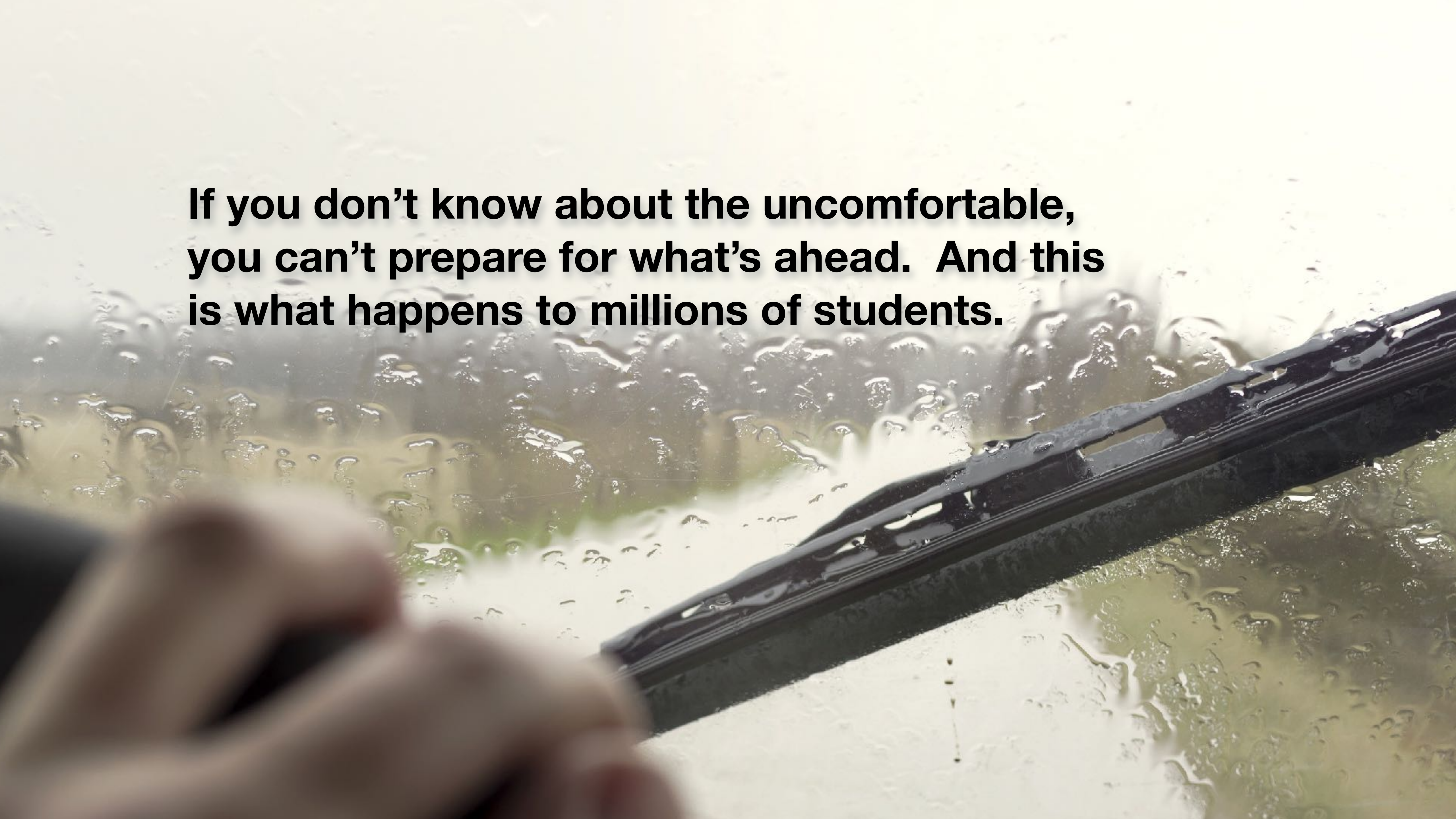
People who face the uncomfortable

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.

Experience and Experiment

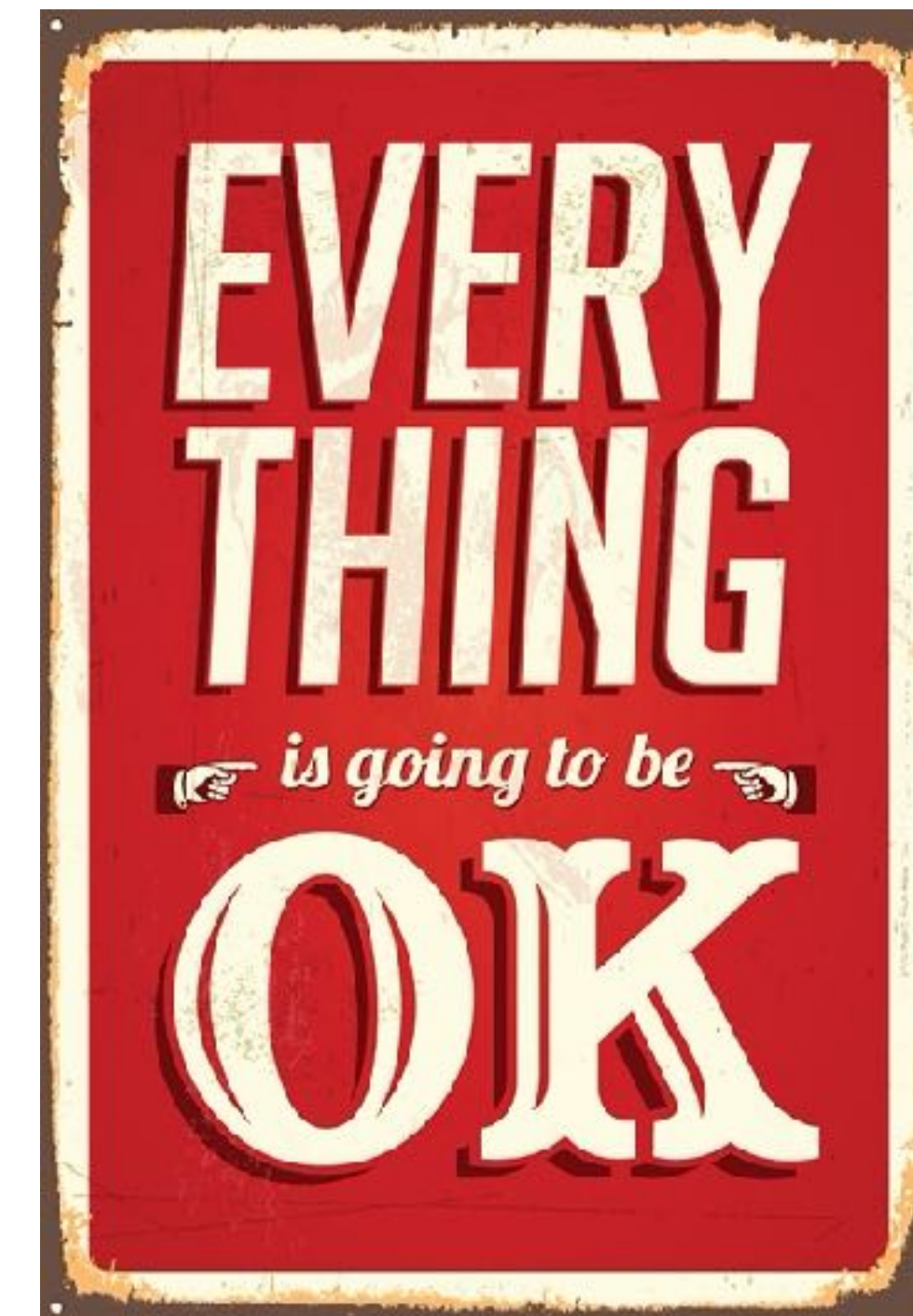


**If you don't know about the uncomfortable,
you can't prepare for what's ahead. And this
is what happens to millions of students.**

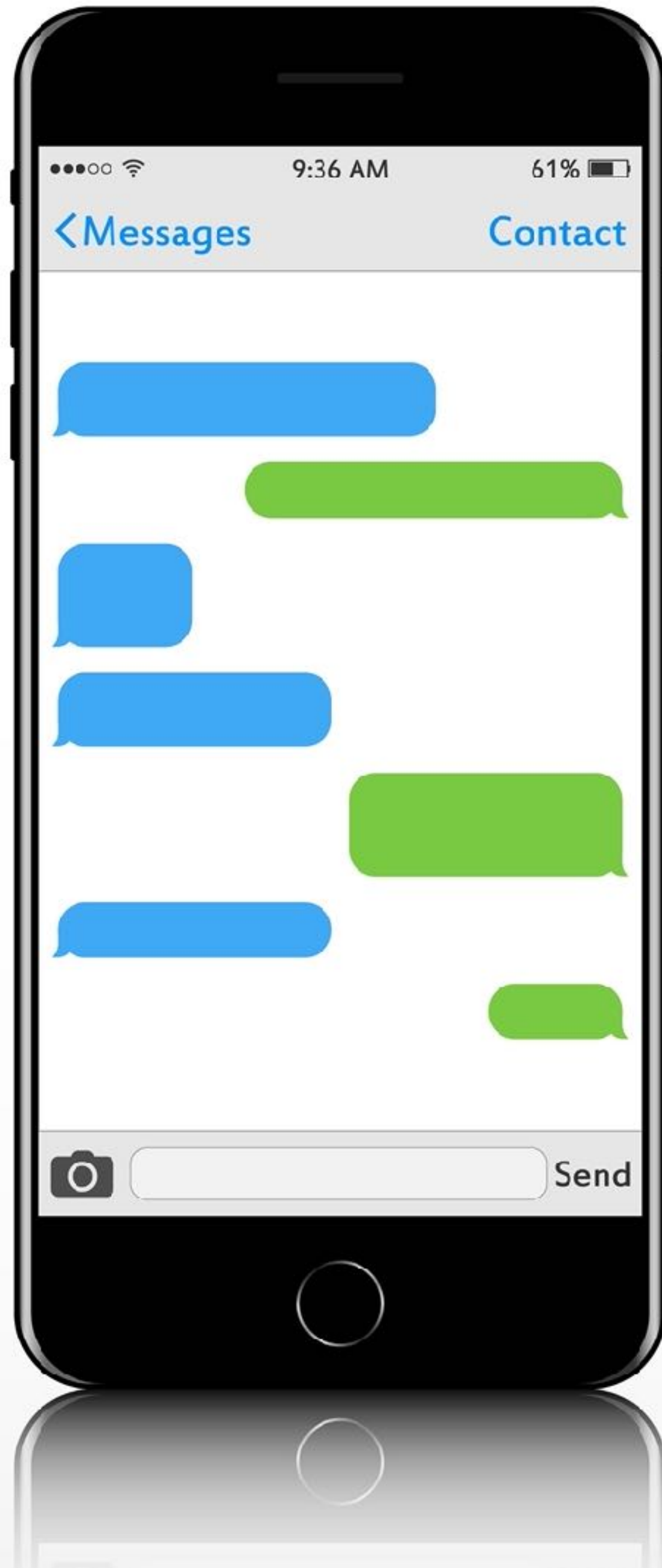


Practice Uncomfortable in High School

Uncomfortable is NOT an emergency



It's part of life.



Which Transition Makes You The Most Uncomfortable?

**SOCIAL
EMOTIONAL
PHYSICAL
FINANCIAL
ACADEMIC**

Answer in the chat...

RULE #2

DON'T PANIC...

Think people, places, and patience





PEOPLE:

Find Your 5 people

PLACES:

Find Your 3 places



PATIENCE:

Give it a
couple
semesters



Find Your Three Places

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

✧ **SWEAT**

✧ **PLAY**

✧ **PRAY**

✧ **LIVE**

✧ **LEARN**

✧ **LEAD**

✧ **LOVE**

✧ **WORK**

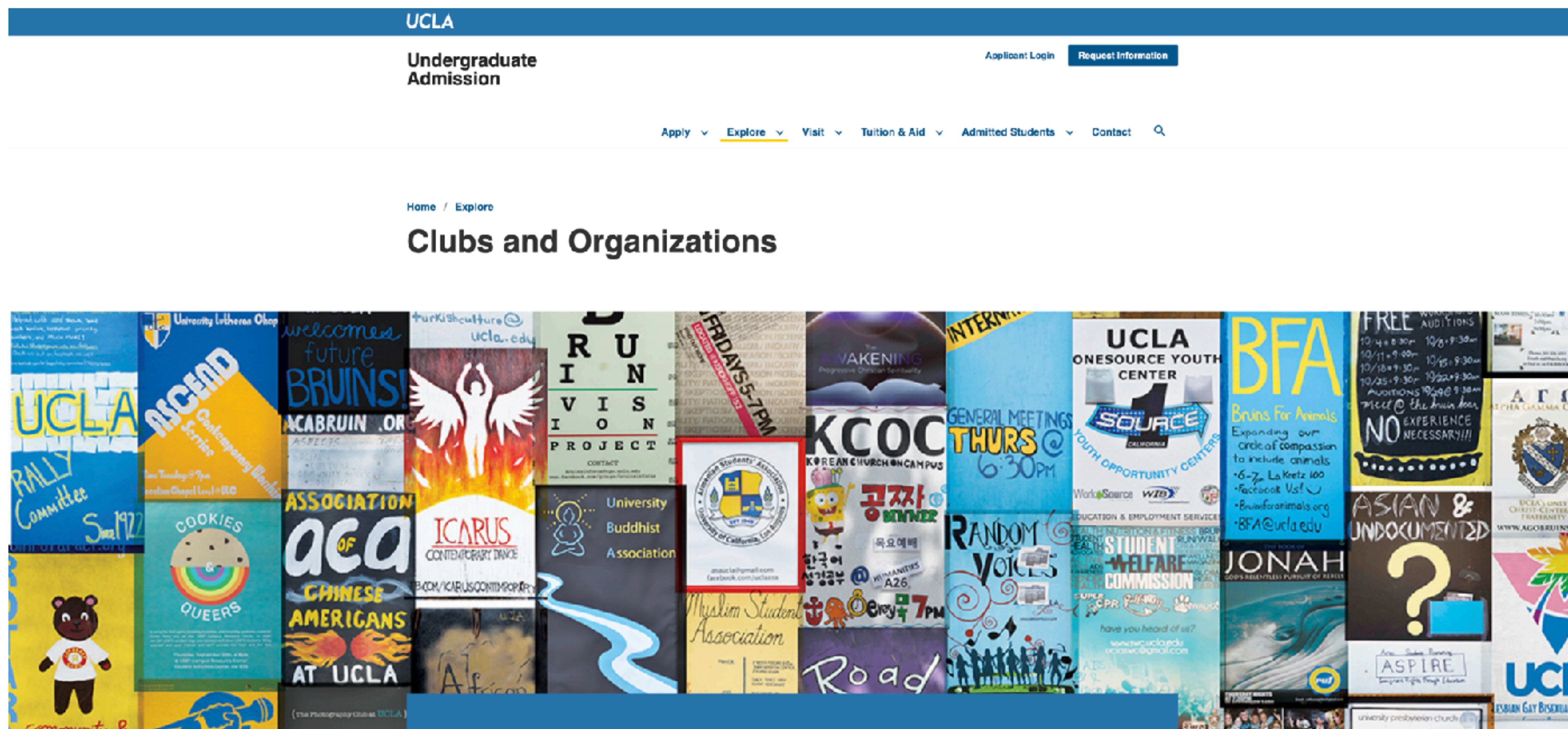


Find Your Three Places

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

Find Your Three Places

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



Find Your Three Places

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



[CALENDAR](#) [HELP DESK](#) [POWERSCHOOL](#) [E-FUNDS](#) [REVTRAK](#) [STAFF DIRECTORY](#)  

[Our School](#)

[Resources](#)

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Philanthropic/Service Clubs

The Philanthropic/Service clubs at Glenbrook North give students opportunities to participate actively in and contribute to their community.

Students engage in meaningful volunteer work that encourages them to become active, responsible citizens who are committed to making a difference in the world around them. Through these clubs, students gain a deeper understanding of the social issues prevalent in their community and develop a strong sense of empathy and compassion, nurturing their passion for service and inspiring them to become lifelong advocates for positive change.

Find Your Five People...





**People who
volunteer to help**

**People you ask
or enlist to help**

**People who are
paid to help**

Who are some of these people?

- Orientation leaders - peer mentor - professors - spiritual leaders
- residence life staff - counselors - coaches - captains - advisors
- student ambassadors - leaders of orgs - therapists - specialists
- students - professional staff, tutors - teaching assistants - grads
- high school mentors - friends - siblings

Source: U of Connecticut

Patience:
How long will it
take to get what
you want?



PATIENCE:

The ability to tolerate discomfort while finding your people and places.

How much time?

*~~Two weeks?~~

*~~Two months?~~

*~~Two semesters?~~

But really it takes a good two years to find the best people and places.



Patience



In 1990, my son turned 33 and moved into a garage.



Photo: Stuart Schwartz

He didn't have a regular job-job.
Oh sure, he had time to race his bike.
And rock climb. And play that trumpet in jazz
bars until who knows when. And you can be
sure nothing got in the way of those countless
treks. Places I'd never heard of.
We've had our moments through the years.
But all this (pause) really gets a father wondering.

Then he names Clif Bar® after me.

I worry too much. — Clifford Erickson, father of owner



Every flavor made with
certified organic ingredients

SIMPLE RULE #3

Their struggles belong to them...

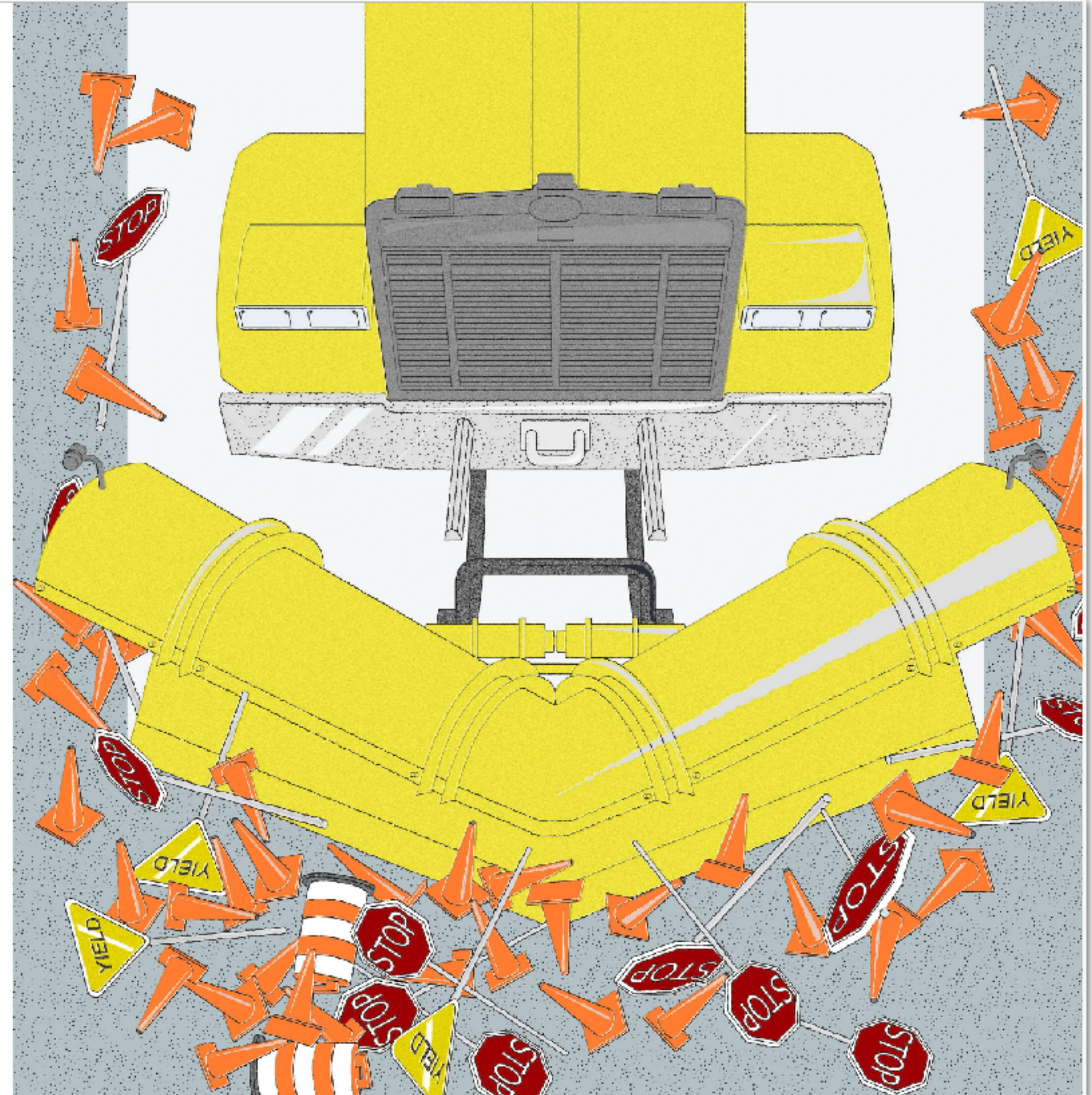


Their victories belong to you ! ! !



How Parents Are Robbing Their Children of Adulthood

Today's "snowplow parents" keep their children's futures obstacle-free — even when it means crossing ethical and legal boundaries.



Their Struggles Belong To Them...



Practice advocating, communicating, and navigating challenges in high school...

Their Struggles Belong To Them...



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

Tell Your Story As If...

It's (Pick a future date) and I had the most incredible semester! 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.



Tell Your Story Of Your Week

It's _____, 20__ and I had an incredible week!

I'm so proud of myself because I accomplished _____.

The most challenging part was _____.

The following people helped me: _____.

I found answers in the following places: _____ .

It took me (fill in time) to reach my goal. I'm so grateful and proud of myself and my accomplishments.



Tell Your Story as If It Has Already Happened

Fill in the Blank:

It's _____ (fill in the date). I reached my goal and accomplished _____ (fill in the blank). The most uncomfortable part of taking my risk was _____ (fill in the blank). I was able to find answers and overcome obstacles by leaning on the following three people:

_____ (Person 1),
_____ (Person 2), and
_____ (Person 3).

I was able to find connection, community, and answers in the following three places:

_____ (Place 1),
_____ (Place 2), and
_____ (Place 3).

It took me _____ (fill in amount of time) to get here. I'm so proud of myself and my accomplishments.

**It's easier to create
a life you love when
you have...**

3 PLACES

5 PEOPLE

PATIENCE



SIMPLE RULE #4

Apply the 24-Hour Rule



What is the 24-hour rule?

Give
problems
24 hours
to settle
breathe...



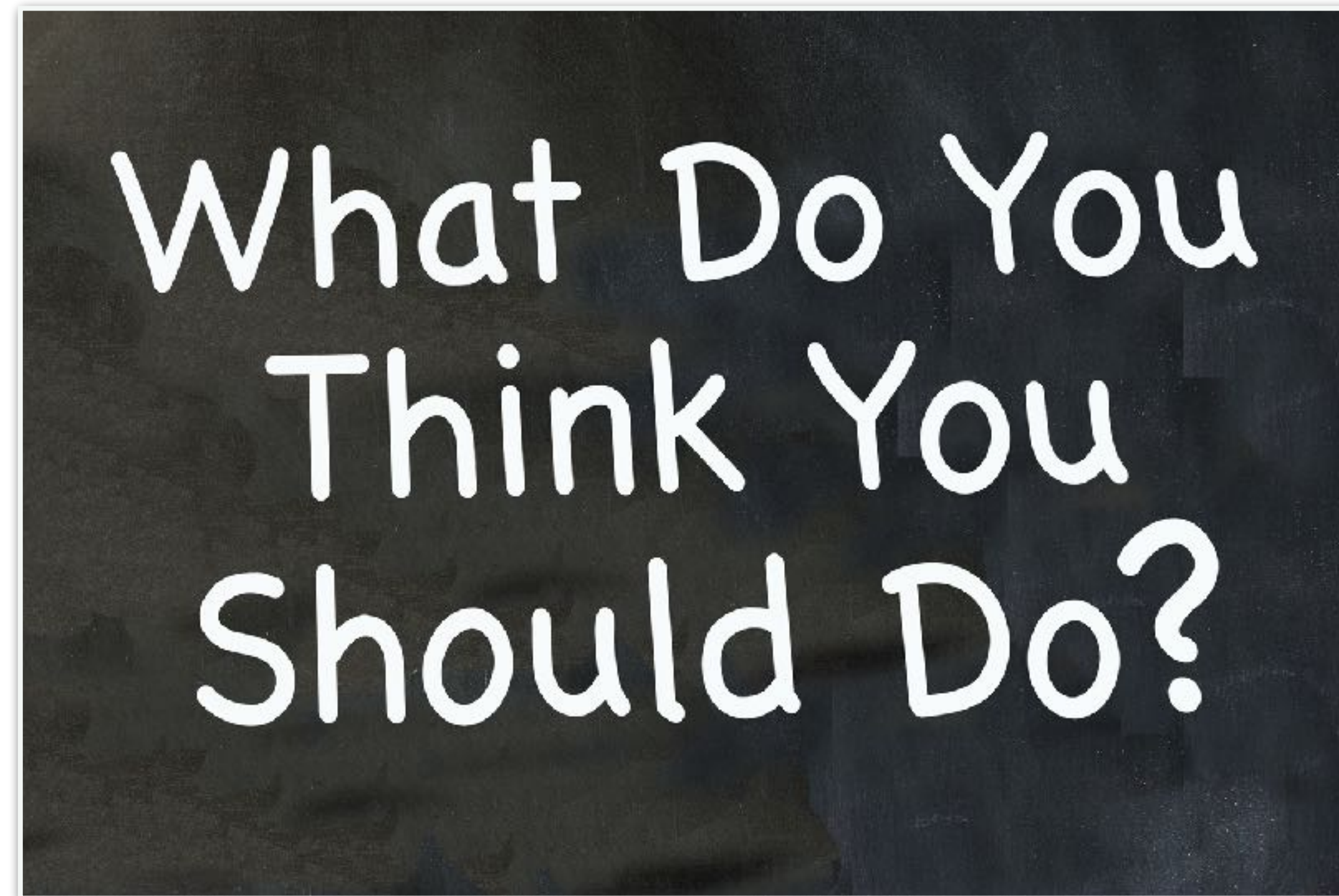
What's going to happen over the next 24 hours?



- ♦ **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 give them time to answer...)



**Are you looking
to vent or do you
want advice?**

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.

How long will it take?

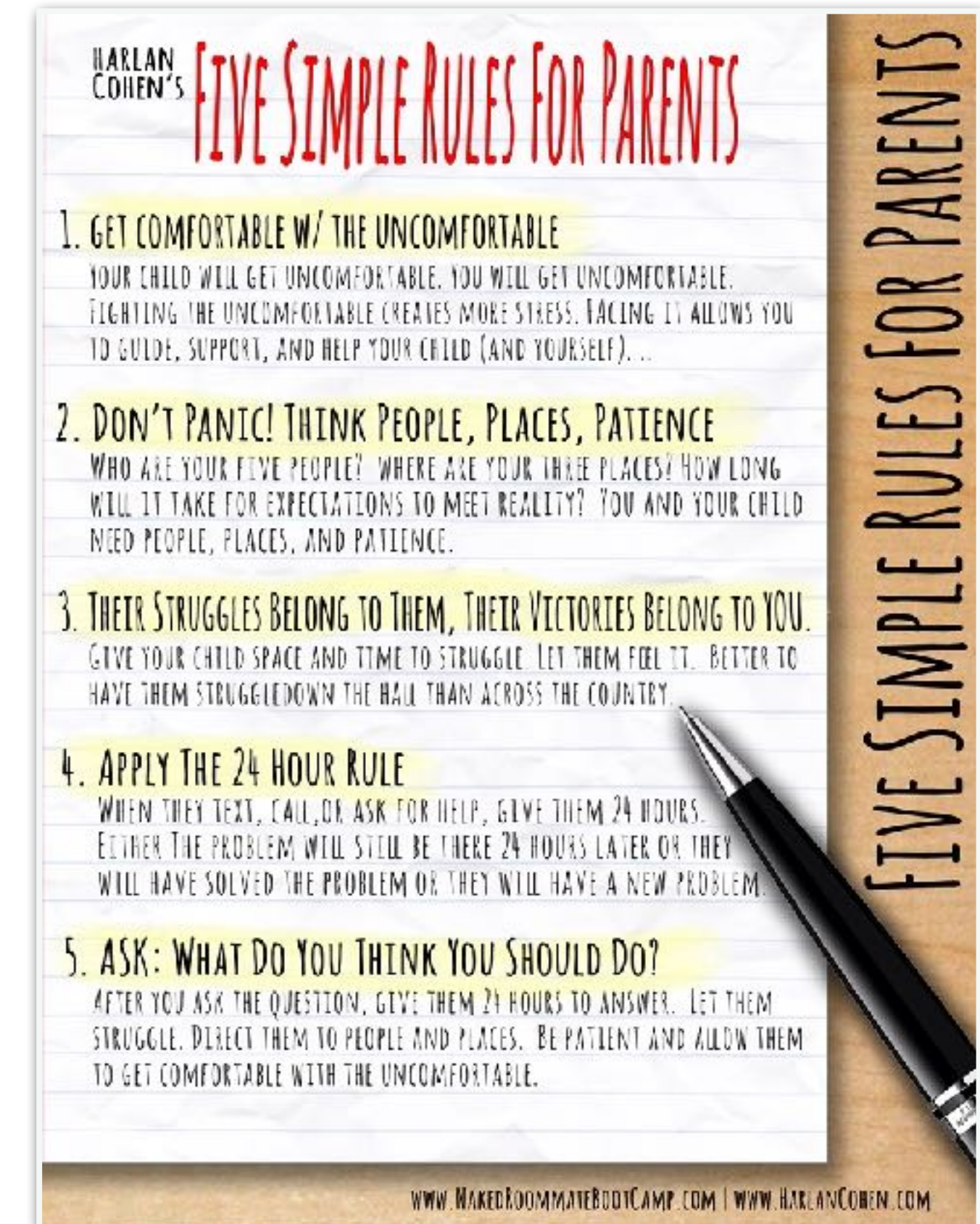
What does my child need to get comfortable with the uncomfortable?



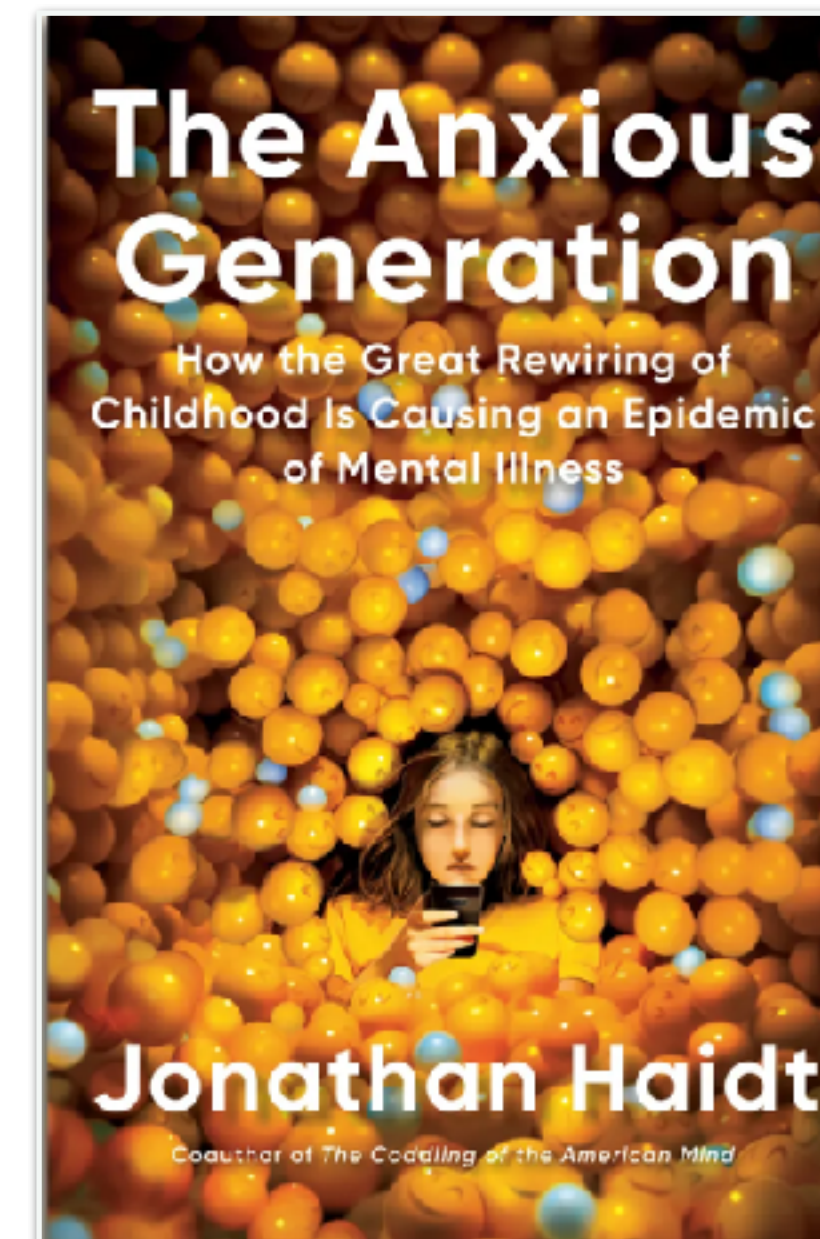
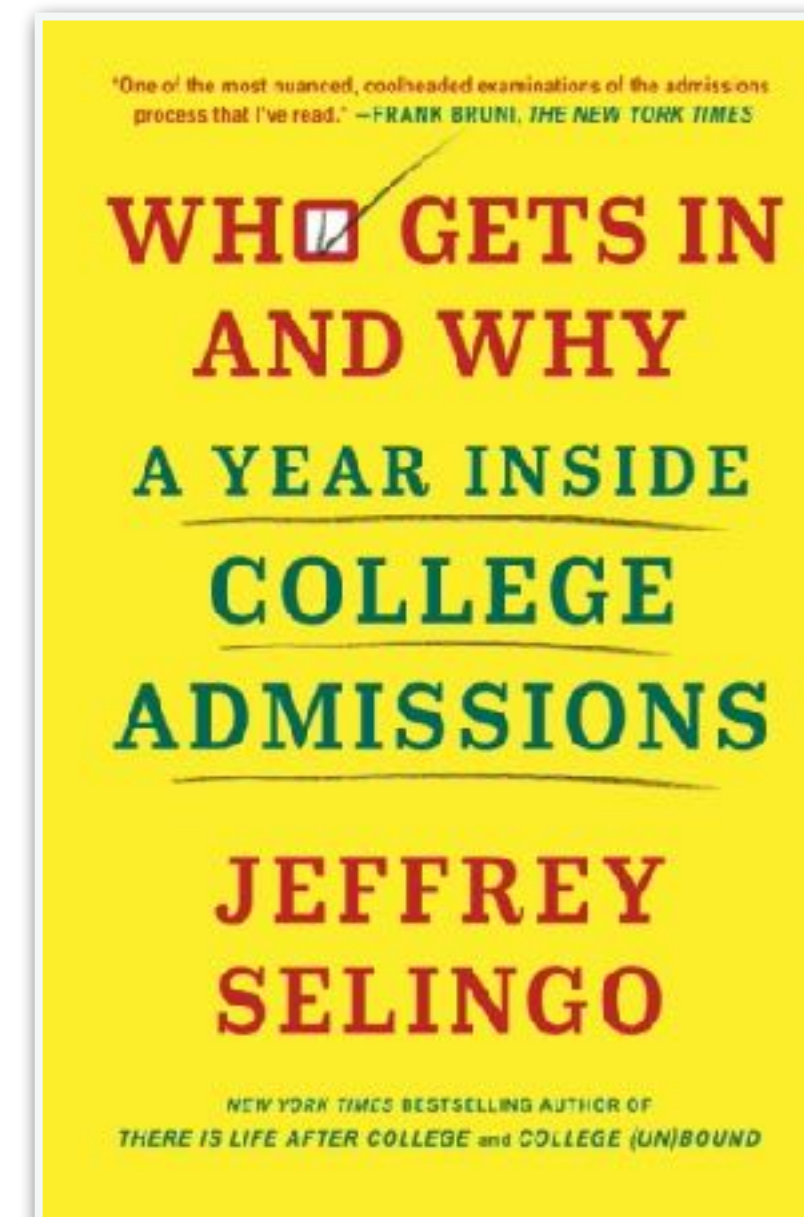
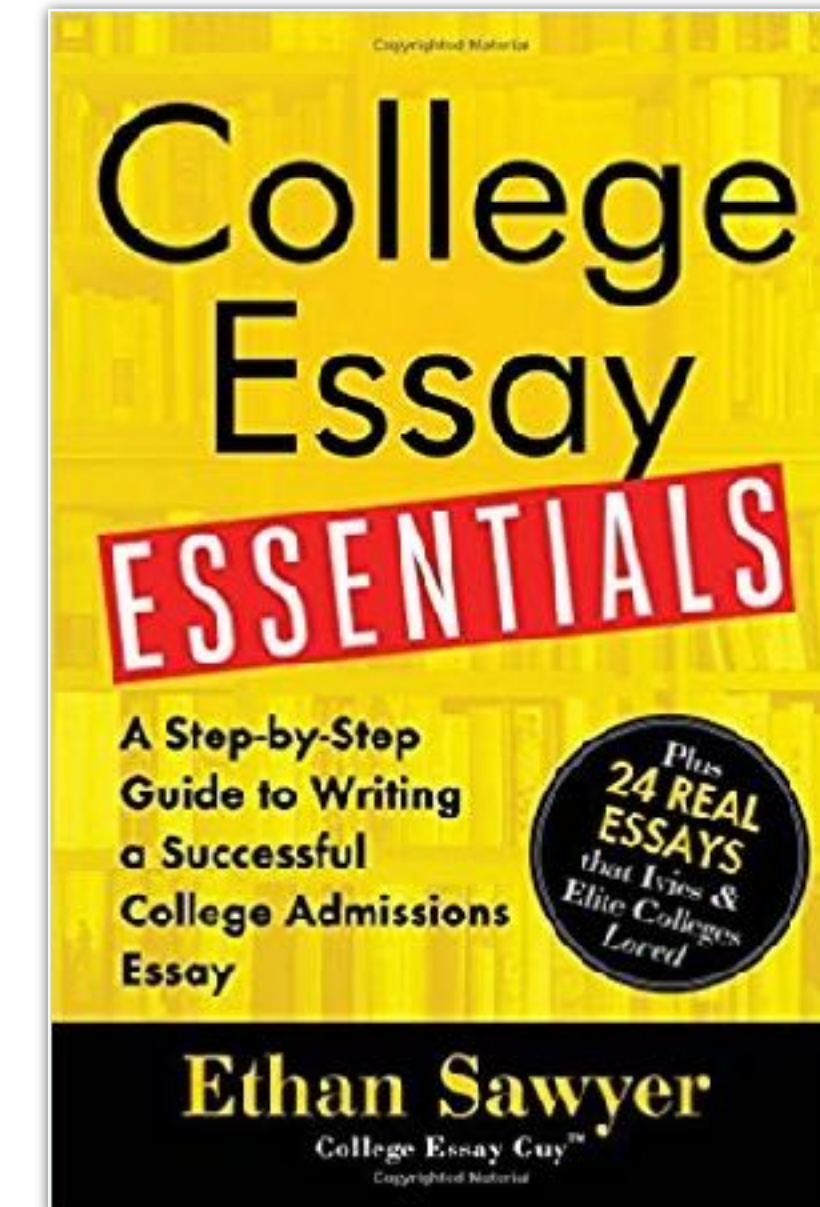
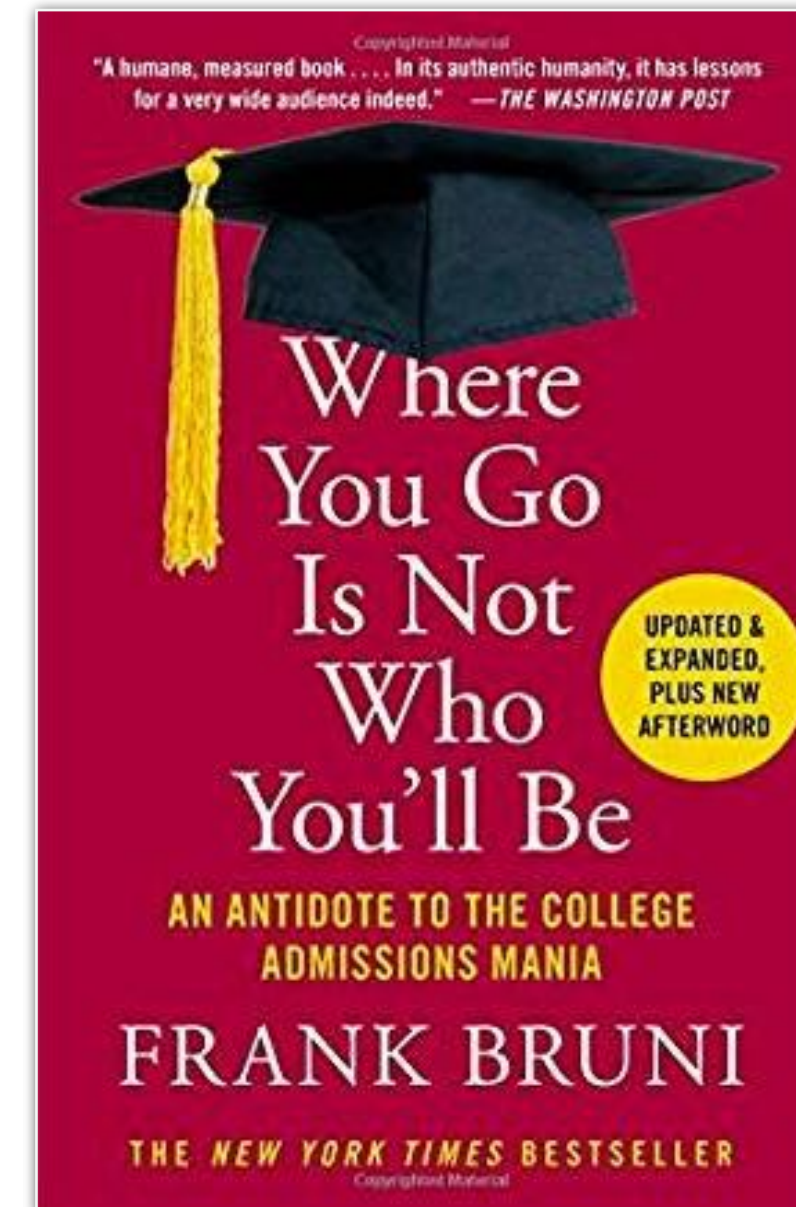
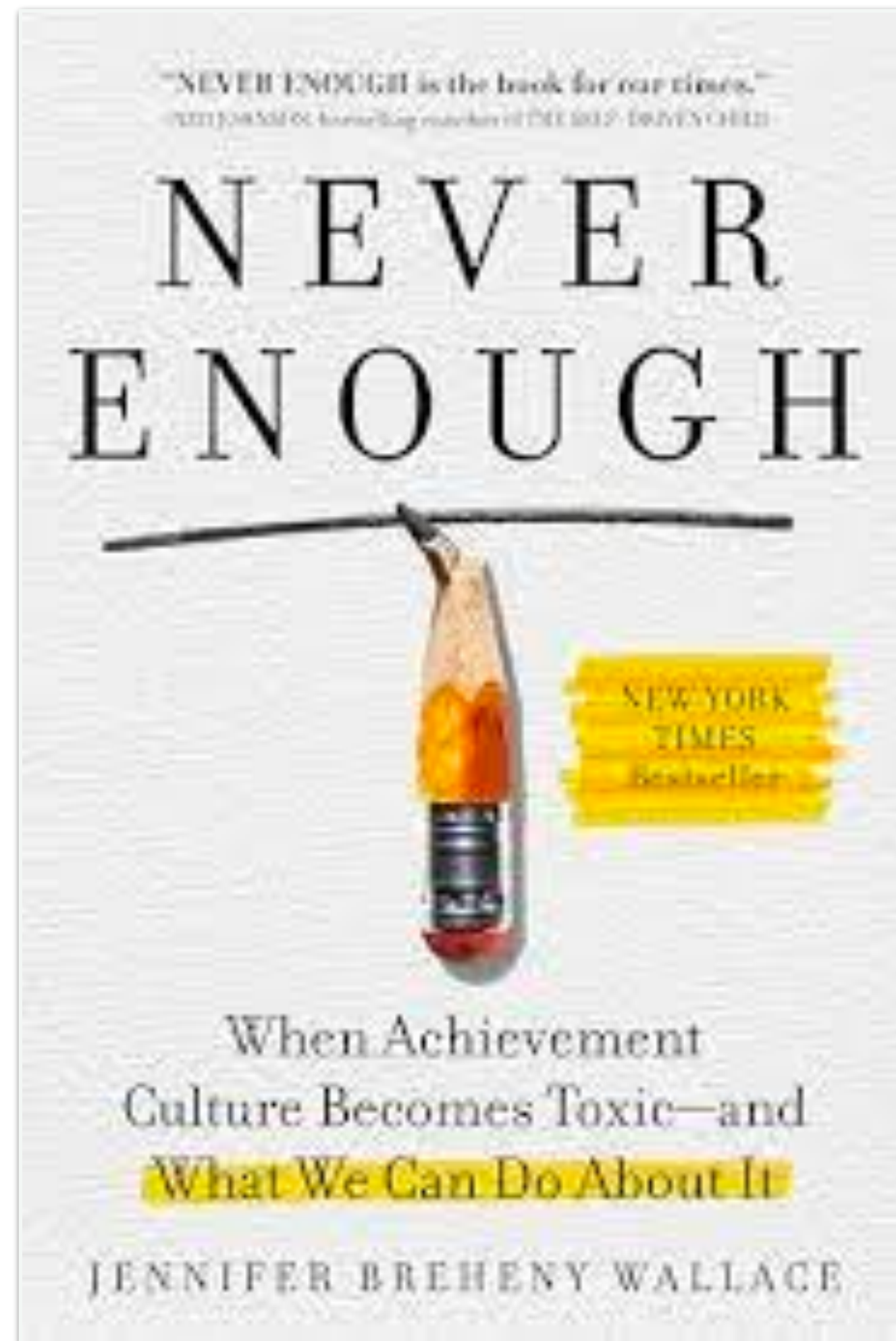
RECAP:

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?**



Suggested Reading



BEST FIRST YEAR LIVE GROUP COACHING and Q&A WITH HARLAN

Weekly (August-December)

Bi-Weekly (January-July)



GIFT OPTION...

ENTER CODE
GRAD40



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

(September 19 REPLAY) TOPIC: Finances (making money, managing money, saving money)

VIDEO - 37 MIN

VIDEO - 31 MIN

WOUNG)

(wə'ki:ŋ wounə' wə'nə:ʒi:ŋ wounə' zə'vi:ŋ

(zə'vɛmpɪt tə' kɛ'pɪv) TOPIC: Finances

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

◊ zɛkɪrɪz' fəʊzɪ'b' ənd ɒfɪr pɛd ɪdɛəz

◊ dɛʒɪŋ wɪθ ru:wmə'tɛ bɪɔ'pɪɛmz (kʌz' kɒnɪzɪɔɪz' ɒfɪr zɪnbɔɪt zʌzɪɛmz)

◊ wɪnɪz ɪz hɛə'ɪrɪl ru:wmə'tɛ kɒmju:nɪkɪ'ʃənz

◊ ru:wmə'tɛz ɛkspɛk'tɪʃənz (frɛndʃɪp ɪz ə bəʊnɪz)

◊ sɪkɪts, gɒsɪp, ənd ɒðər bəd ɪdɪəz

All CoursesMy DashboardHarlan C 



Welcome to Best First Year!

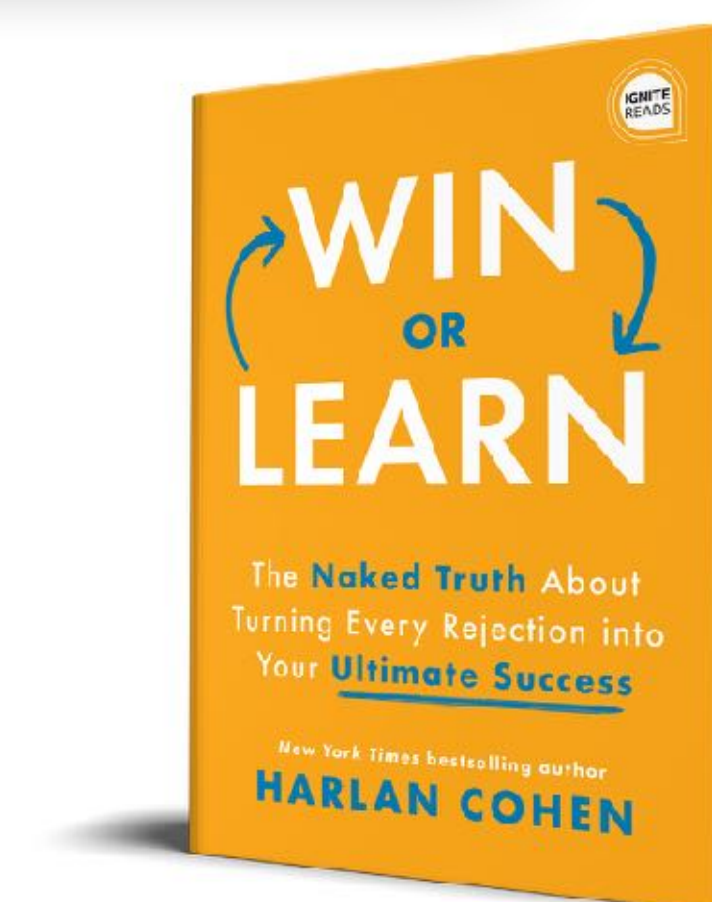
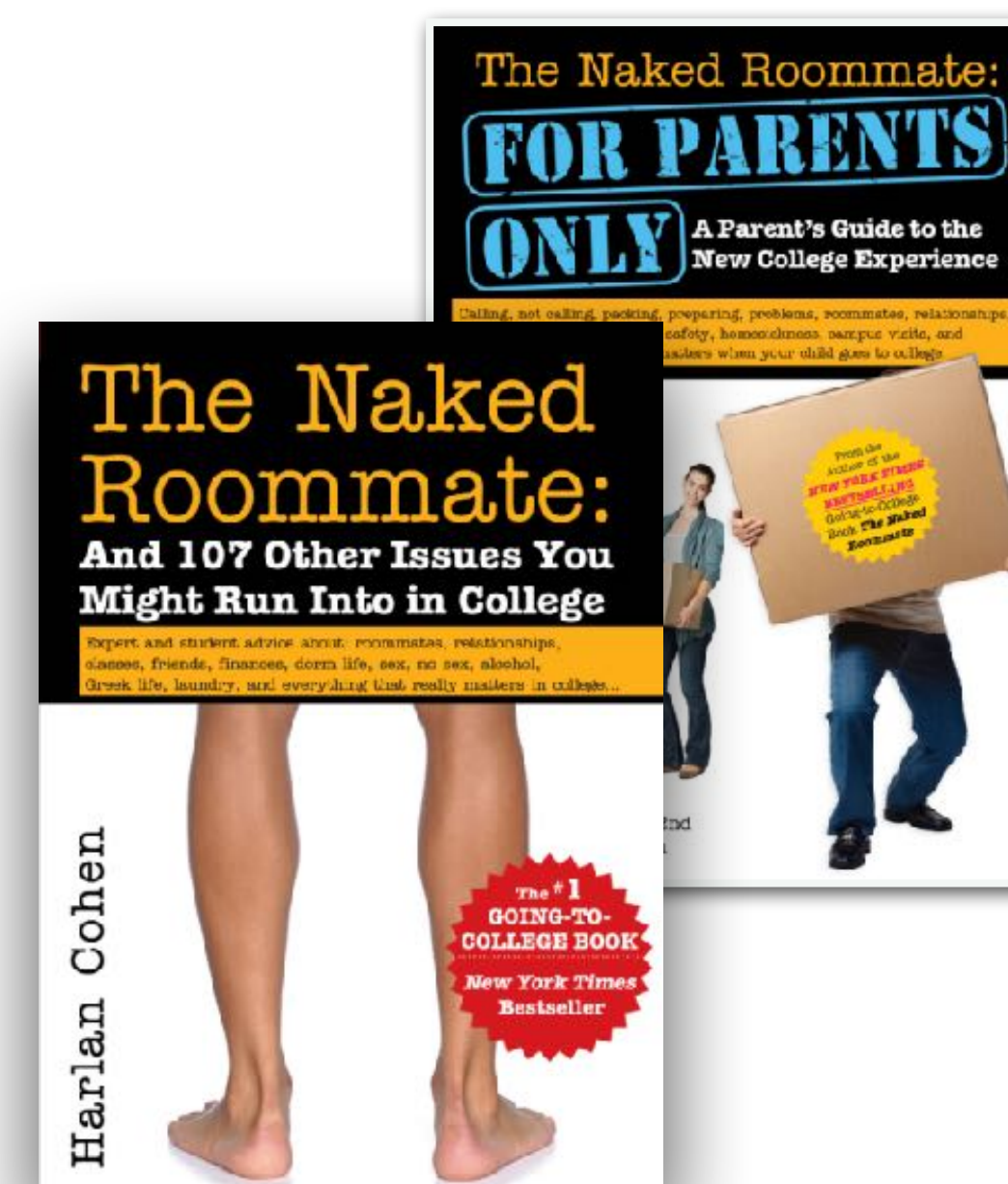
A College Success Coaching Program To Help Students Be Successful in College and Support Parents

[Sign Up Now](#)

13 Mistakes High School Seniors Make When Choosing a College (for students and parents)

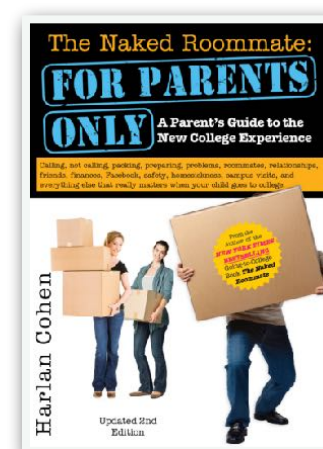
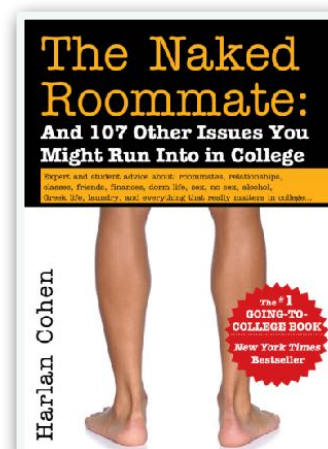
Join Harlan for this no cost LIVE event on December 5th at 7:30 pm CST. Register to get access to the recording. Invite friends and family.

[Tap Here to Register](#)





CONGRATS
Class of 2024!



HARLAN COHEN

www.HarlanCohen.com



/HelpMeHarlan



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