

LIVE ONLINE EVENT
NY TIMES BESTSELLING AUTHOR
HARLAN COHEN'S

17 Things You Need to Do Before College



FOR STUDENTS AND PARENTS

Tuesday, May 7, 2024

7:30 PM CST

NO COST - OPEN TO ALL

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/HelpMeHarlan



@HarlanCohen

Giving Away Five \$100 Gift Cards

Courtesy of College Ave



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Amy Recor

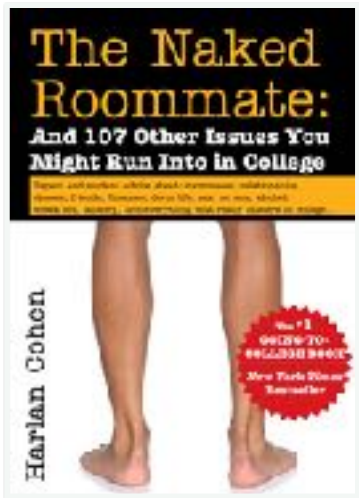


Shannon Arnett

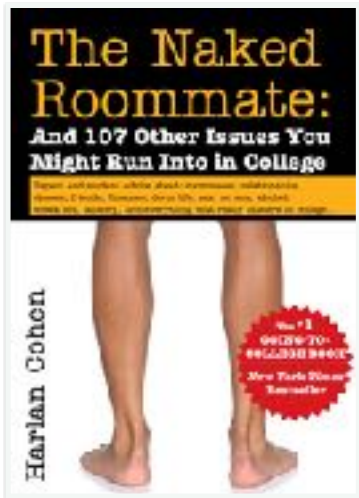
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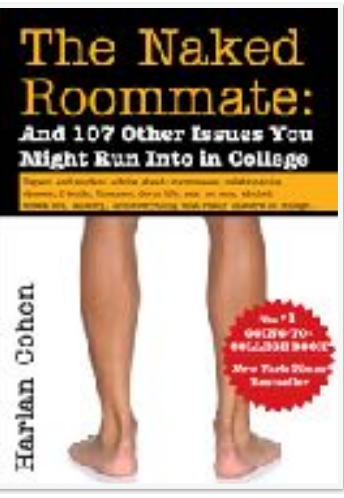
17 Copies of...



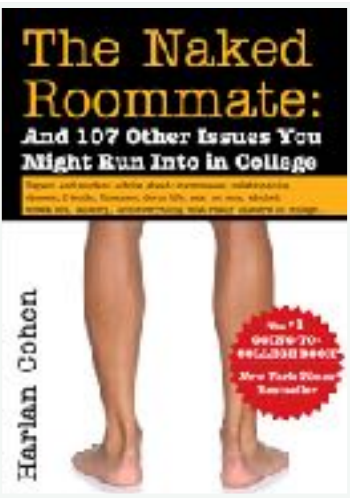
Christine Fimbres



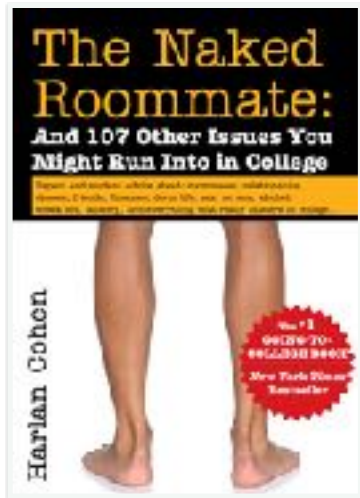
Sharon Esch



Vincent Yu



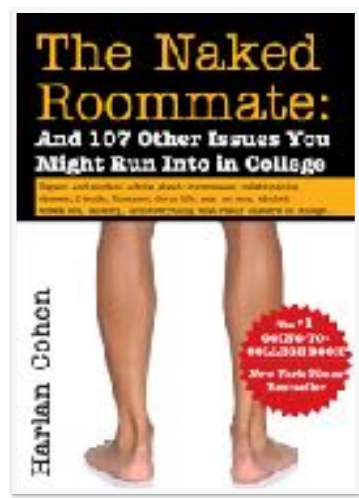
Martina Chaconas



Adam Levy



Mykcal Gilge



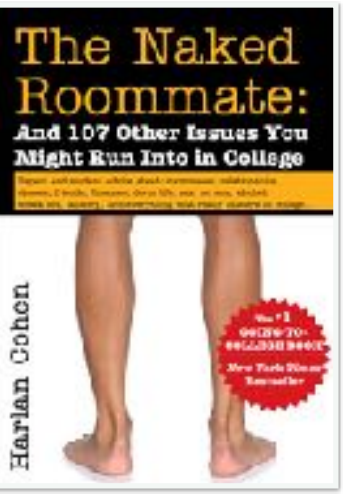
Susan Backus



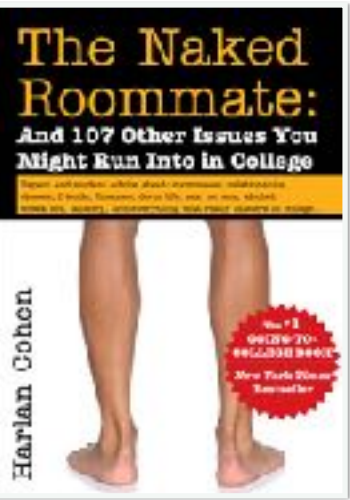
Shannon Mcnutt



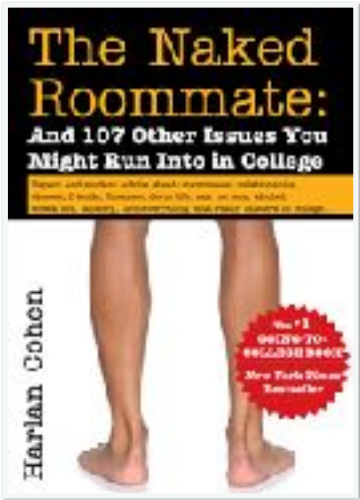
Kate Sonnenberg



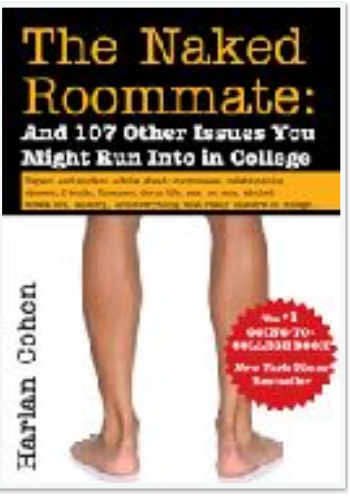
Melissa Marshall



Joy Horgan



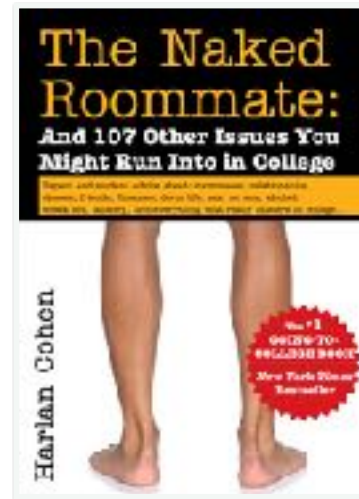
Lisa Cerepa



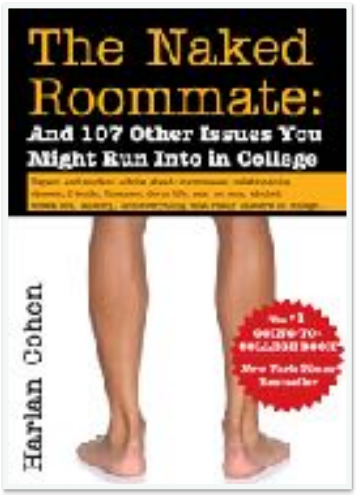
Che Tula



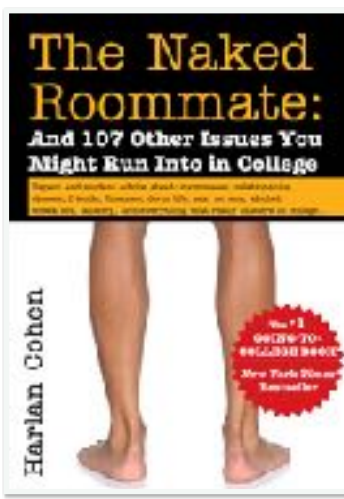
Suzanne Jones



Alana Rothman



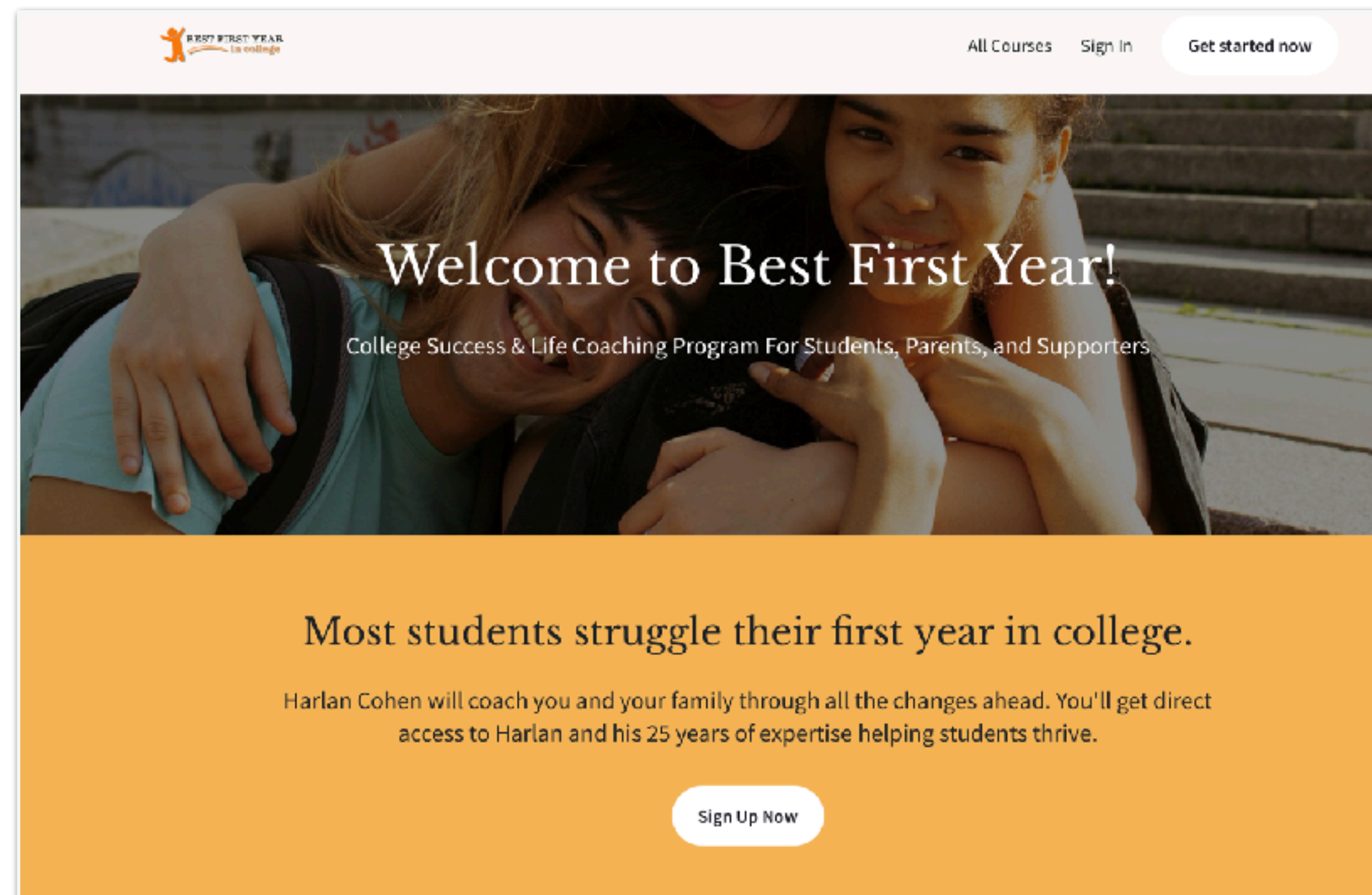
Jennifer Molinari



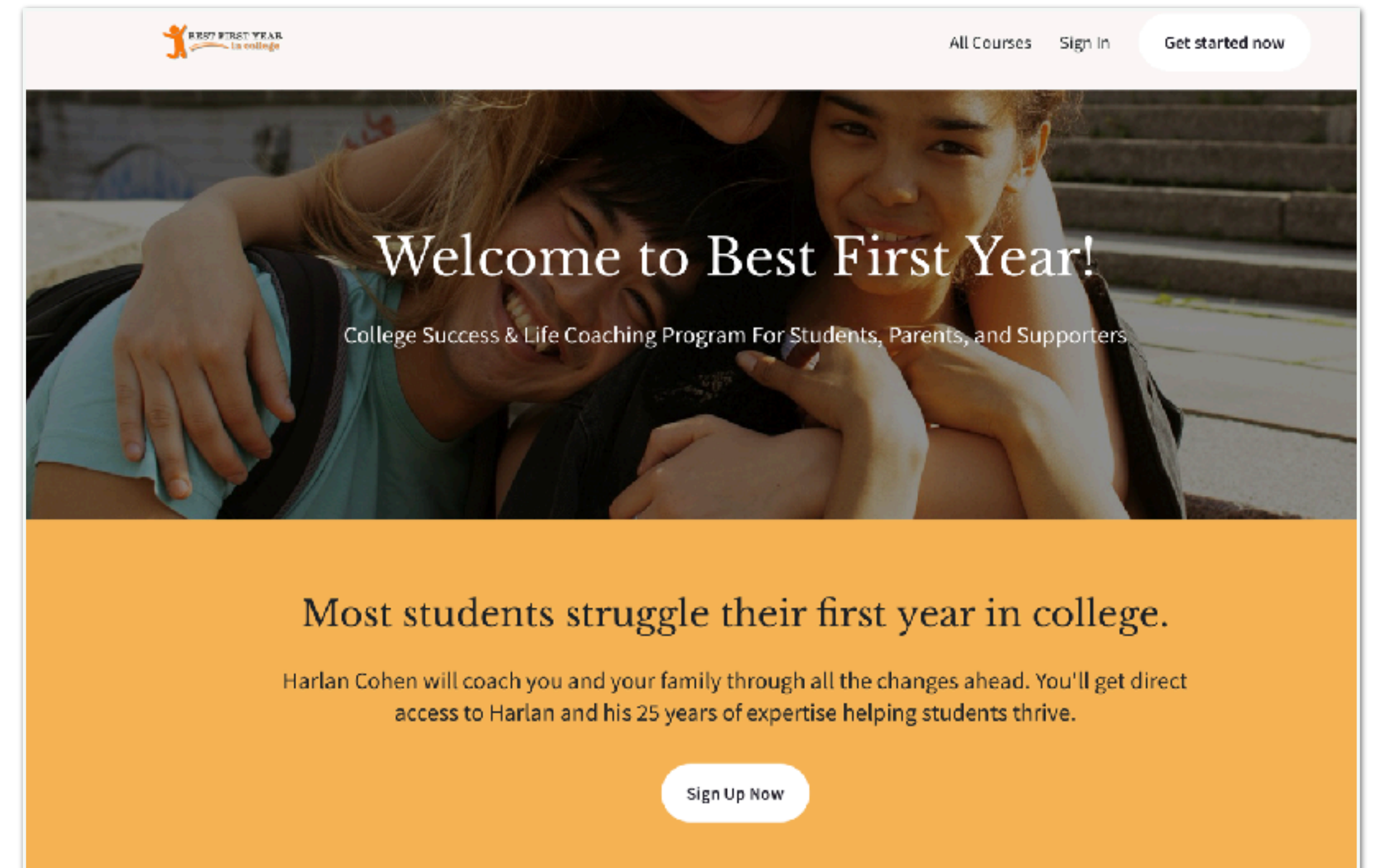
Donna Materdomini

Two Memberships

BEST FIRST YEAR College Success and Life Coaching for Student and Parents



Erin Quinlan



Candace Velazquez

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

WONEN

(waxiun wonen' wauagun wonen' zalun

(zebwere ta beeva) 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

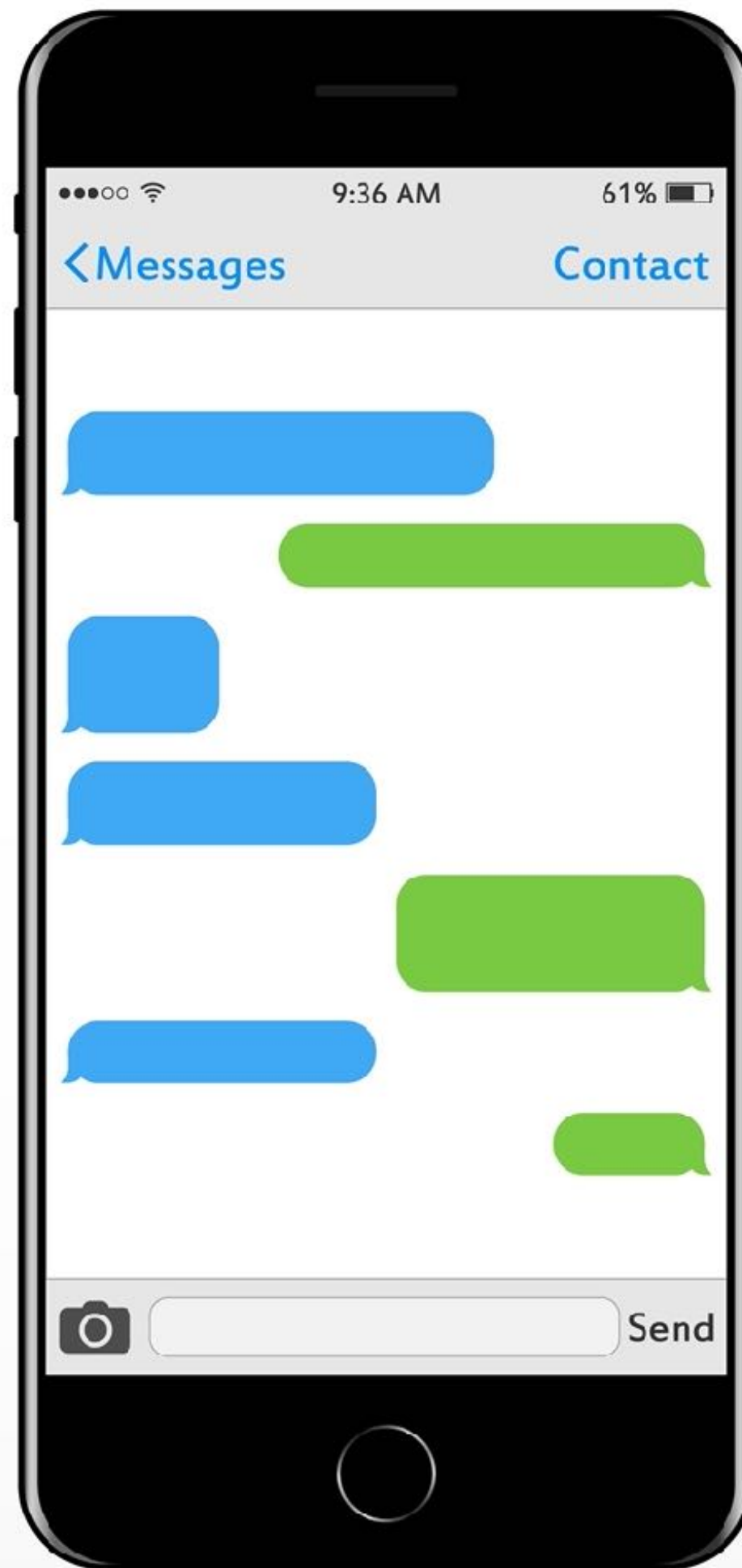
◊ secrets' gossip' and other bad ideas

◊ Dealign with roommate problems (RAs' counselors' other support systems)

◊ What is healthy roommate communication?

◊ Roommate's expectations (friendship is a bonus)

◊ Secrets, gossip, and other bad ideas



On a scale 1-10

How are you today? Why?

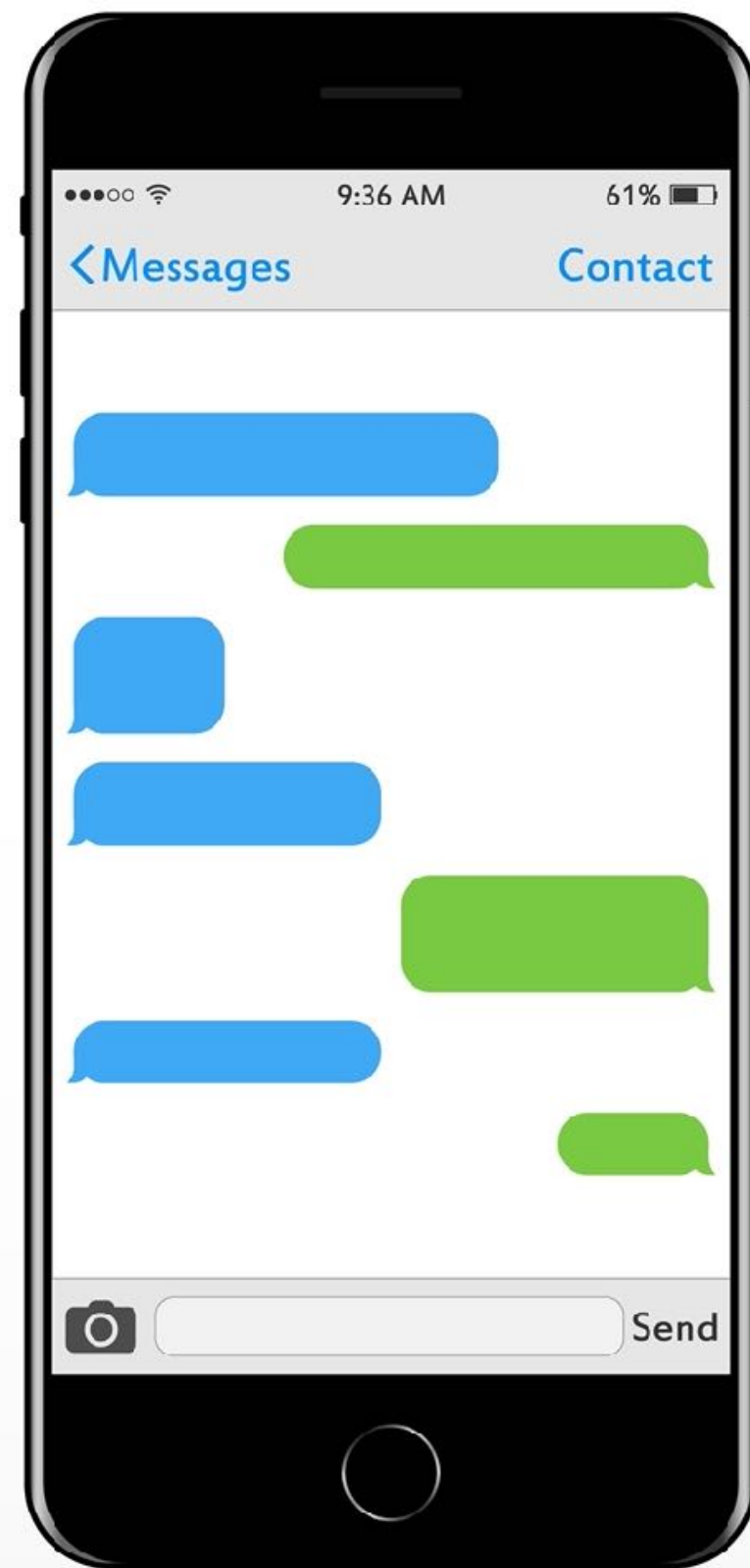
10 = Best Day Ever
9 = Amazing
8 = Fantastic
7 = Great
6 = Good
5 = OK
4 = Fair
3 = Bad
2 = Very Bad
1 = Worst Day Ever

Answer in the chat...

On a scale 1-10

How nervous are you about college?

In a few words, explain your answer...



10 = Extremely Nervous

9 = Very Nervous

8 = Pretty Nervous

7 = Fairly Nervous

6 = Barely Nervous

5 = Not Nervous

4 = Somewhat Calm

3 = Pretty Calm

2 = Very Calm

1 = Surprisingly Calm

Answer in the chat...



**IT ALL STARTS
BY DREAMING**

BIG

Jacob and Carson



**IT ALL STARTS
BY DREAMING**

BIG

Adela and Mia



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.

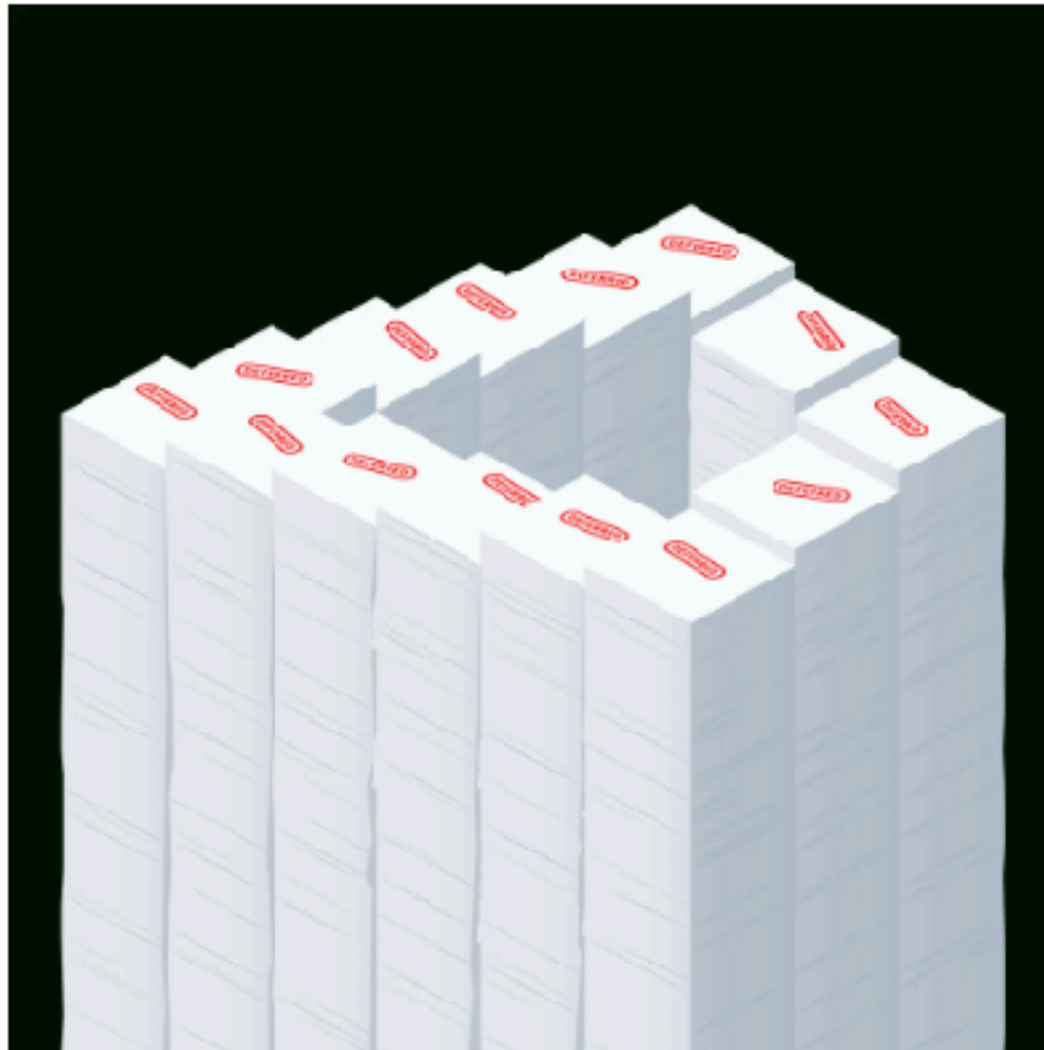
Harvard's acceptance rate, however, rose this year, from 3.34 to 3.59 percent, its first increase since 2020; at the same time, applications to the university fell by over 5 percent from last year. The small but notable shift comes after a year of controversy in which Harvard president Claudine Gay was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

GETTING IN...


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.

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, April 29, 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



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The New York Times

A FAFSA Fiasco Has Students Still Asking: Which College Can They Afford?

The new application for federal tuition aid was meant to be simpler. High school seniors say it has been anything but, and some are still unsure of their plans after graduation.



Listen to this article · 8:47 min [Learn more](#)



Share full article



230



Kenneth Seinshin hopes to be the first in his family to go to college. Maansi Srivastava/The New York Times

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The New York Times

PLAY THE CROSSWORDAccount

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.

Share full article

Robert Neubecker

By Ron Lieber
Reporting from Vanderbilt University in Nashville

Published April 5, 2024 Updated April 8, 2024

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17 Things You Need to Do...



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

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

College **AVE**

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

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

H. Mental Health

Students reported experiencing the following within the last 12 months:

2011

Felt things were hopeless

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

Felt exhausted (not from physical activity)

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

Felt overwhelmed by all you had to do

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

Felt very lonely

Percent (%)	Male	Female	Total
No, never	30.6	19.5	23.1
No, not last 12 months	20.7	19.2	19.7
Yes, last 2 weeks	20.0	25.7	23.9
Yes, last 30 days	10.9	15.1	13.7
Yes, in last 12 months	17.9	20.5	19.6
<i>Any time within the last 12 months</i>	48.8	61.3	57.2

If you don't know what's coming...
It's easy to panic, get lost, give up, or lose control.

H. Mental Health

Students reported experiencing the following within the last 12 months:

2019

Felt things were hopeless

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

Felt exhausted (not from physical activity)

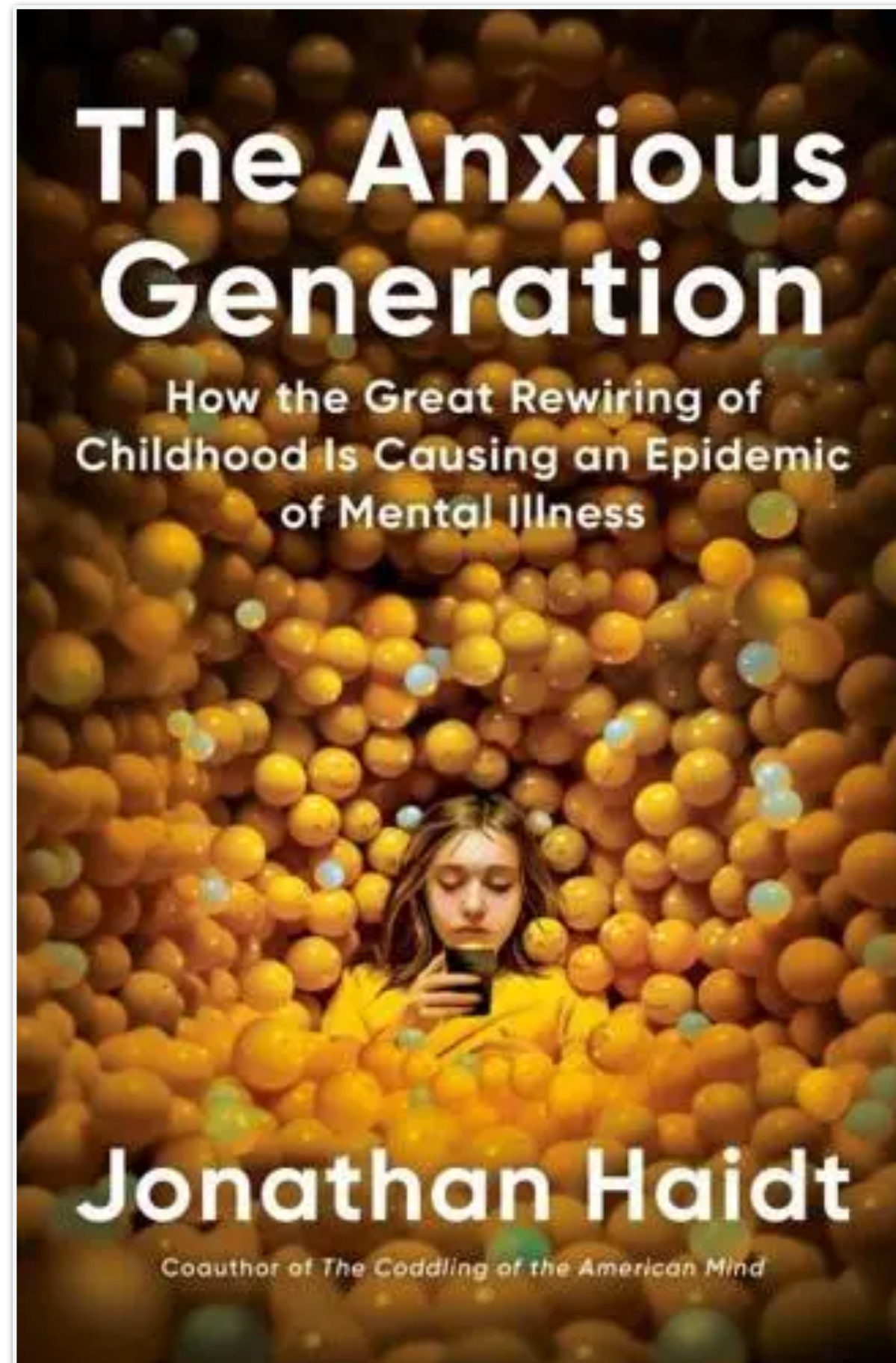
Percent (%)	Male	Female	Total
No, never	16.7	7.1	10.1
No, not last 12 months	7.3	4.3	5.2
Yes, last 2 weeks	42.6	57.0	52.8
Yes, last 30 days	15.3	15.9	15.6
Yes, in last 12 months	18.1	15.8	16.4
<i>Any time within the last 12 months</i>	76.0	88.6	84.7

Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
No, never	14.8	5.2	8.2
No, not last 12 months	6.9	3.2	4.3
Yes, last 2 weeks	41.7	58.2	53.3
Yes, last 30 days	15.3	16.2	15.9
Yes, in last 12 months	21.4	17.1	18.2
<i>Any time within the last 12 months</i>	78.4	91.5	87.4

Felt very lonely

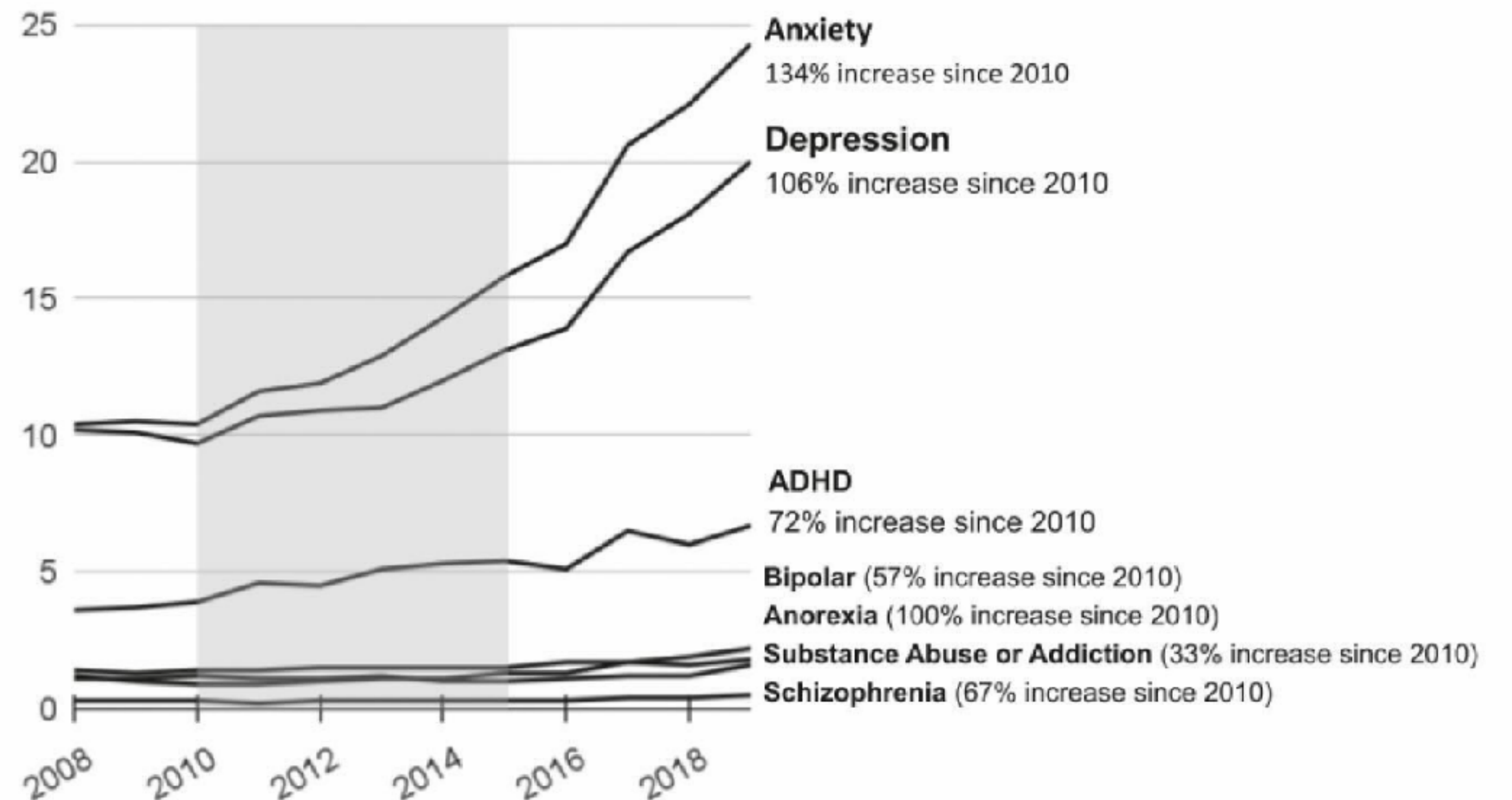
Percent (%)	Male	Female	Total
No, never	24.4	15.4	18.0
No, not last 12 months	17.6	16.3	16.5
Yes, last 2 weeks	24.2	30.1	28.8
Yes, last 30 days	11.3	14.9	13.8
Yes, in last 12 months	22.5	23.4	23.0
<i>Any time within the last 12 months</i>	58.0	68.4	65.6



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17 Things You Need to Do...

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Mental Illness Among College Students



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

Students Struggle but Don't Seek Colleges' Help

While students are still reporting COVID-19 mental health challenges, they are generally not taking advantage of counseling center services. As the following 12 ideas show, even centers strapped for resources can strive for better supports, both now and post-pandemic.

By **Melissa Ezarik** // April 14, 2021



GRAFXART8888/ISTOCK/GETTY IMAGES PLUS

However, the latest Student Voice survey, conducted by *Inside Higher Ed* and College Pulse and presented by Kaplan, indicates that a year into the pandemic:

- 65 percent of students report having fair or poor mental health.
- 63 percent of those who say it's poor would grade their college's response to student mental health and wellness services a C or lower (compared to 43 percent of all students).
- 47 percent say they could have used some (28 percent) or a lot (19 percent) more support from their college during this time.
- Only 15 percent engaged in college-offered counseling in the past year.

"This should be a wake-up call. Even if it feels like we are starting to move back into a normal phase, students are still suffering," says Lisa Sontag-Padilla, a behavioral and social scientist at the nonprofit RAND Corporation who has written on [helping college students manage COVID's mental health impacts](#).

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

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

IU is partnering with TimelyMD to better meet students' needs

FOR IMMEDIATE RELEASE | Jan 31, 2023



Twitter

Facebook

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

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

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



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

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17 Things You Need to Do...

College 

Your last BIG transition was during COVID...


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THE LAST NORMAL SCHOOL YEAR...		
	for students currently in...	was
SY 2021-2022	12th Grade	Grade 9
	11th Grade	Grade 8
	10th Grade	Grade 7
	9th Grade	Grade 6
	8th Grade	Grade 5
	7th Grade	Grade 4
	6th Grade	Grade 3
	5th Grade	Grade 2
	4th Grade	Grade 1
	3rd Grade	Kindergarten
	2nd Grade	Never
	1st Grade	Never
	Kindergarten	Never
		SY 2018-2019

©AprilRequard

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

- 
- A person in a green shirt is balancing on a yellow slackline in a grassy park. Other people are visible in the background, some also on slacklines. The scene is outdoors with trees and a clear sky.
- 1. WANT SOMETHING**
 - 2. EXPECT THE UNEXPECTED**
 - 3. GET COMFORTABLE WITH THE UNCOMFORTABLE**
 - 4. EMBRACE THE UNIVERSAL REJECTION TRUTH**
 - 5. FIND YOUR THREE PLACES**
 - 6. FIND YOUR FIVE PEOPLE**
 - 7. PRACTICE PATIENCE**
 - 8. TALK TO YOUR PARENTS**

- 9. DEADLINES & CAMPUS EMAIL**
- 10. FOLLOW, LIKE, POST**
- 11. READ THE CAMPUS NEWSPAPER**
- 12. KNOW THESE ROOMMATE RULES**
- 13. KNOW THESE RELATIONSHIP RULES**
- 14. ASK, BUDGET, WORK**
- 15. HAVE RULES FOR GOING OUT**
- 16. FIND ACADEMIC SUPPORT**
- 16.1 MENTAL HEALTH TRANSITION PLAN**
- 17. TELL YOUR STORY AS IF...**

#1 WANT SOMETHING

**YOU ARE THE
CREATOR
OF YOUR JOY**

**YOU ARE THE
MAKER OF
YOUR DREAMS**



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**You are worthy and
deserving of anything you
want and desire**

Today is the future

I created yesterday

Forget about being wanted...



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Focus on what **YOU** want

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

Think friends, relationships, experiences...

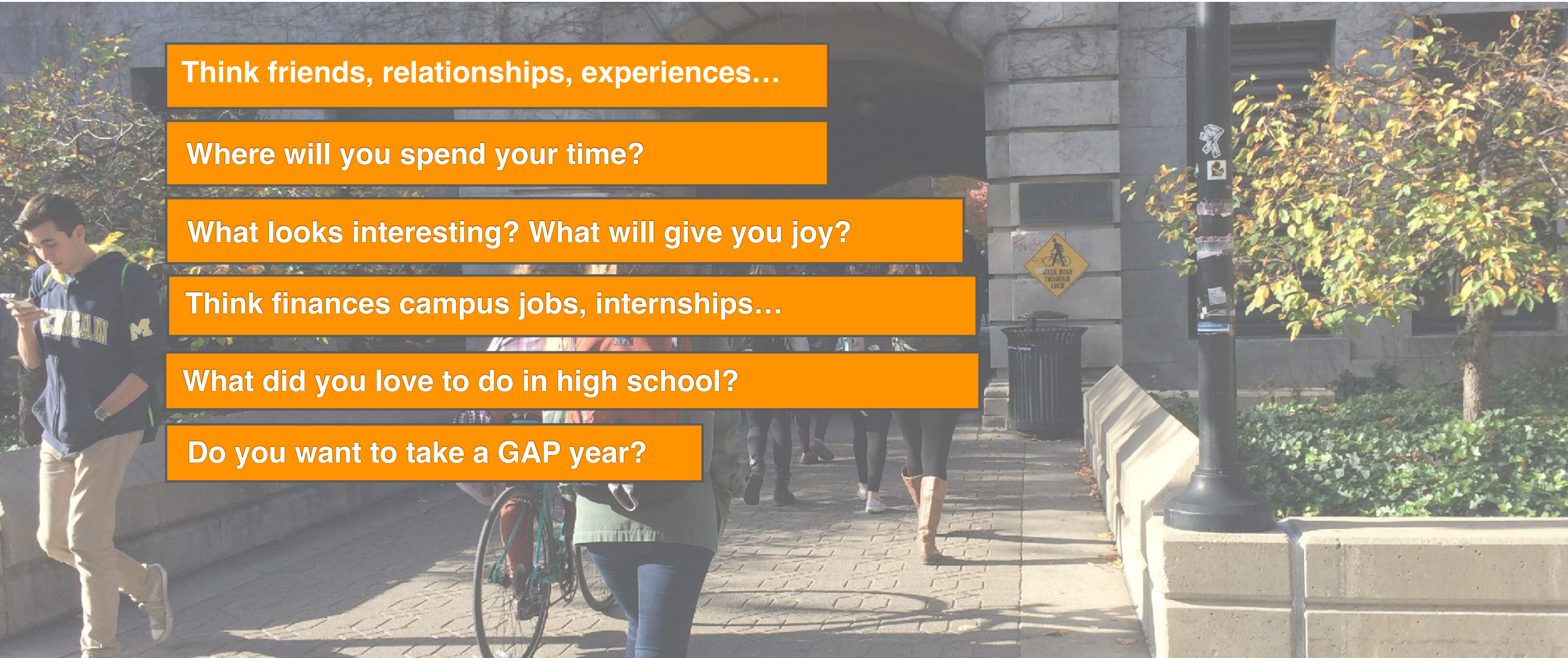
Where will you spend your time?

What looks interesting? What will give you joy?

Think finances campus jobs, internships...

What did you love to do in high school?

Do you want to take a GAP year?



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

- *Nelson Mandela*



#2 EXPECT THE UNEXPECTED



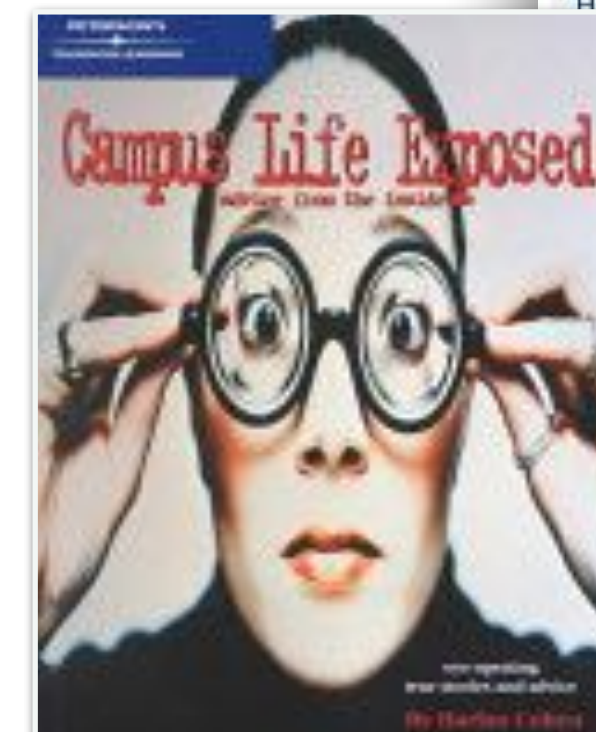
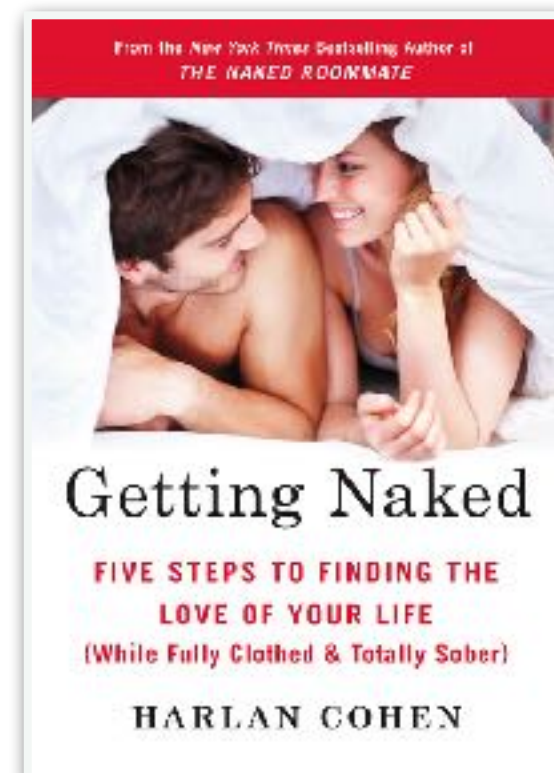
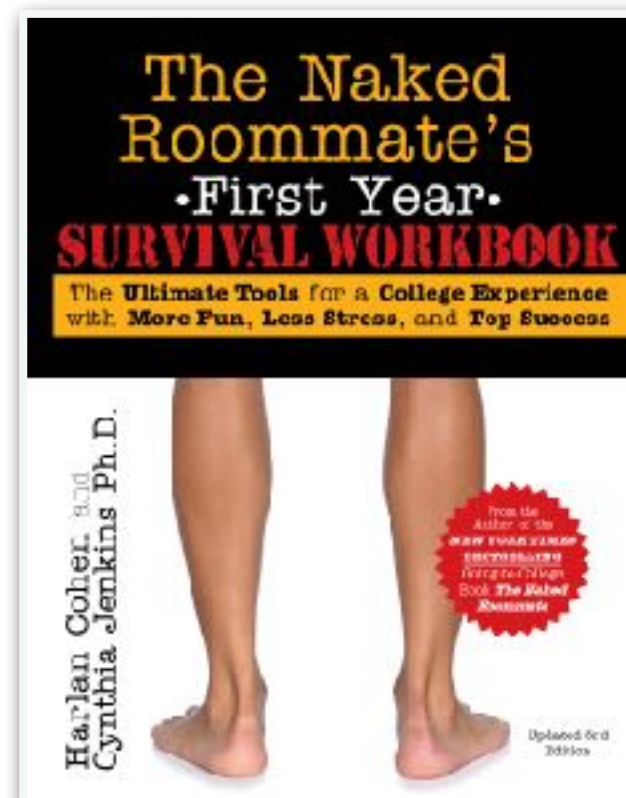
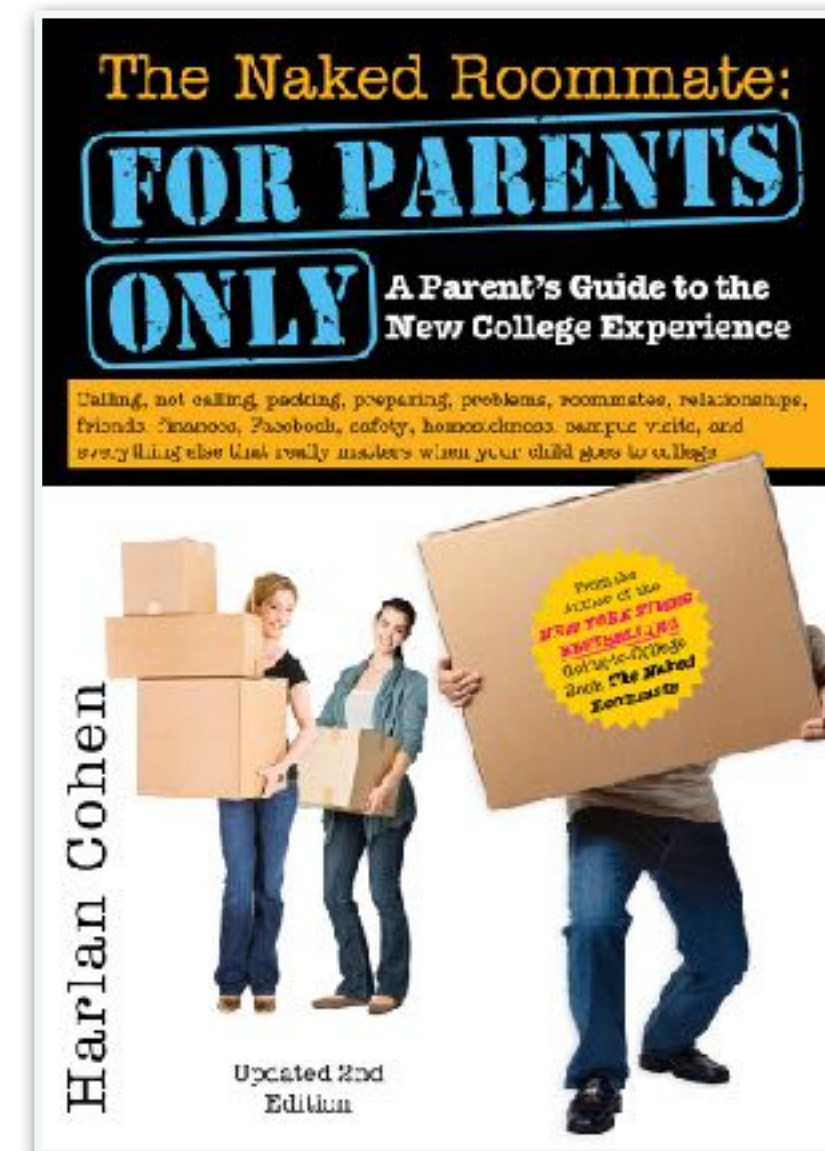
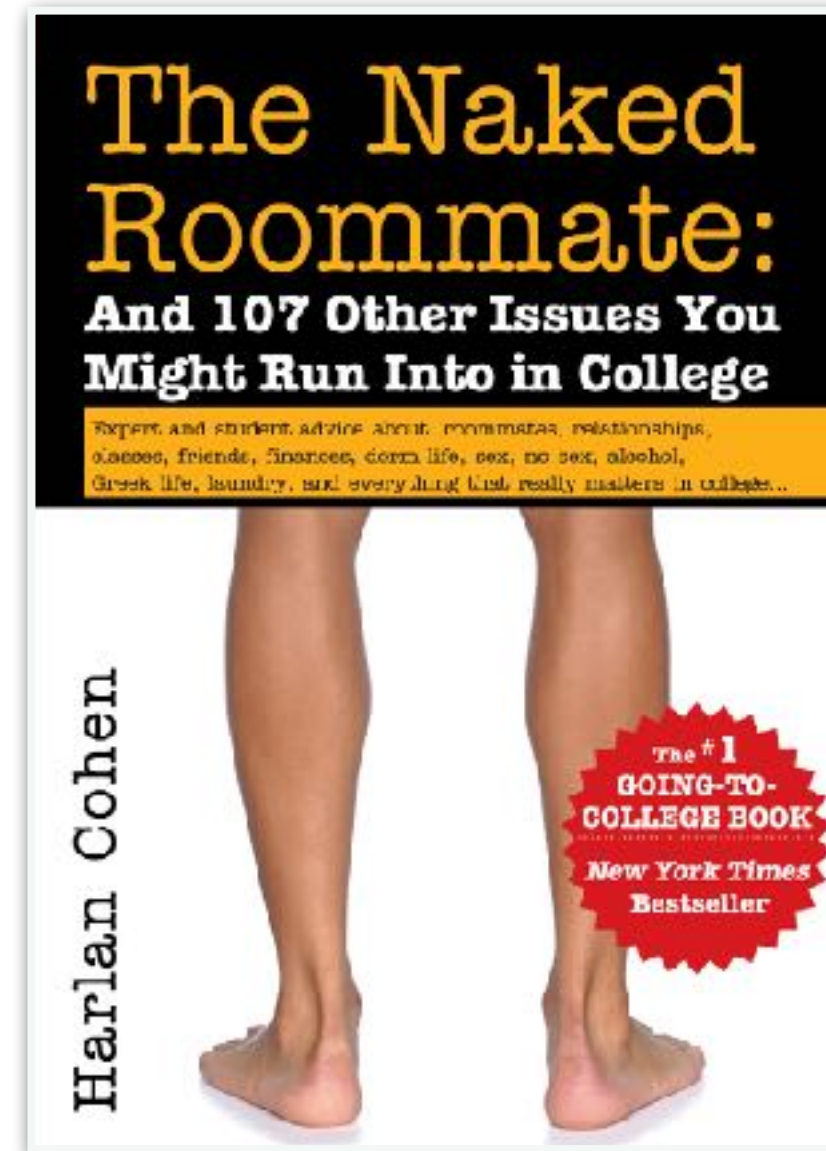
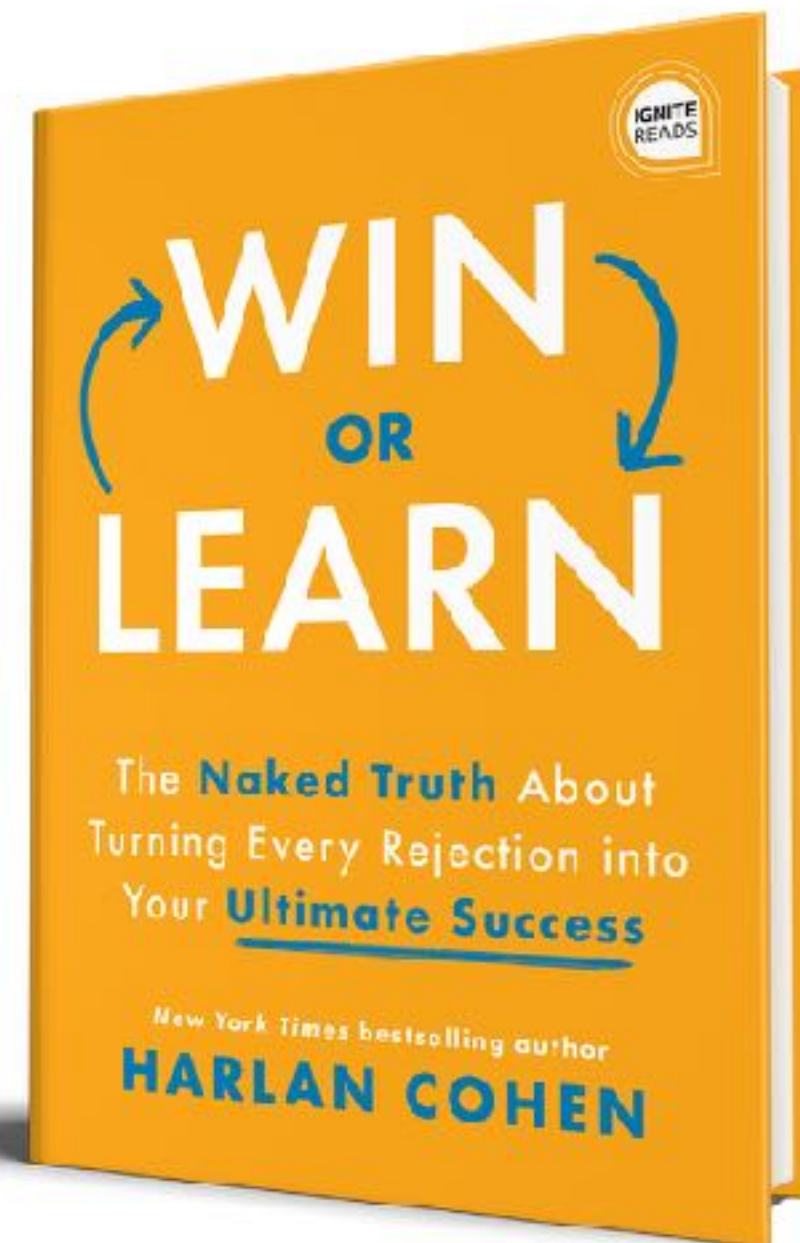
RAs Kim Cahill (Wheelock'21) (from left) and Kelly Bertkus (Wheelock'21) helping Abdullah Robins (CAS'21), who's showing his proof of a scheduled COVID-19 test before getting the key to his dorm. Showing proof of a scheduled COVID-19 test is required for all students moving into campus housing.

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

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WHAT DO I DO? Research and Write Books



BEST SELLERS> EDUCATION

Best Sellers

June 2015

May 2015 July 2015

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

OVERVIEW

PRINT & E-BOOKS
Fiction
Nonfiction

HARDCOVER
Fiction
Nonfiction

PAPERBACK
Trade Fiction
Mass-Market Fiction
Nonfiction

E-BOOKS
Fiction
Nonfiction

ADVICE & MISC.
Combined

CHILDREN'S
Picture Books
Middle Grade
Young Adult
Series

GRAPHIC BOOKS
Hardcover
Paperback
Graphic Novel

WEEKLY LISTS
Fiction
Nonfiction
Mystery
Science Fiction
Fantasy
Children's
Young Adult
Graphic Novels

WHAT DO I DO? Support College Students



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

Videos

Favorites

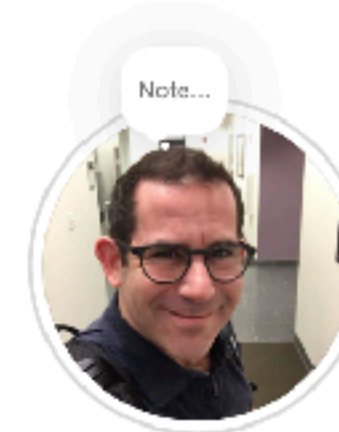
Liked

Playlists



Life Tips

84 posts



harlancohen

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View archive

Ad tools



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

linktr.ee/harlancohen



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



BEST FIRST ...



Speaking



Coaching



URSELF



PAY 4 COLL...



TODAY



BOOKS

POSTS

REELS

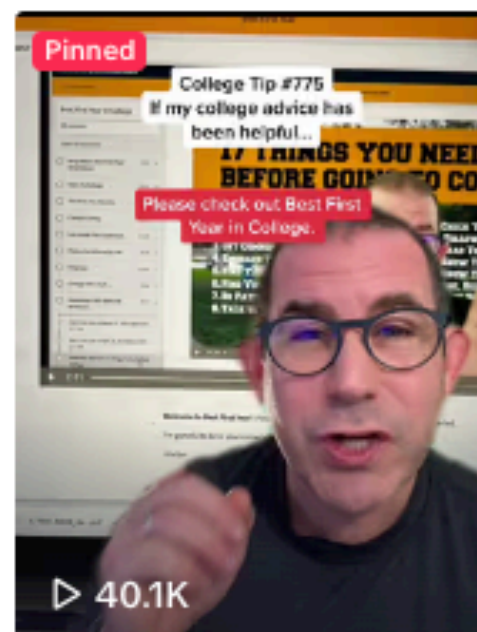
SAVED

TAGGED

Videos



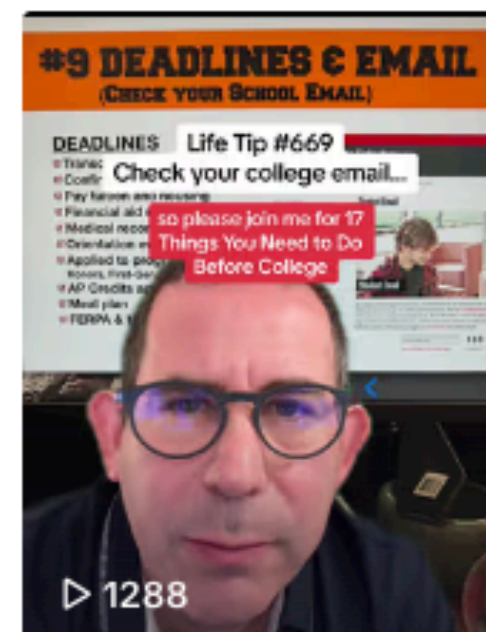
Life Tip 508: When some...



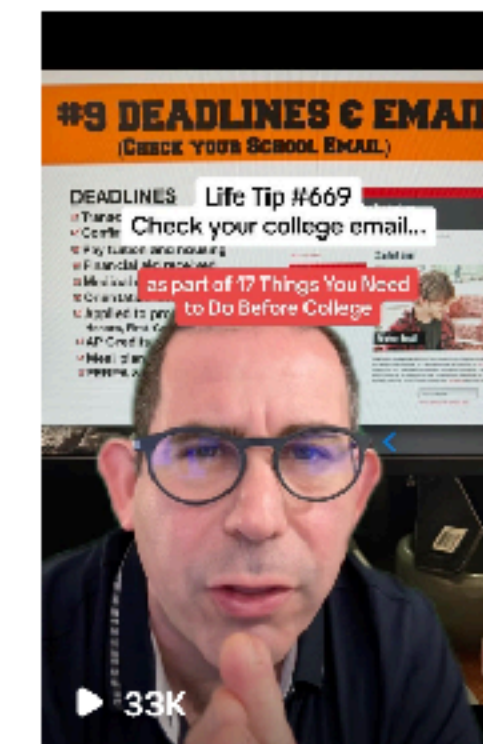
College Tip 775: If my col...



College Tip 336: Get Co...



Life Tip 638: Check your ...



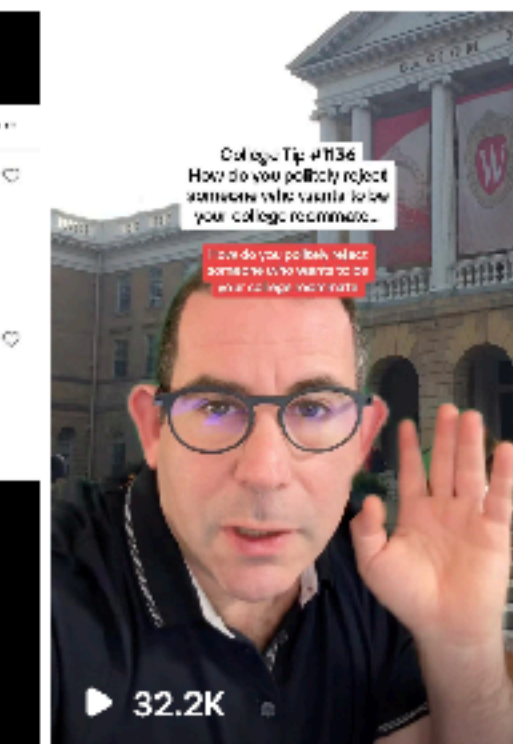
33K



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, Listen, Share



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

WHAT DO I DO? Share Stories

HUFFPOST

NEWS · CORONAVIRUS · POLITICS · ENTERTAINMENT · LIFE · PERSONAL · VIDEO · BLACK HISTORY MONTH

**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**

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

By Harlan Cohen

POSTED: 07/27/2015 12:01:03 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

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

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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,... >

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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FEB 1, 2024

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

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[▶ PLAY](#) 47 min

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

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



No one told me what to expect...

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



X Roommate was not my friend

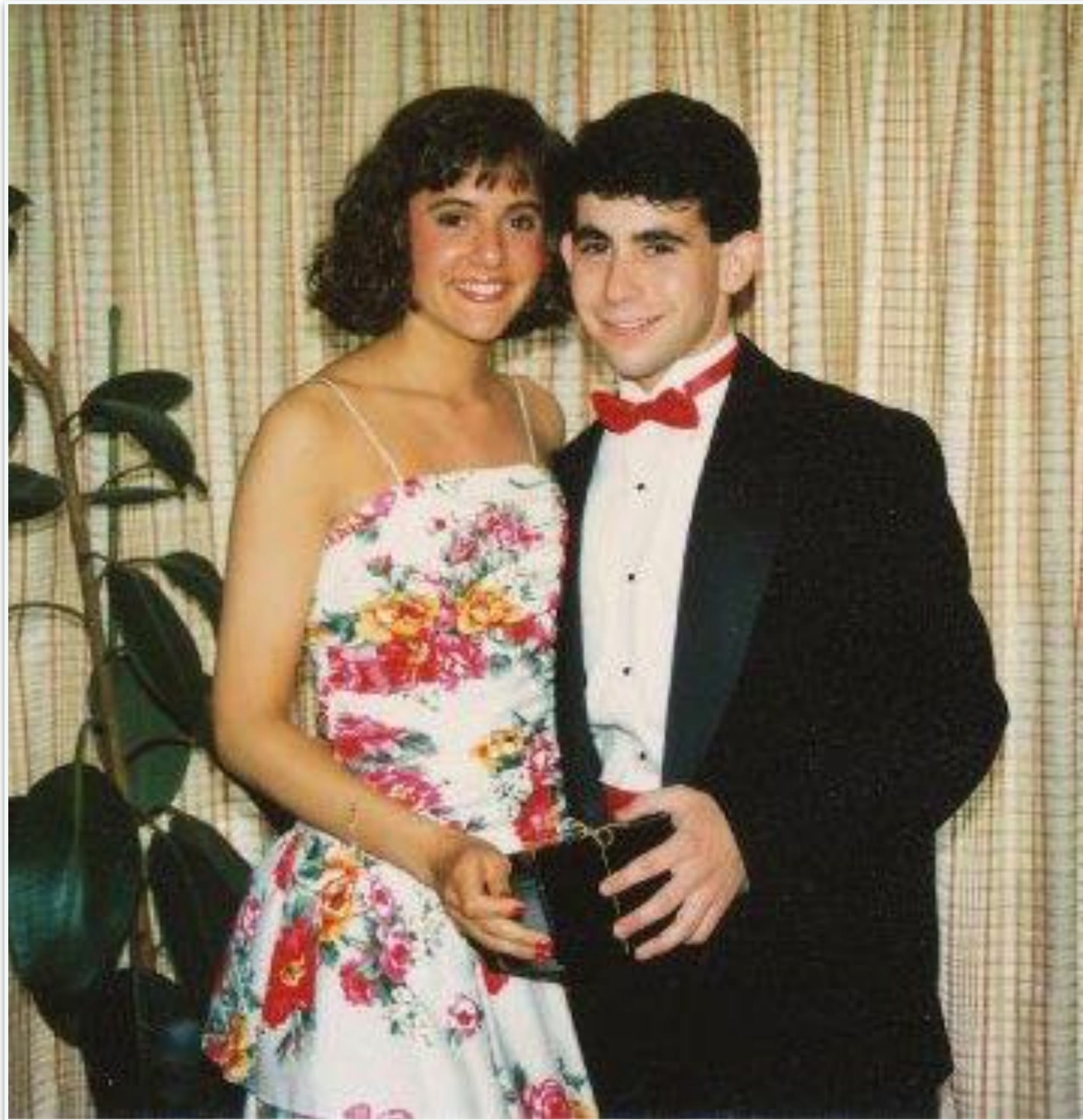


X Didn't get into a fraternity



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17 Things You Need to Do...

X My girlfriend broke up with me...



shot the LDR puppy



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17 Things You Need to Do...

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

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NEWS

ABOUT UW

APPLY

VISIT

GIVE



ACADEMICS

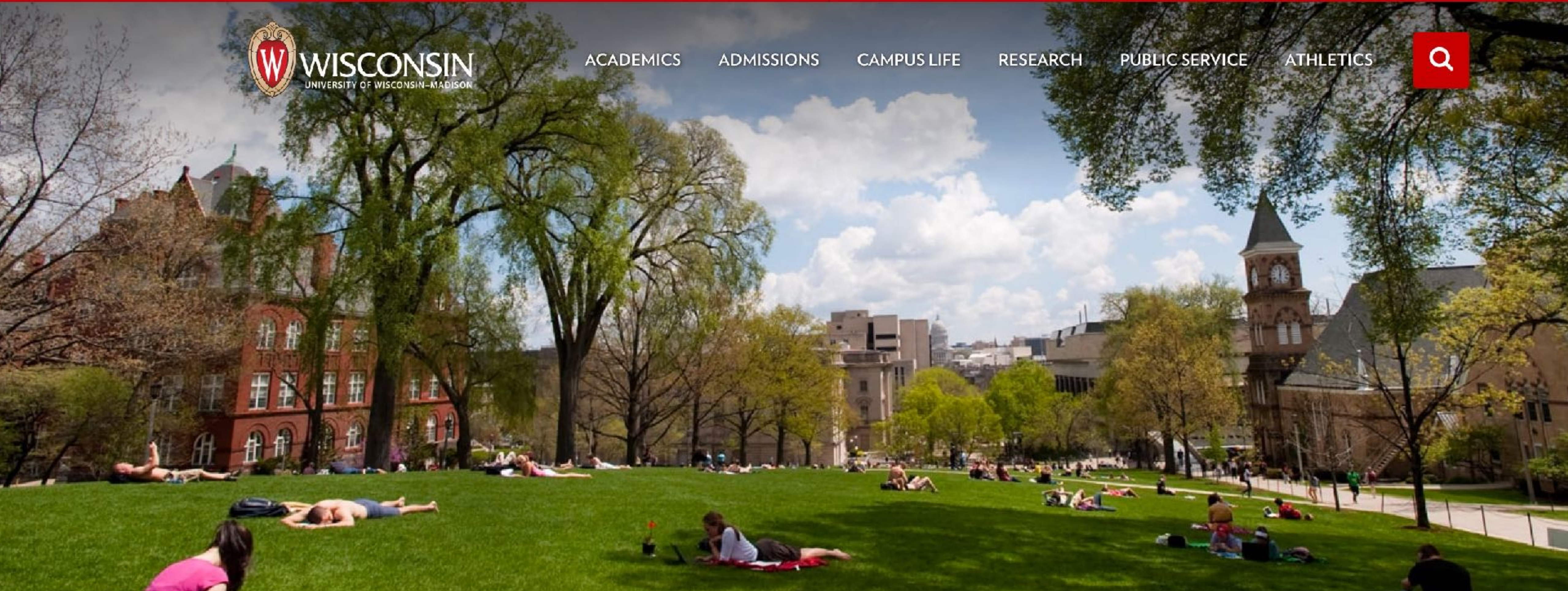
ADMISSIONS

CAMPUS LIFE

RESEARCH

PUBLIC SERVICE

ATHLETICS





IT CAN STORM IN COLLEGE
There can be...

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



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



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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 my places
- I found my people
- I found my patience



SEARCH SELECTION TRANSITION

TRANSITION IS HIGH STAKES, EMOTIONAL, AND INTENSE

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

Social

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

Emotional

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

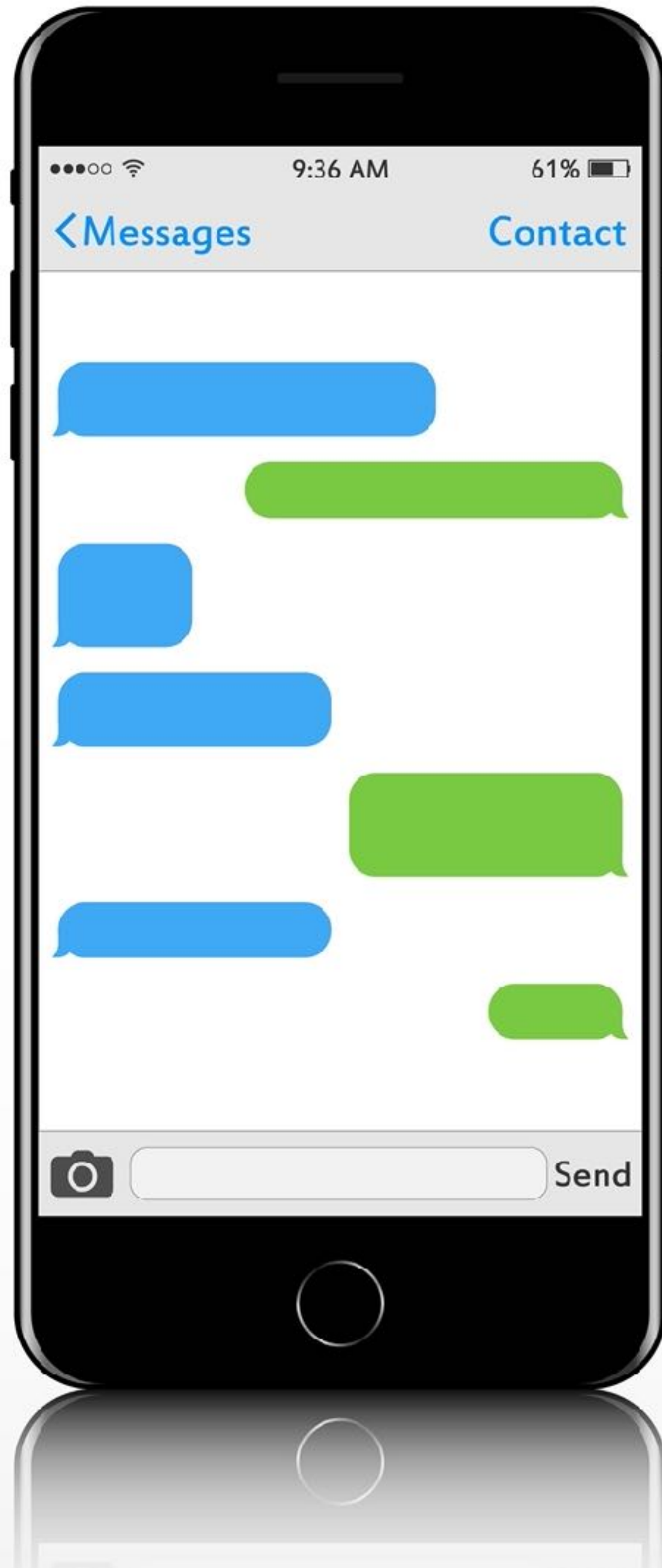
Physical

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

Financial

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Academic



Which Transition Makes You The Most Uncomfortable?

**SOCIAL
EMOTIONAL
PHYSICAL
FINANCIAL
ACADEMIC**

Answer in the chat...

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#3 GET COMFORTABLE WITH THE UNCOMFORTABLE



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The 90/10 Rule

**Life is 90%
amazing**

**10% difficult
(or a bunch of BS)**

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

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EDUCATION

To help new students adapt, some colleges are eliminating grades

March 26, 2023 · 6:10 AM ET

By Jon Marcus

FROM [THE HECHINGER REPORT](#)

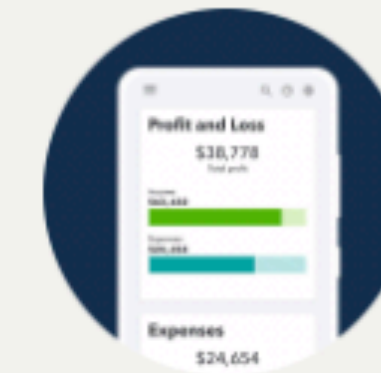
LA Johnson/NPR

Joy Malak floundered through her freshman year in college.

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

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

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



#4 EMBRACE THE UNIVERSAL REJECTION TRUTH



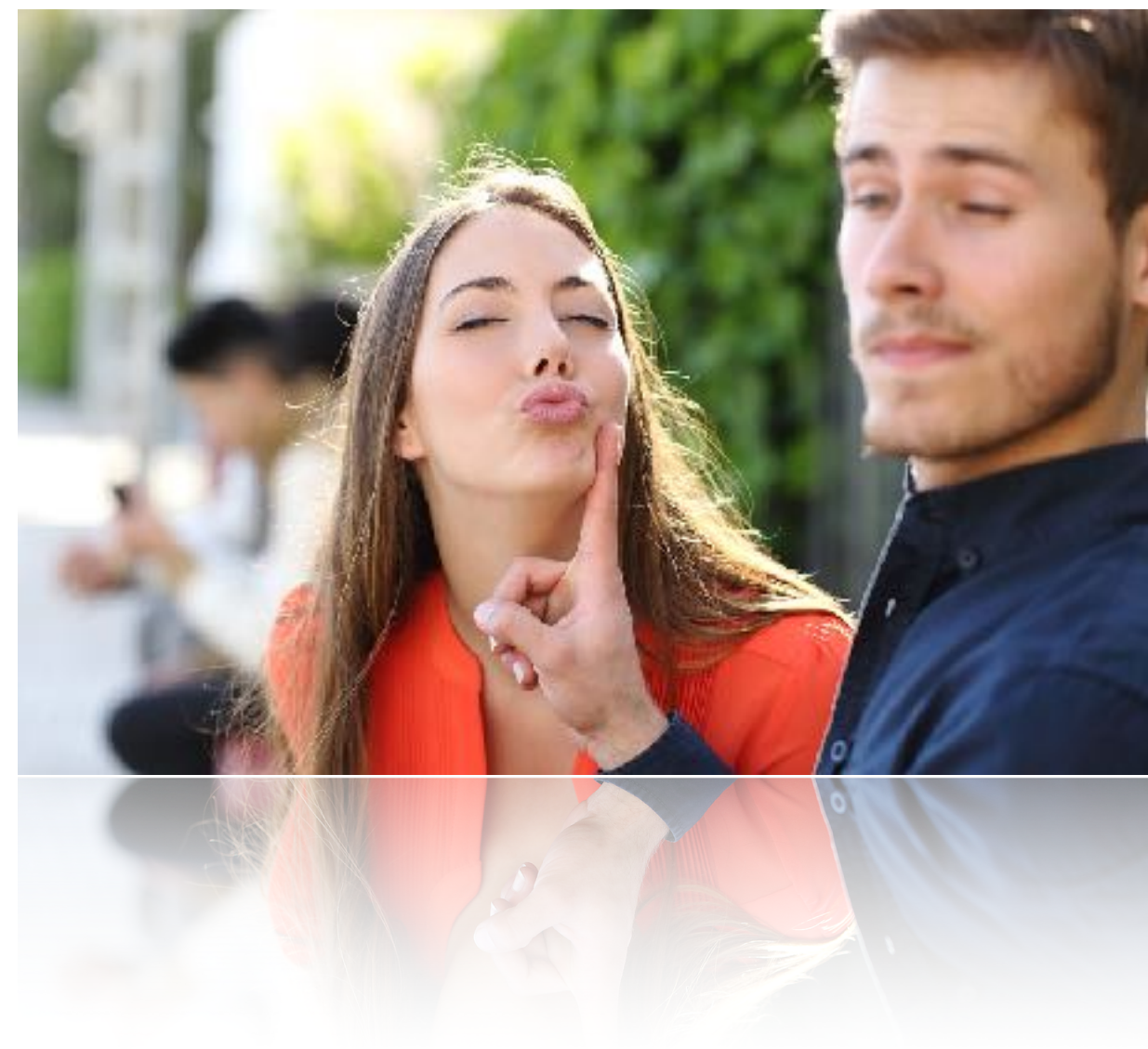
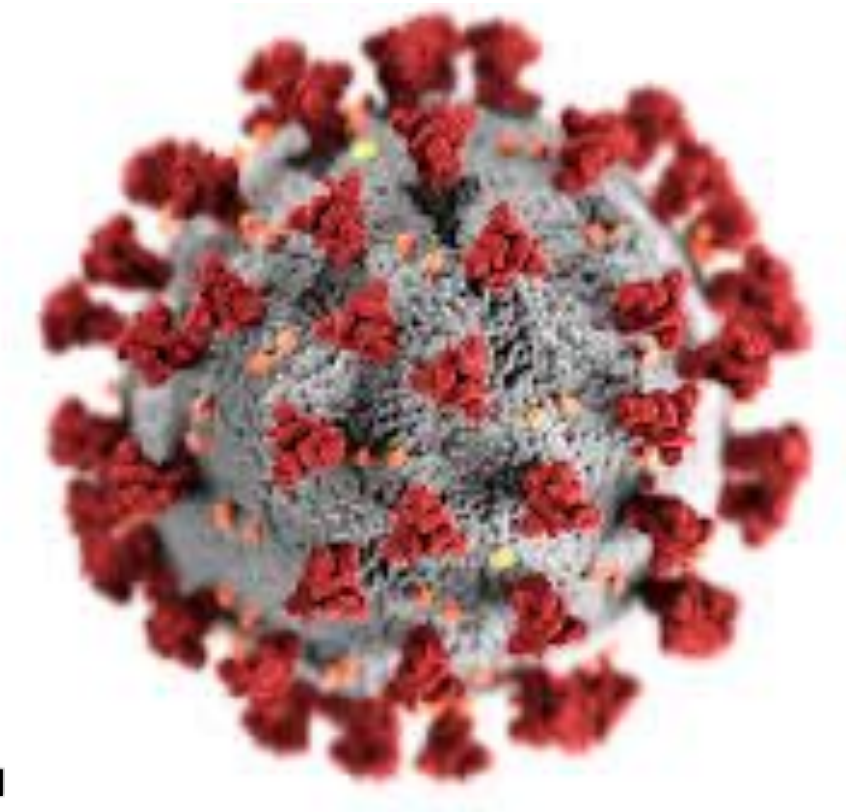
Win or Learn

The Universal Rejection Truth

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

Accepting this truth will leave you free. The

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



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17 Things You Need to Do...

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**AND YOU WILL
STILL FACE
REJECTION**



Tweet



Sarafina Nance  @starstri... · 11/20/19 ...

4 years ago I got a 0 on a quantum physics exam. i met with my professor fearing i needed to change my major & quit physics. today, i'm in a top tier astrophysics Ph.D program & published 2 papers.

STEM is hard for everyone—grades don't mean you're not good enough to do it.

 1,183

 18.5K

 85.5K



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College 



Ben Cichy
@bencichy



Replying to @starstrickenSF

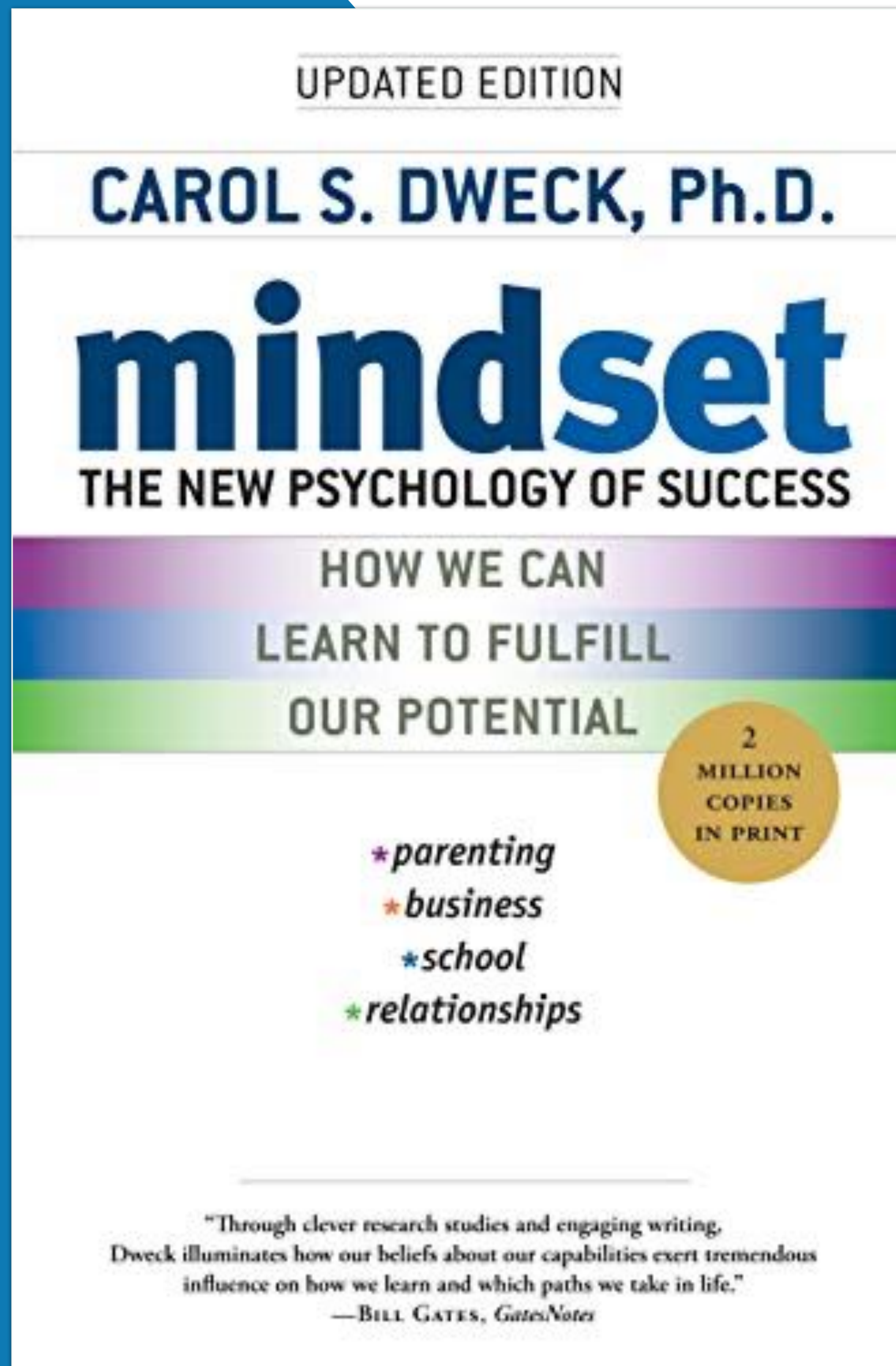
Got a 2.4 GPA my first semester in college. Thought maybe I wasn't cut out for engineering. Today I've landing two spacecraft on Mars, and designing one for the moon.

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

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

Tweet your reply





In order to fully embrace a growth mindset in all aspects of life, it's vital to embrace the Universal Rejection Truth. When rejection is part of being brilliant, successful, and accomplished, there is no shame, self-doubt, fear, or embarrassment if we don't get it right the first time. We are truly free to grow. Learning becomes an essential part of the process.

REJECTION DENIAL

A dark and dangerous place where you think everyone and everything should **ALWAYS** respond the way you want. When someone or something doesn't respond the way you want you tend to hate, hide, attack, blame, and shame...





Face The Truth

Look inward, look outward, and move forward with confidence and clarity...

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#5 FIND YOUR THREE PLACES

(VIRTUAL AND ON CAMPUS)



PLACES ARE WHERE YOU CAN...

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

✧ SWEAT

✧ PLAY

✧ PRAY

✧ LIVE

✧ LEARN

✧ LEAD

✧ LOVE

✧ WORK

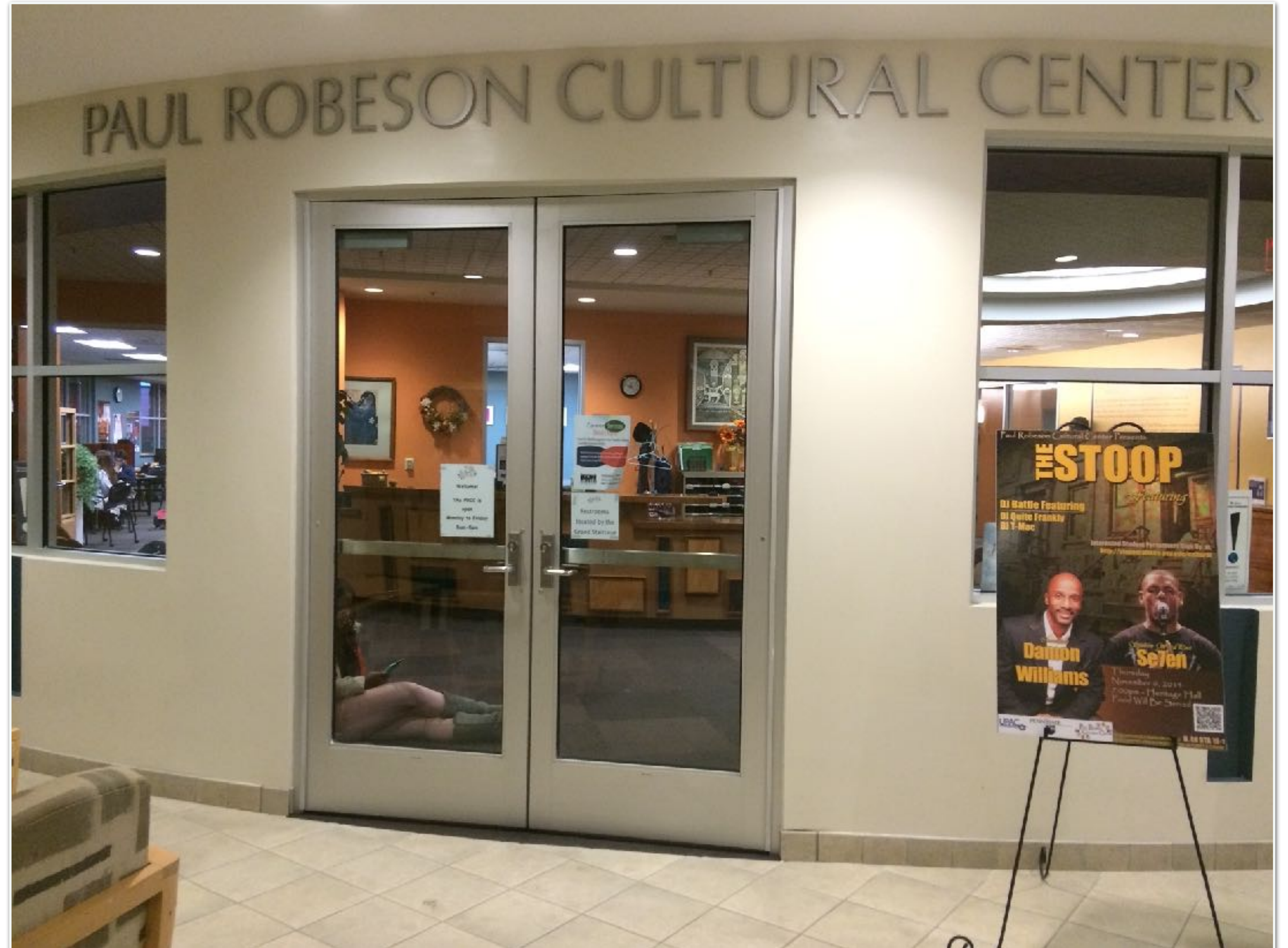


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Places

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



PLACES



Badger Support Network

Badger Support Network (BSN) empowers UW-Madison students to create an inclusive community and support each other's identity, mental well-being, and day-to-day lives through peer-facilitated groups and bi-weekly community...



Badger Tank UW-Madison

An entrepreneurial club where students get the opportunity to collaborate and build a business plan over the course of the semester while also attending workshops with guest speakers to build onto their entrepreneurial strengths.



Badger Twins

Badger Twins looks to connect fraternal and identical twin pairs with other twins on campus. Being a twin myself, I know how different and unusual it all is. I want the organization to allow twins to connect with others and talk through...



Badger Yogis

Badger Yogis is an organization at UW-Madison that celebrates community within the practice of yoga. While yoga is an individual physical practice, this club unites the physical and mental aspects of practicing yoga.



Badgerloop

Badgerloop is a student organization created to represent UW-Madison in the SpaceX Hyperloop Pod Competition. We design and build futuristic vehicle-like pods to be tested and raced at high speeds at SpaceX's headquarters in...



Badgers & Books

This organization connects undergraduate and graduate students to young students in rural communities. Badgers will work with K-6 students to improve their reading and to create exciting new learning environments for these students.

[HOME](#)[EVENTS](#)[ORGANIZATIONS](#)[NEWS](#)[FORMS](#)

Badger Support Network

Badger Support Network (BSN) empowers UW-Madison students to create an inclusive community and support each other's identity, mental well-being, and day-to-day lives through peer-facilitated groups and bi-weekly community events. BSN connects students from all across campus to form heterogeneous, confidential groups. We hope to make the 40,000 student campus feel a lot more like home. We have weekly peer support groups as well as community events to bring campus together.

Contact Information

E: machoka@wisc.edu

P: 651-666-9648



<https://win.wisc.edu/organization/badgersupportnetwork>

PLACES

DENISON

Campus / Get Involved / Student Organizations

Student Organizations



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

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

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

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

Forms, Policies, Publications

Contact Us

Phone

740 587 6394

📍 Slayter Hall Student Union 310

[View all contacts »](#)

Dana Pursley

Director

pursleyd@denison.edu

740-587-5557

Kim Bentley

Assistant to the Director

bentleyk@denison.edu

740-587-5556

Why three places?

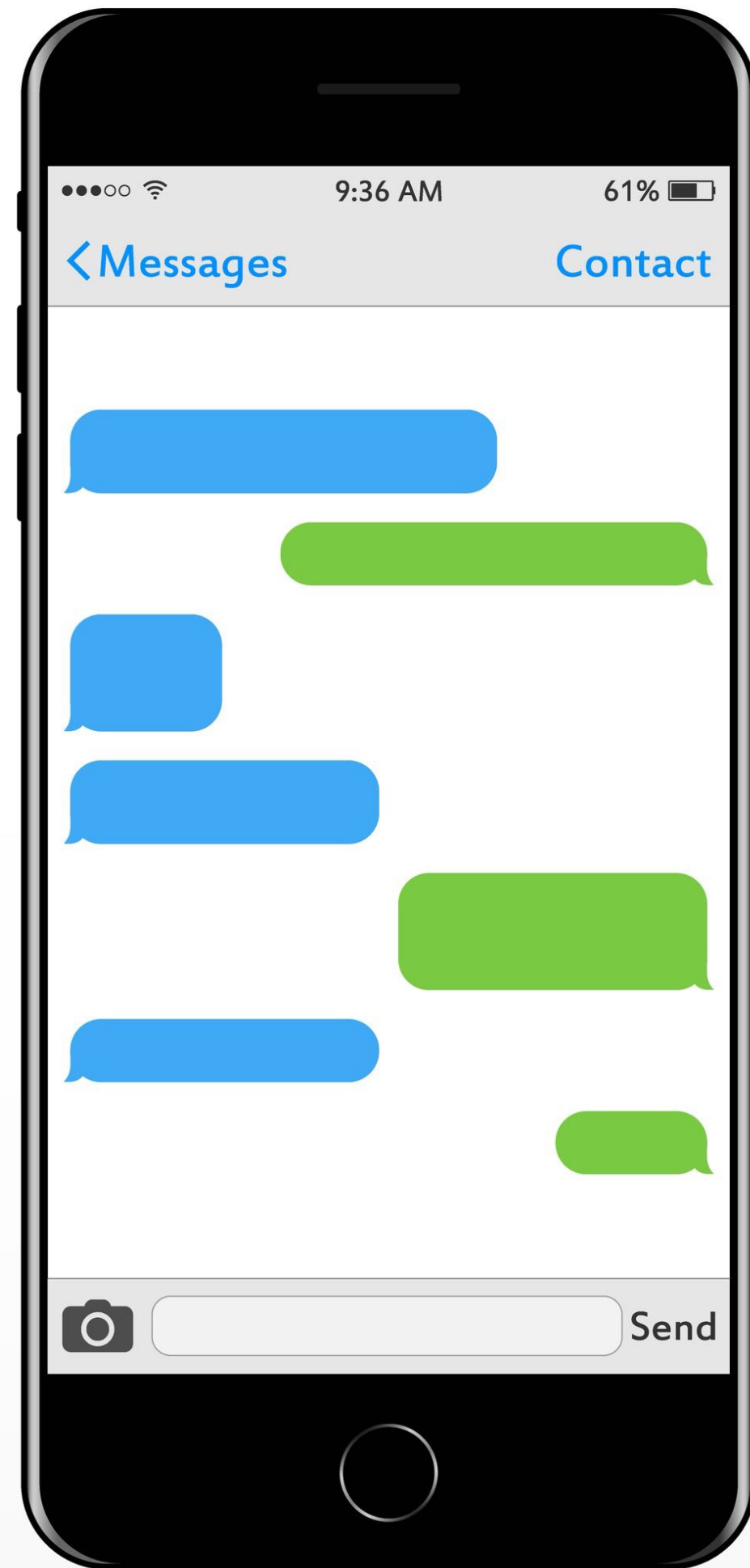


✳ **ALWAYS**
somewhere to go

✳ **ALWAYS**
something to do

✳ **ALWAYS**
have options

SUGGESTIONS: Identify your places before arriving on campus and make sure at least 2 of these places is guaranteed access (you don't have to audition, apply, or be invited to join).



TEXT ME YOUR QUESTIONS DURING OUR EVENT

321-345-9070

#6 FIND YOUR FIVE PEOPLE



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



**People who
volunteer to help**

**People you ask
or enlist to help**

**People who are
paid to help**

Who are some of these people?

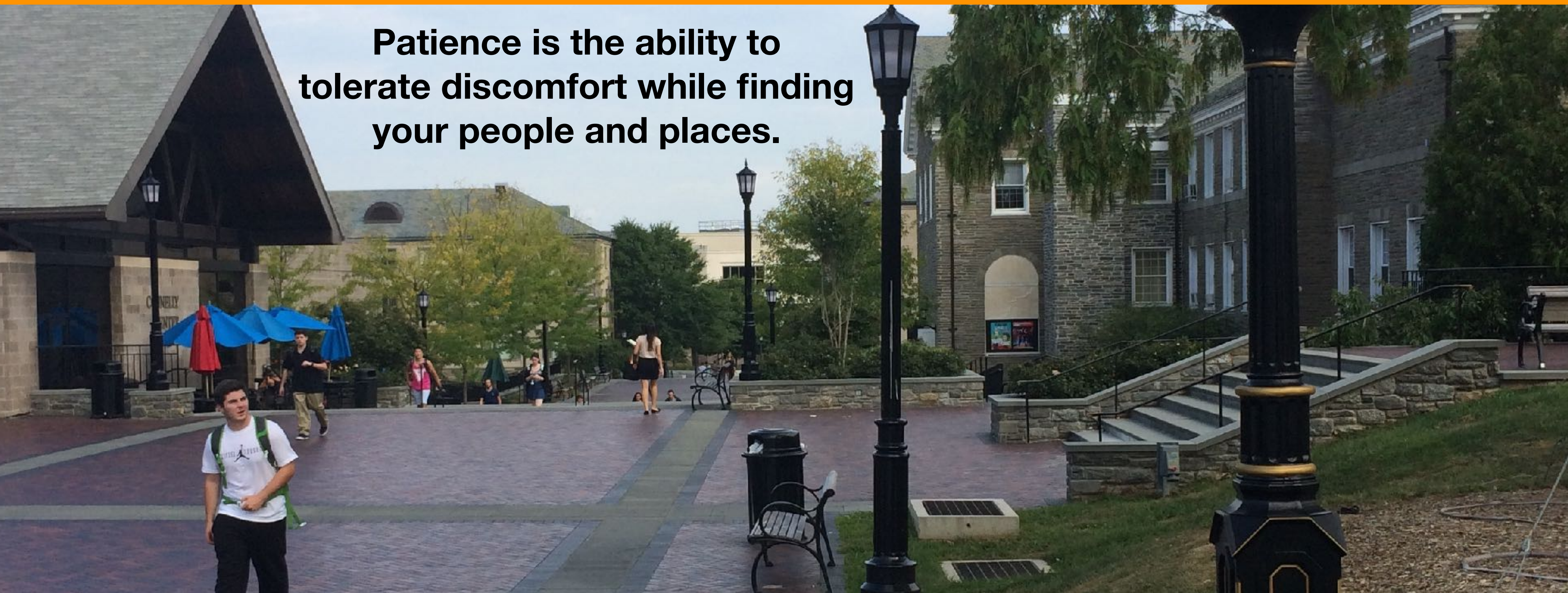
- Orientation leaders - peer mentor - professors - spiritual leaders
- residence life staff - counselors - coaches - captains - advisors
- student ambassadors - leaders of orgs - therapists - specialists
- students - professional staff, tutors - teaching assistants - grads
- high school mentors - friends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


Source: U of Connecticut



#7 PRACTICE PATIENCE

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





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

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

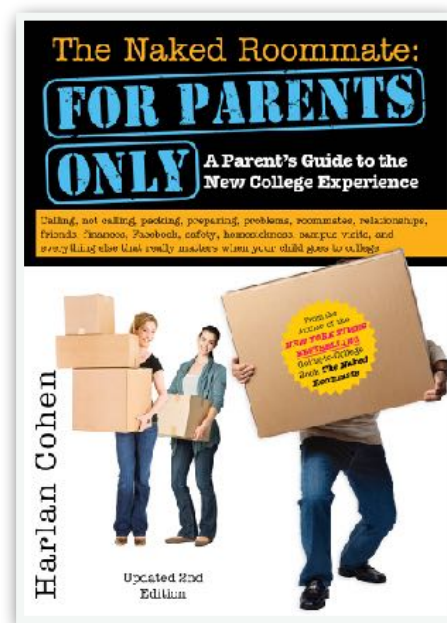
FOLLOW THE 24 HOUR RULE

What's going to happen?

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



#8 TALK TO YOUR PARENTS



Talk about...

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

Are you looking to vent or do you want advice?



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

#9 DEADLINES & EMAIL

(CHECK YOUR SCHOOL EMAIL)

DEADLINES

- ☑ Transcript sent
- ☑ Confirm you're attending
- ☑ Pay tuition and housing
- ☑ Financial aid received
- ☑ Medical records sent
- ☑ Orientation events
- ☑ Applied to programs
 - Honors, First-Gen, CAMP
- ☑ AP Credits applied
- ☑ Meal plan
- ☑ FERPA & HIPAA Waivers

UNIVERSITYofHOUSTON

Login to AccessUH Give to UH Search

University Information Technology

UIT Services Get Help Information Security About UIT

UH Home > University Information Technology > UIT Services > Accounts > Email Account > Student Email

EMAIL ACCOUNT

Student Email

Email Alias

Phishing Scams

Proofpoint


Spam Flagging

Spam and Spoof

Update a Faculty or Staff Email Address

Update a Student Email Address

Student Email



Student Email

As a means of enhancing communication, students receive an UH email alias to be used for all official electronic correspondence. The email alias is a pointer that directs email messages to a destination email account. Per the [UH student email policy](#), the University uses the UH email alias to send important information such as emergency closings or any official information. Current students, staff and faculty are eligible to receive an [email exchange account](#), if they currently do not already have one. Students must ensure that the UH email alias points to a working email address at all times. Students may update their email address information by logging on to [AccessUH](#) and going to myUH.

jscougar@uh.edu

Your official UH email alias

>>>

points to

joecoog713@youremailprovider.com

Your email destination

#10 FOLLOW, POST, LIKE



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About [See All](#)

500 Lincoln Drive Madison, WI 53706

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

309,177 people like this including 35 of your friends

309,314 people follow this

374,918 people checked in here

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

(608) 263-2400

[Send Message](#)

askbucky@uwmad.wisc.edu

University of Wisconsin-Madison  1h · 

Celebrate Earth Day this Thursday and Friday with the [Nelson Institute for Environmental Studies, UW-Madison](#). Learn from interdisciplinary experts who will address how we can equitably respond to environmental issues that are placing unjust burdens on the most vulnerable populations.

Register at <https://earthday.nelson.wisc.edu>

 NELSON INSTITUTE FOR ENVIRONMENTAL STUDIES EARTH DAY 2021

EARTHDAY.NELSON.WISC.EDU


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

1 · 1 Comment

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Most Relevant

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UW-Madison
Official Instagram account of UW-Madison. Collection of your #UWMadison pics and those of University Communications staff.
linktr.ee/uwmadison


Followed by [poessfoundation](#), [collegiacounselorsmith](#), [collegeseafoans](#) +3 more


[Safer Bad...](#) [Support](#) [COVID-19](#) [Study spa...](#) [#BadgerA...](#)

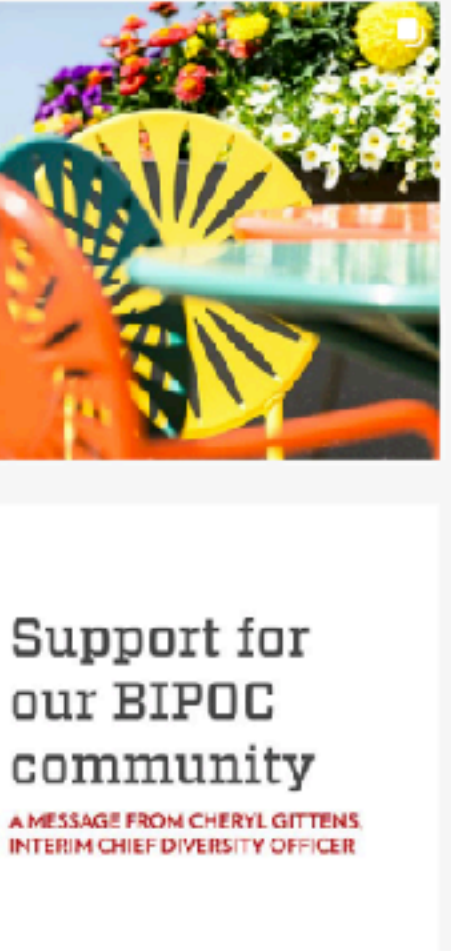
POSTS

 **Next Stop: NATIONAL SEMIFINAL**

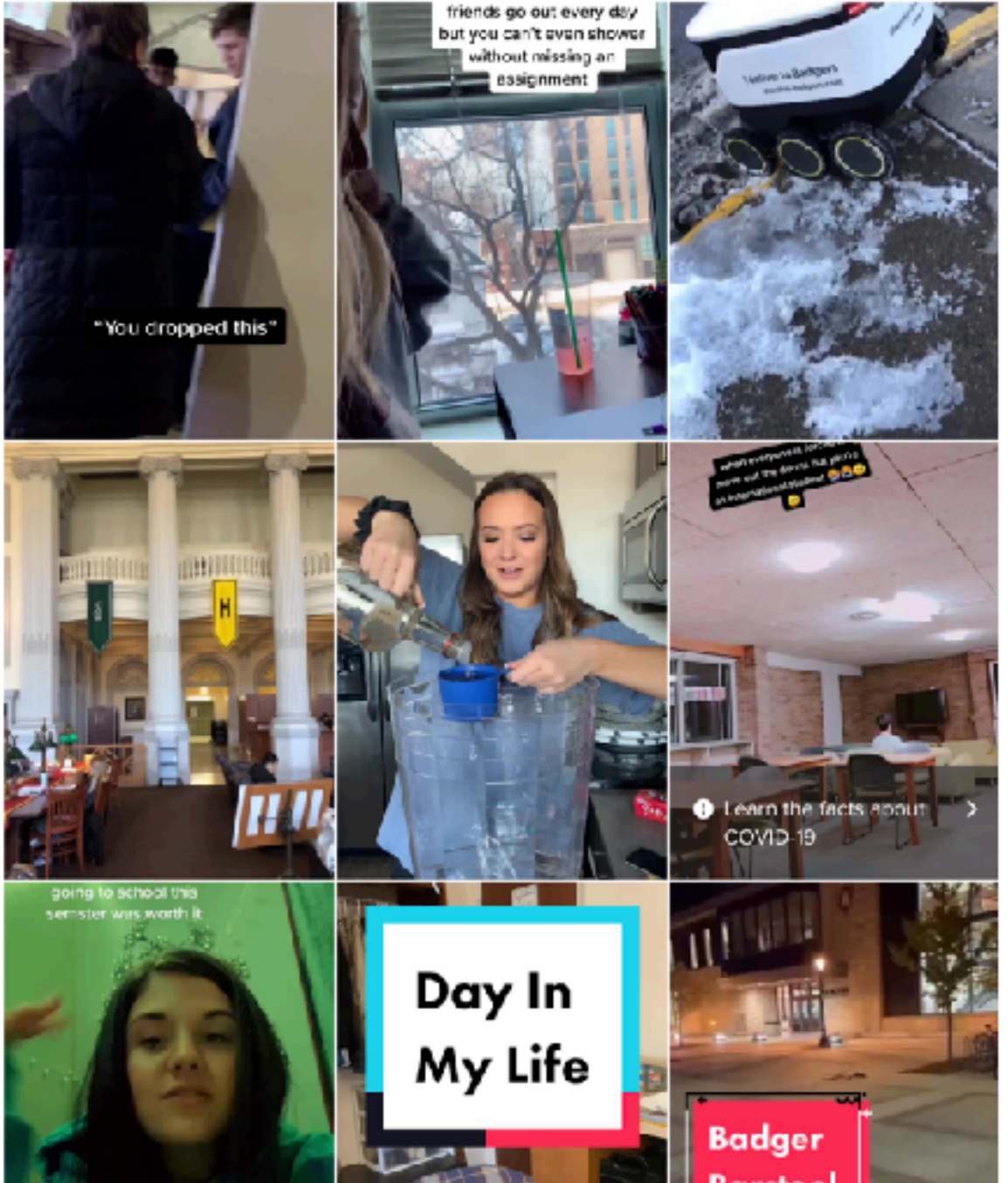
 **As the Chauvin trial ends, how can we move forward?**
A MESSAGE FROM CHANCELLOR REBECCA BLANK
APRIL 16, 2021

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

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


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

#uwmadison 35M views



ram

#10 FOLLOW, POST, LIKE



umiamimmrt

[Follow](#) [Message](#) [Add](#) [More](#)


280 posts


1,104 followers


179 following


Marine Mammal Rescue Team


We meet biweekly on Mondays at 8 pm in Cox 145 🐬
email:
mmrtcanes@gmail.com
website:
<https://mmrtcanes.wikisite.com/ummarineammalrescue>
📍 [forms.gle/XYTFEjsQawh4mGdN6](#)


 Sustainability...


 TotS

 DPMR 2021

 Weekly M...







 Manatee I...


 Crystal River

 GA Aquarium

POSTS


TAGGED






Debate
Team


[ABOUT](#) [NEWS](#) [CALENDAR](#) [HDI SUMMER CAMP](#) [JOIN](#) [**DONATE**](#)



UM Debate Connects Internationally with iDebate Rwanda



UM Shines at the 2022 ADA National Tournament



Final Four While Finally Back Traveling!

#11 READ THE CAMPUS NEWSPAPER



THE LANTERN

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

SUMMER INSTITUTE IN SCIENCE & MATHEMATICS
Session I: Monday, May 22 - June 16, 2023
Session II: Tuesday, June 26 - July 11, 2023
• Complete a year of course work in just 8 weeks
• Earn credits that will transfer to your home college
• Choose from a wide variety of academic subjects

CLASSES ON CAMPUS OR ONLINE

Capital University
Visit capital.edu/sim/

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

March 30, 2023 Josie Stewart



Watch on YouTube

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


CLICK TO GIVE



BYE BYE BUCKEYE
Surprise your grad with a picture & message in The Lantern's Commencement Issue!
Click here to get started!

RECENT

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



The Lantern

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

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Intro

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- twitter.com/thelantern
- thelantern.com


Posts

Filters

**The Lantern**
9m · 

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

(Published June 2, 2020)



THE.LANTERN.COM

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









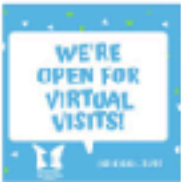



Like

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Share

Photos

See All Photos



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

College **AVE**
STUDENT LOANS

#12 KNOW THESE ROOMMATE RULES

RULE #1: Roommates who want to get along will find a way to get along.

RULE #2: Roommates aren't required to be friends (friendship is a bonus).

Rule #3: Follow the uncomfortable rule. The uncomfortable rule means you and your roommate agree to share what makes you uncomfortable within 24/48 hours of the problem. You do it face-to-face; not a text, not on Instagram, not on Snapchat.

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

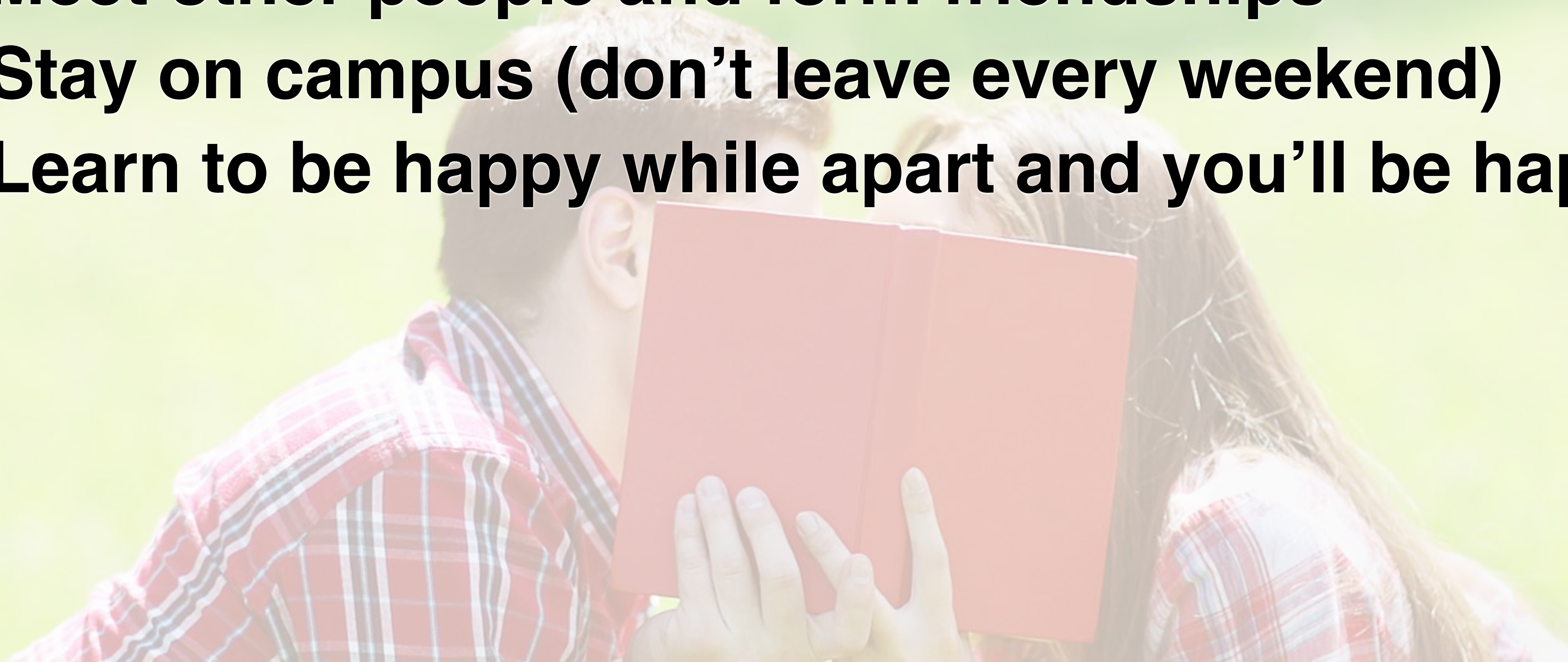
College AVE®

- Avoiding living with a close friend your first year
- Look into Living and Learning Communities (LLC)



#13 KNOW THESE RELATIONSHIP RULES

- I. Have a life independent of your significant other**
- II. DO NOT restrict your significant other or be restricted**
- III. Meet other people and form friendships**
- IV. Stay on campus (don't leave every weekend)**
- V. Learn to be happy while apart and you'll be happier together**



#14 ASK, BUDGET, WORK

- ▶ See if you can get more money
- ▶ Put together a budget
- ▶ Investigate jobs that also pay tuition
- ▶ Plan for hidden costs (food, dues, fees, travel, etc)
- ▶ Talk to juniors and seniors to find the money
- ▶ Know how much your loans will REALLY cost
- ▶ Graduate on time or early
- ▶ Go to meetings with FREE FOOD!!!



<https://money.com/college-financial-aid-appeal-for-more-money/>

Student Loan Calculator

Use our student loan calculator to estimate your student loan.¹

LOAN DETAILS

Loan Amount

\$25,000

Loan Term

10 years

Interest Rate

3.4%

Years Remaining In School

3 years

Monthly Payments In School

\$0.00

CALCULATE

LOAN BREAKDOWN

In-School
Monthly Payment

\$0.00

42 Months²

Post-School
Monthly Payment

\$275.32

120 Months

Total Cost

\$33,038.96

Total Interest

\$8,038.96

Loan Amount

\$25,000.00

For more personalized results,
estimate a loan with College Ave

JULY 19, 2019 BY HARLAN COHEN

The Benefits of Working on Campus



Want to make money, build new relationships, and create life-changing experiences in college? Work on campus. Getting a job should be required to graduate. College jobs help you discover what you love, and more importantly, what you don't love. They give you real world experience you can't get inside the classroom. Oh, and you can make money too. Lots of it. I asked students (past and present) to share their best college jobs.

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

Work-Study Jobs

Federal work-study provides part-time jobs for students with financial need. These jobs can be more flexible and have student friendly hours. If you're eligible (see your financial aid award letter), you'll need to apply for these jobs. Work-study jobs can have you working in academic offices related to your major, hosting campus tours, working the info desk, serving in the cafeteria, life guarding in the rec center, or doing

<https://www.collegeavestudentloans.com/student-loan-calculator>

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



<https://www.collegeavestudentloans.com/blog/the-benefits-of-working-on-campus/>

2024-25
FINANCIAL ASSISTANCE OFFER

April 22, 2024

Financial Assistance Offer Prepared for: .

The Office of Student Financial Assistance is pleased to present your 2024-25 offer of financial assistance. Your financial assistance has been calculated based on our cost of attendance and your Student Aid Index (SAI) from the FAFSA data. Due to possible changes in the FAFSA data from the Department of Education, these awards may be subject to adjustment. We will notify all students of any changes that are made to financial assistance packages. You can access this letter at any time through the SMCM Applicant Portal.

<u>SOURCE OF AWARD</u>	<u>FALL</u>	<u>SPRING</u>	<u>TOTAL</u>
Trustee Scholarship	\$ 5,000.00	\$ 5,000.00	\$10,000.00
National Honors Award	\$ 3,000.00	\$ 3,000.00	\$ 6,000.00
Federal Pell Grant	\$ 370.00	\$ 370.00	\$ 740.00
Federal Work Study	\$ 1,000.00	\$ 1,000.00	\$ 2,000.00
Direct Subsidized Loan	\$ 1,750.00	\$ 1,750.00	\$ 3,500.00
Direct Unsubsidized Loan	\$ 1,000.00	\$ 1,000.00	\$ 2,000.00
*Personal Resources, Payment Plan, PLUS or Other Loans	\$13,317.00	\$13,316.00	\$26,633.00
TOTAL	\$25,437.00	\$25,436.00	\$50,873.00

2024–2025 Financial Aid Offer

We are pleased to provide you with the following tentative financial aid offer for the 2024–2025 academic year, which is based on the information you included on the 2024-2025 CSS Profile. We will continue our review of your federal aid eligibility upon receipt of the 2024-2025 FAFSA. If there is a change in your eligibility based on the information on your FAFSA you will be notified with a revised Offer of Financial Assistance. Awards with the "A" notation are a part of the [Northeastern Promise](#).

Financial Aid Offer

Source	Fall 2024	Spring 2025	Total
^ Northeastern University Grant	\$34,800	\$34,800	\$69,600
Direct Subsidized Loan	\$1,750	\$1,750	\$3,500
Direct Unsubsidized Loan	\$1,000	\$1,000	\$2,000
Federal Work-Study Program	\$1,250	\$1,250	\$2,500
Total	\$38,800	\$38,800	\$77,600

Your financial aid is based on the following expectations. If the expectations noted below are incorrect, or there is a change in your plans, you must notify our office immediately; a review and possible recalculation of your financial aid may occur.

- You will enroll in a minimum of 16 credits per semester (full-time)
- You will reside in university housing
- You will enroll in the academic term outlined in your admissions decision

Estimating Your First-Year Costs

Direct costs are those billed by Northeastern. The direct costs reflected below are estimates for the 2024–2025 academic year and will be finalized by the university in Spring 2024.

Estimated Direct Costs	
Tuition and Fees	\$ 65,441
Housing	\$ 12,500
Food	\$ 9,120
Total Estimated Direct Costs	\$ 87,061

Estimated Direct Costs after application of Grants and Scholarships = \$17,461
Estimated Direct Costs after application of awarded Financial Aid (including federal loans) = \$11,961



Financial Aid Offer for B

NUID: 0000000000 | 2021-2022 Academic Year

Below is the financial aid package the University of Nebraska-Lincoln is offering you to attend. This is not a bill, but an estimate. Your actual costs will depend on enrollment and other individual factors. The financial aid options listed are dependent upon availability of funding and on meeting certain requirements. Official financial aid notifications, including revisions to your financial aid offer, from this point forward will be sent to you via email and will also be available at myred.unl.edu which is an online resource that allows you to view financial aid, grades, charges, and payment of tuition, fees, etc.

Estimated Direct Cost of Attendance

*Estimates are averages based on 15 credits per fall/spring term at base tuition rate.
Housing and meals are directly billed if living on campus.*

	Fall 2021	Spring 2022	Total
Tuition & Fees	\$13,501	\$13,501	\$27,002
Housing & Meals	\$5,960	\$5,960	\$11,920
Estimated Direct Costs:	\$19,461	\$19,461	\$38,922
<i>Other Estimated Costs (books, supplies, travel & personal) These are additional indirect costs related to attendance.</i>	\$2,262	\$2,262	\$4,524

Scholarships & Grants (\$18,000)

Gift Aid that does not require repayment

George Beadle MSEP Estimate	\$7,500	\$7,500	\$15,000
Husker Heritage Sch. Estimate	\$1,500	\$1,500	\$3,000
Gift Aid Total	\$9,000	\$9,000	\$18,000
Your Estimated Direct Cost After Gift Aid	\$10,461	\$10,461	\$20,922

Student Loan Options (\$5,500)

If you accept loans, they must be repaid, with interest. See Step 4 on the enclosed insert.

Fed Direct Unsubsidized Loan-1	\$2,750	\$2,750	\$5,500
Student Loan Options Total	\$2,750	\$2,750	\$5,500
Your Estimated Direct Cost After Gift Aid & Student Loans	\$7,711	\$7,711	\$15,422

Additional Aid Options

Additional sources of aid to help you finance your education

Parent PLUS Loan Option Max <i>Your parent may apply for an additional loan beginning May 2021 based on a credit check</i>	\$9,973	\$9,973	\$19,946
---	---------	---------	----------

The options available are based on information from your application for admission and/or the FAFSA, including your expected family contribution, which is on your Student Aid Report (SAR). Options are subject to adjustments based on eligibility changes or receipt of other aid not listed and are contingent upon funding from federal, state, and institutional sources. Inform our office of scholarships or awards you will receive not listed above through MyRed. Receipt of aid not reported may impact your eligibility.

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





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



Harlan Cohen
1.22K subscribers

🔔 Subscribed ▼

👍 35



➦ Share

⬇ Download

✂ Clip

≡+ Save



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

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

Show more

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

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

#15 HAVE RULES FOR GOING OUT

Rules will help you make safe choices and set boundaries. People who don't respect your rules are not people you need in your life. If you want to avoid parties, schedule jobs, activities, and obligations that will give you a place to go at night.

————→ **Going out**

Everyone who comes together leaves together

————→ **Hooking up**

While totally sober or not at all

————→ **Staying safe**

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



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

College AVE

#15 HAVE RULES FOR GOING OUT

TALK ABOUT FENTANYL...



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

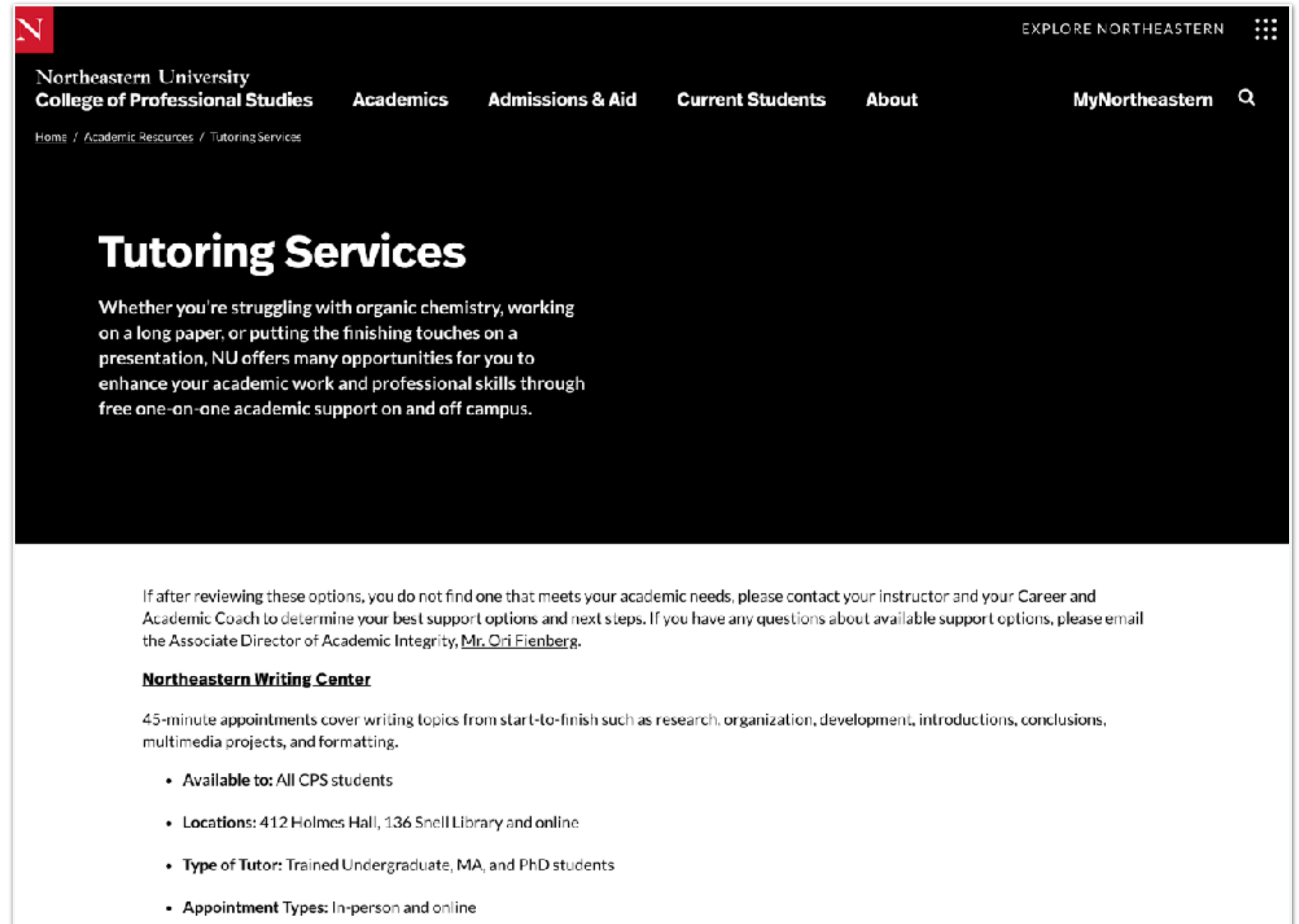
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#16 IDENTIFY ACADEMIC SUPPORT RESOURCES

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

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

College AVE®



The screenshot shows the Northeastern University website. The header includes the university logo, navigation links (Academics, Admissions & Aid, Current Students, About), and a search bar. The breadcrumb trail reads: Home / Academic Resources / Tutoring Services. The main heading is "Tutoring Services". Below it, a paragraph states: "Whether you're struggling with organic chemistry, working on a long paper, or putting the finishing touches on a presentation, NU offers many opportunities for you to enhance your academic work and professional skills through free one-on-one academic support on and off campus." A paragraph of text follows: "If after reviewing these options, you do not find one that meets your academic needs, please contact your instructor and your Career and Academic Coach to determine your best support options and next steps. If you have any questions about available support options, please email the Associate Director of Academic Integrity, [Mr. Ori Fienberg](#)." Below this is the section "Northeastern Writing Center" with a description: "45-minute appointments cover writing topics from start-to-finish such as research, organization, development, introductions, conclusions, multimedia projects, and formatting." A bulleted list provides details: "Available to: All CPS students", "Locations: 412 Holmes Hall, 136 Snell Library and online", "Type of Tutor: Trained Undergraduate, MA, and PhD students", and "Appointment Types: In-person and online".

Northeastern University
College of Professional Studies

Academics Admissions & Aid Current Students About

MyNortheastern

Home / Academic Resources / Tutoring Services

Tutoring Services

Whether you're struggling with organic chemistry, working on a long paper, or putting the finishing touches on a presentation, NU offers many opportunities for you to enhance your academic work and professional skills through free one-on-one academic support on and off campus.

If after reviewing these options, you do not find one that meets your academic needs, please contact your instructor and your Career and Academic Coach to determine your best support options and next steps. If you have any questions about available support options, please email the Associate Director of Academic Integrity, [Mr. Ori Fienberg](#).

Northeastern Writing Center

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

- **Available to:** All CPS students
- **Locations:** 412 Holmes Hall, 136 Snell Library and online
- **Type of Tutor:** Trained Undergraduate, MA, and PhD students
- **Appointment Types:** In-person and online

#16 IDENTIFY ACADEMIC SUPPORT RESOURCES

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

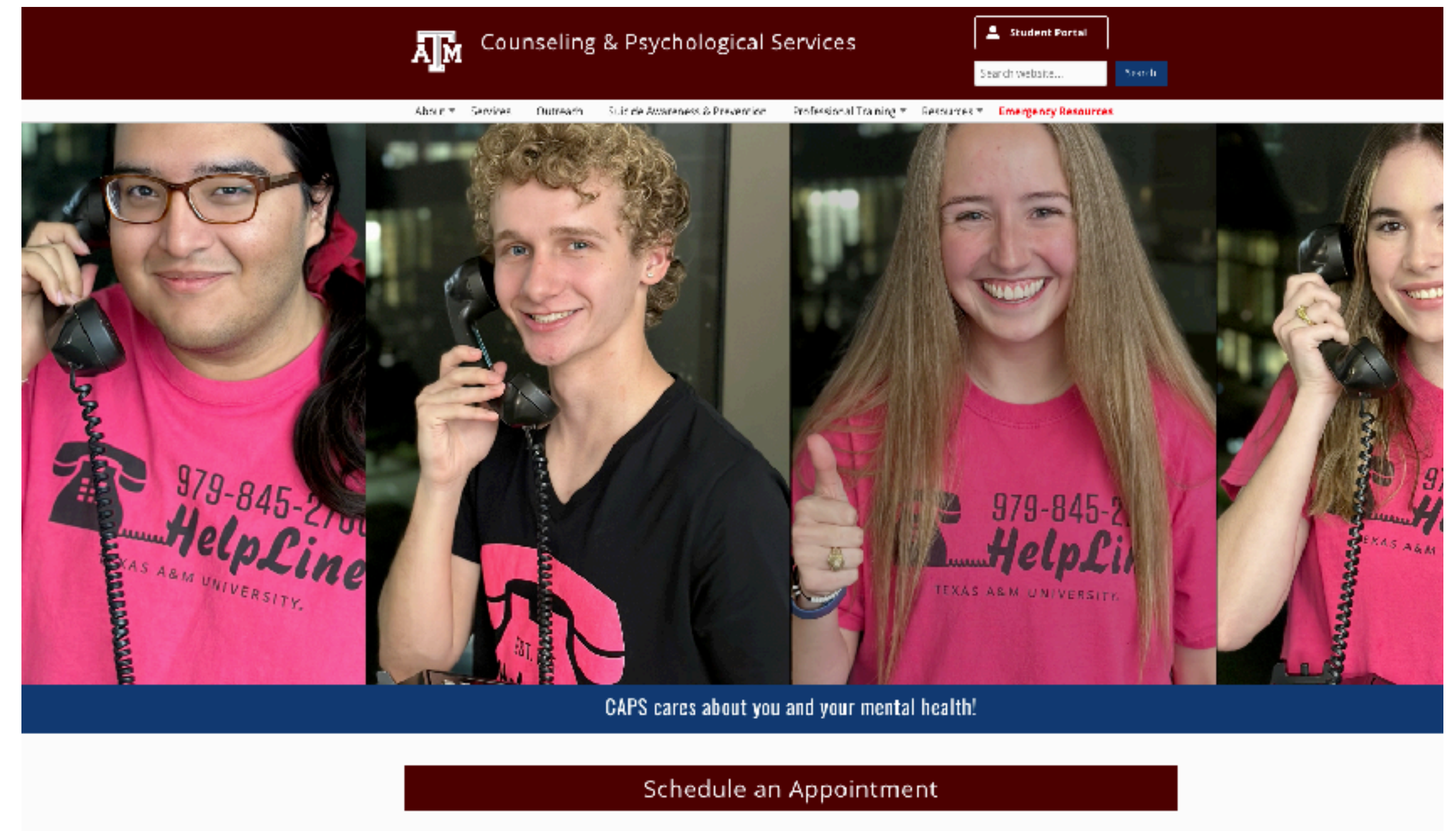


Harlan Cohen's
17 Things You Need to Do...

#16.1 MENTAL HEALTH TRANSITION PLAN

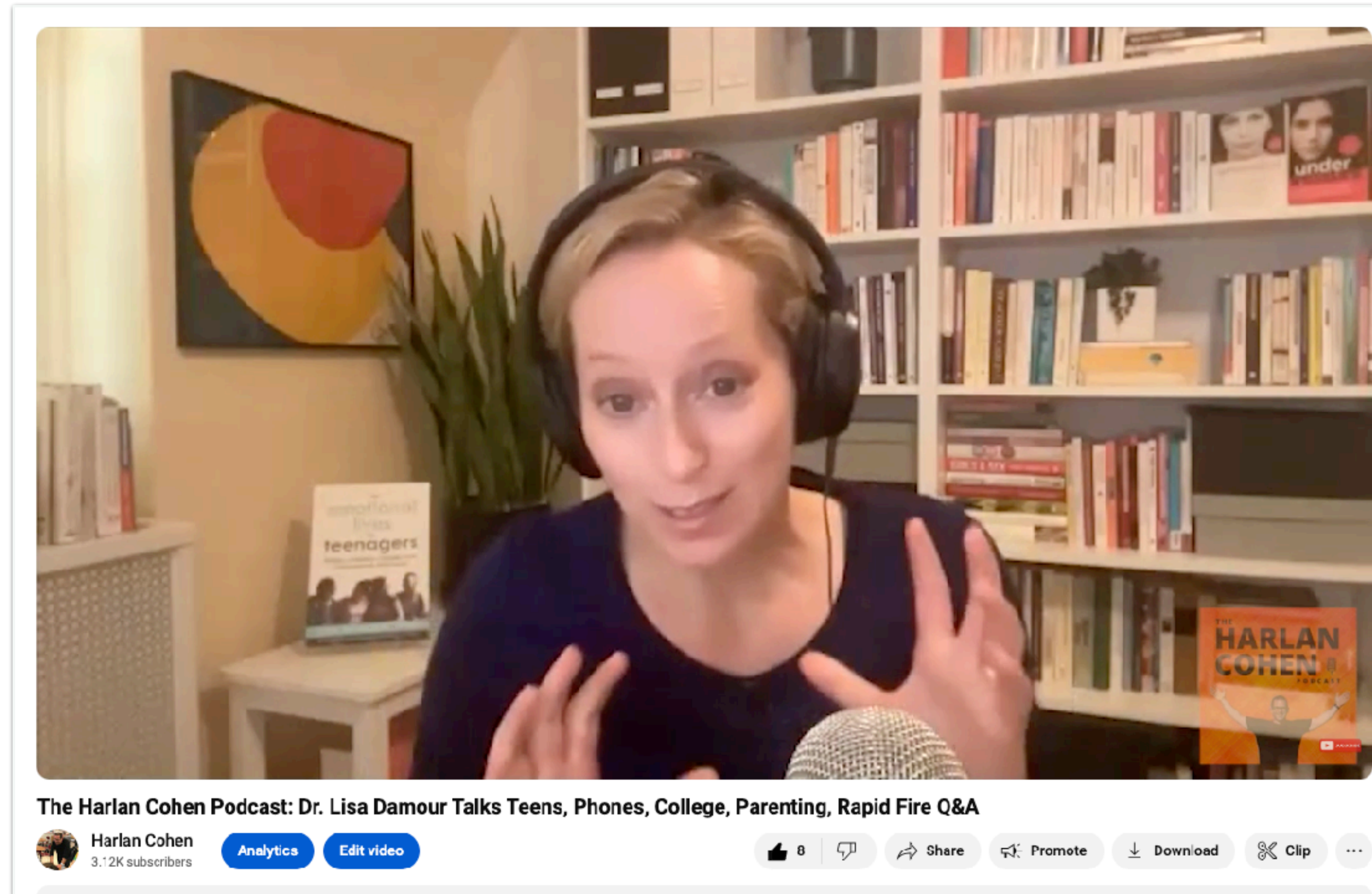
WHAT'S A MENTAL HEALTH TRANSITION PLAN

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



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

#16.1 MENTAL HEALTH TRANSITION PLAN



https://www.youtube.com/watch?v=F6II_zW3Rko

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



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



Tell Your Story As If...

It's May 1, 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.





Relax.

Have fun.

Enjoy every minute.

Your job is simple:

Be your personal best,

Meet lots of people,

Make new friends,


Make smart decisions,

Possibly find a career,

Possibly find love,

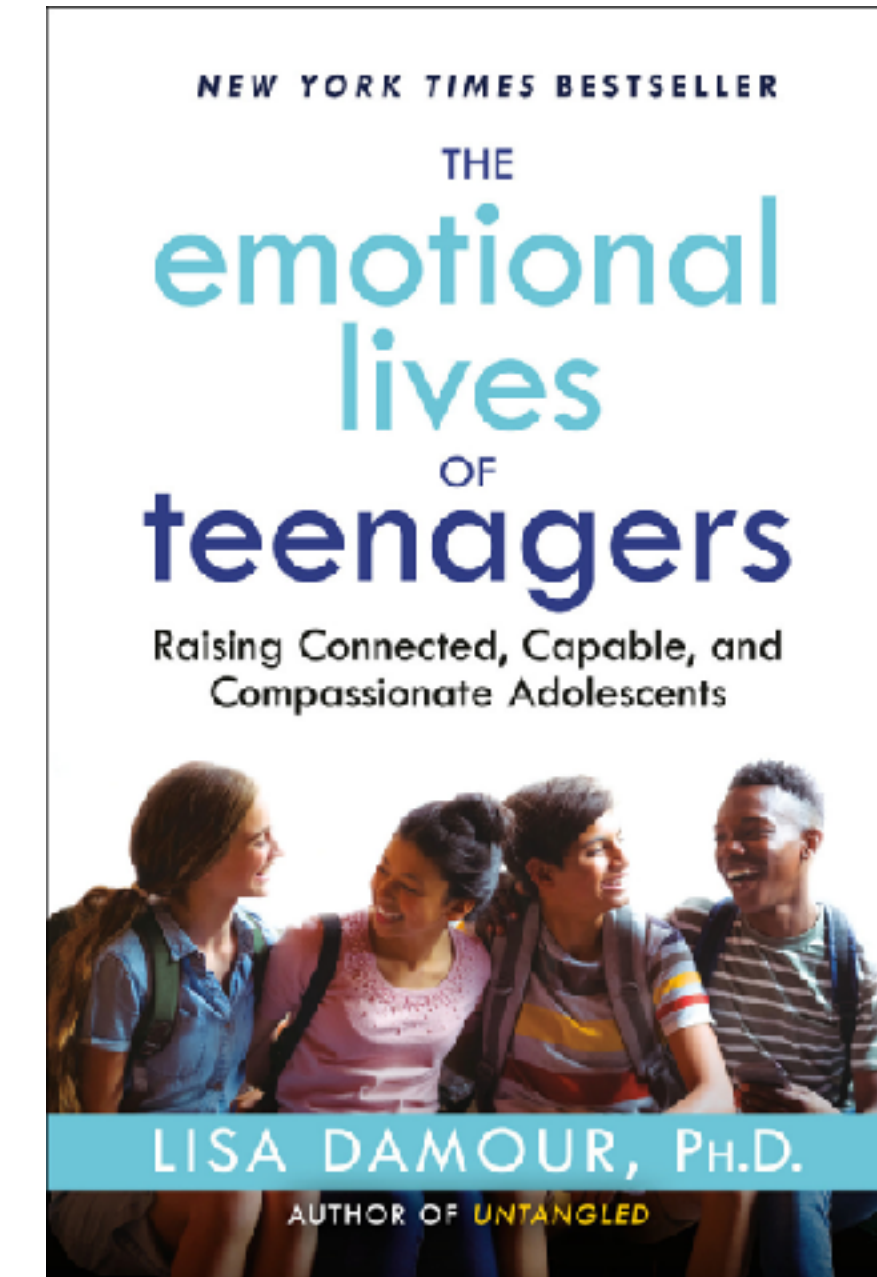
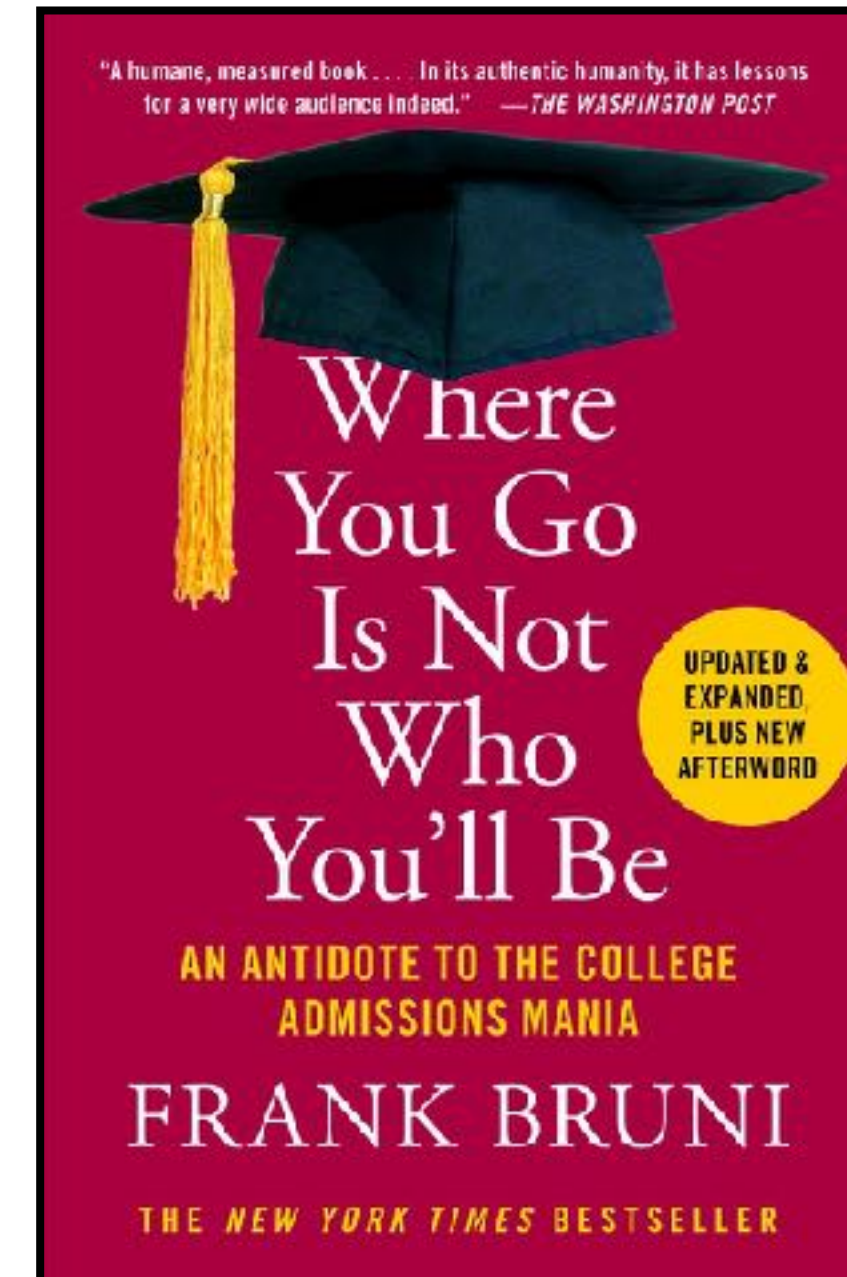
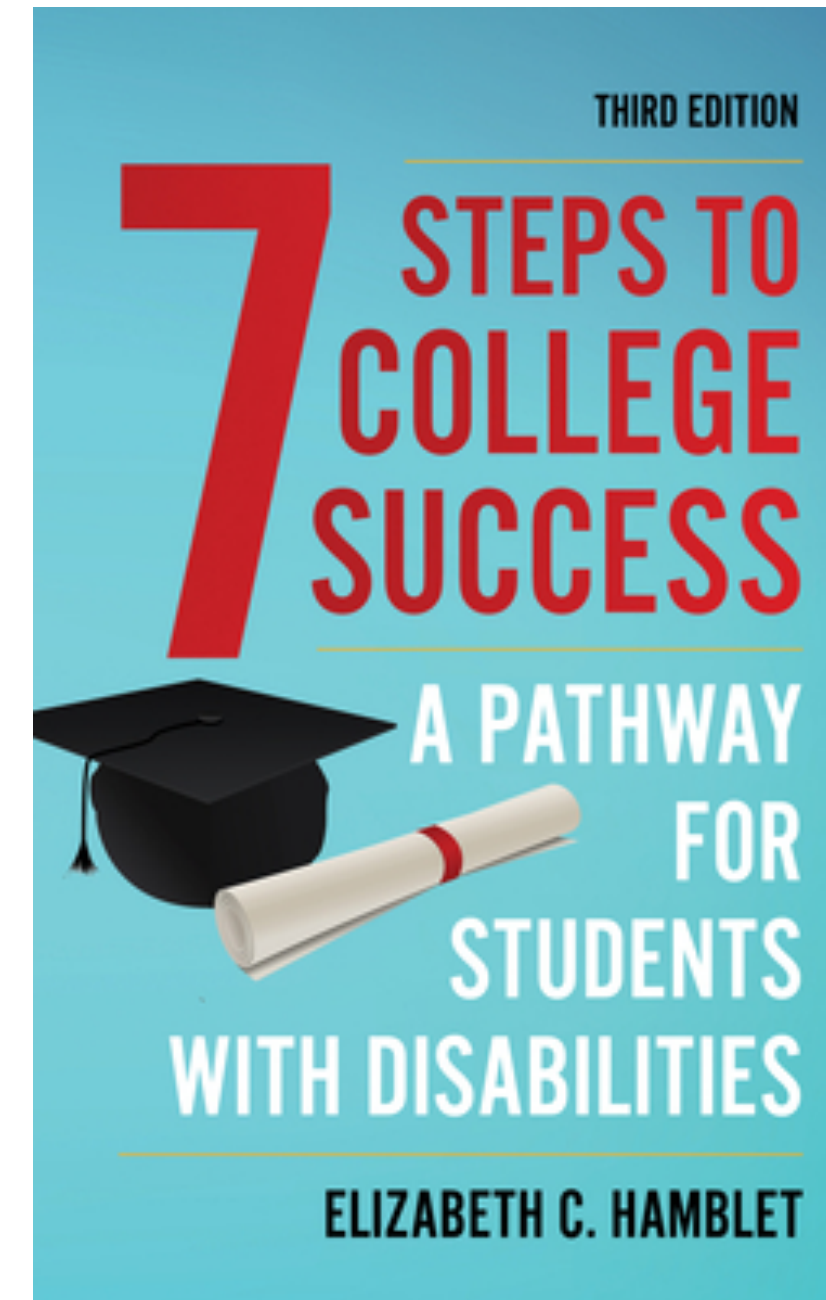
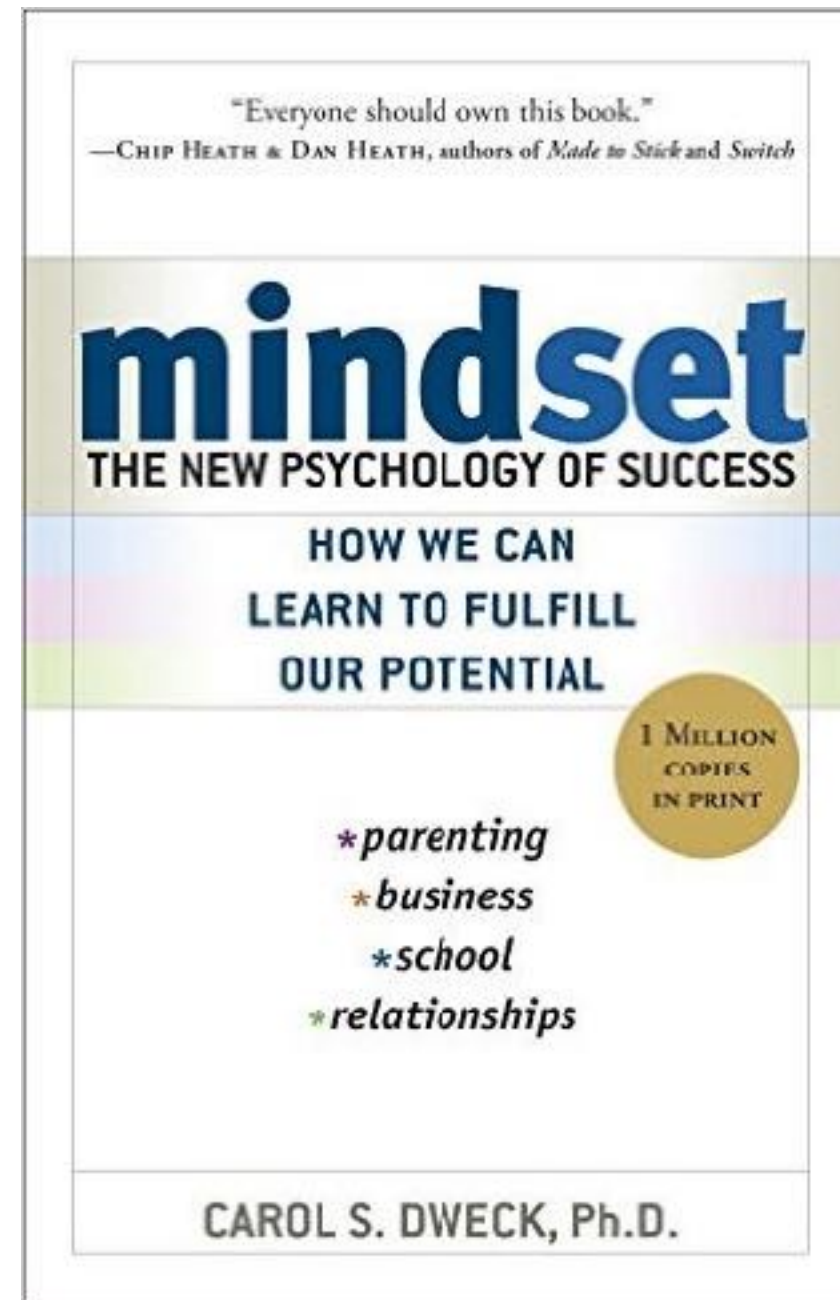
And take risk after risk after risk so that you can figure out what you love and what you don't love. Expect that all the risks you take will not always go as planned. Many will, but not all. When a risk doesn't go as planned, don't go on the attack, don't give up and hide—look inward, look outward, and move forward. Find your people. Find your places. Be patient. Do this and you'll leave college with more than a degree. You'll leave knowing what it takes for you to be happy. And really, what more could you possibly want out of your life in college?

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

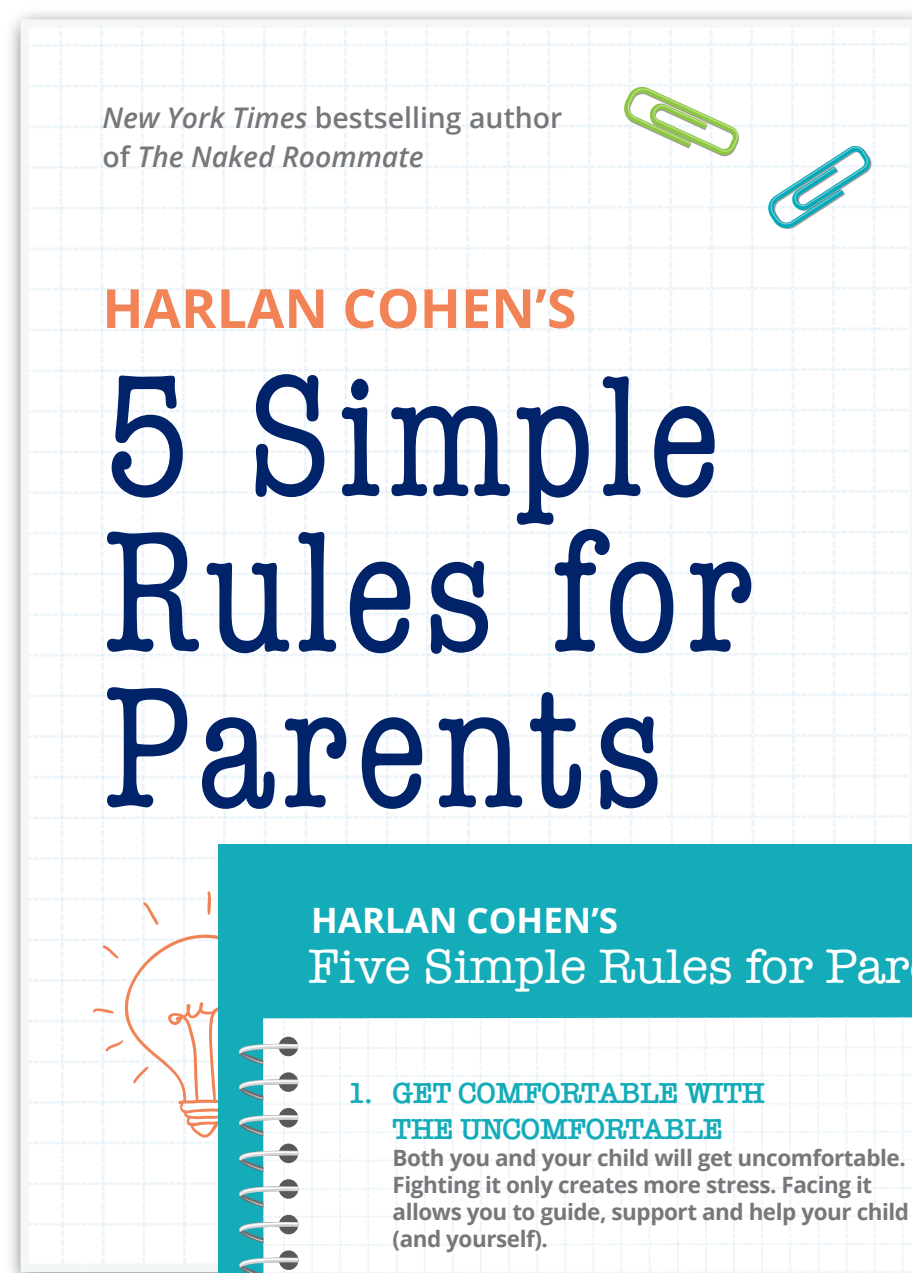
- 
- A person in a green shirt is balancing on a yellow slackline stretched across a grassy field. In the background, other people are visible, some also on slacklines, and there are trees and a building in the distance.
- 1. WANT SOMETHING**
 - 2. EXPECT THE UNEXPECTED**
 - 3. GET COMFORTABLE WITH THE UNCOMFORTABLE**
 - 4. EMBRACE THE UNIVERSAL REJECTION TRUTH**
 - 5. FIND YOUR THREE PLACES**
 - 6. FIND YOUR FIVE PEOPLE**
 - 7. PRACTICE PATIENCE**
 - 8. TALK TO YOUR PARENTS**

- 9. DEADLINES AND CAMPUS EMAIL**
- 10. FOLLOW, LIKE, POST**
- 11. READ THE CAMPUS NEWSPAPER**
- 12. KNOW THESE ROOMMATE RULES**
- 13. KNOW THESE RELATIONSHIP RULES**
- 14. ASK, BUDGET, WORK**
- 15. HAVE RULES FOR GOING OUT**
- 16. FIND ACADEMIC SUPPORT**
- 16.1 MENTAL HEALTH TRANSITION PLAN**
- 17. TELL YOUR STORY AS IF...**

Books to check out...



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



SCHOOL

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

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

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

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

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

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

BE PREPARED

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

COLLEGE PLANNING TIMELINE FOR STUDENTS AND PARENTS GETTING READY FOR COLLEGE

College **AVE**
STUDENT LOANS

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

FALL SENIOR YEAR

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



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

WINTER SENIOR YEAR

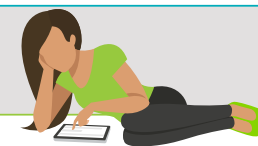
- ☐ **PAY ATTENTION TO YOUR GRADES**
Have your high school counselor send your midyear grades to the schools you applied to.
- ☐ **HAVE YOUR TEST SCORES SENT TO THE SCHOOLS YOU'RE APPLYING TO**
Fill out a request form at the College Board or ACT.



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

SPRING SENIOR YEAR

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



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

SUMMER SENIOR YEAR

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



STUDENT LOANS

<https://harlancohen.com/17things-may24/>

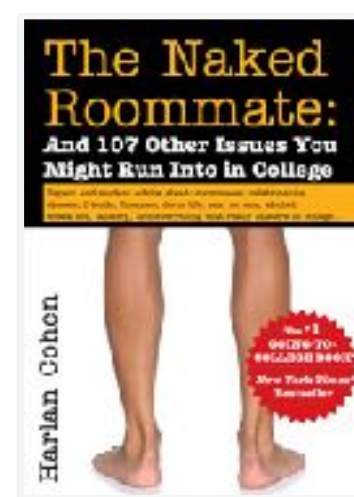
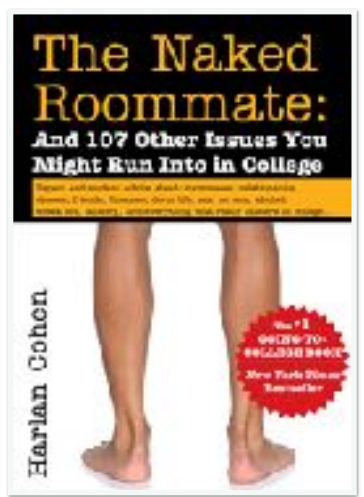
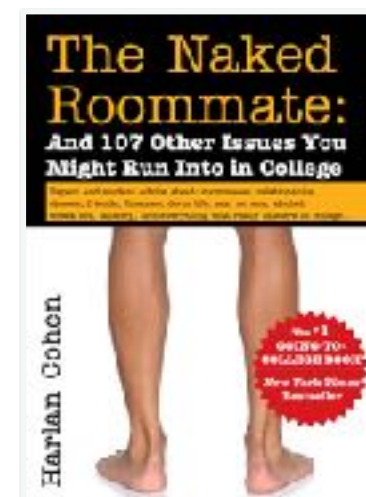
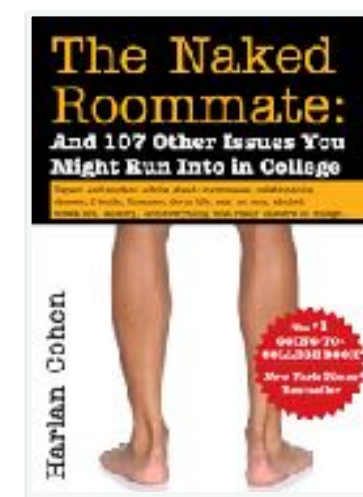
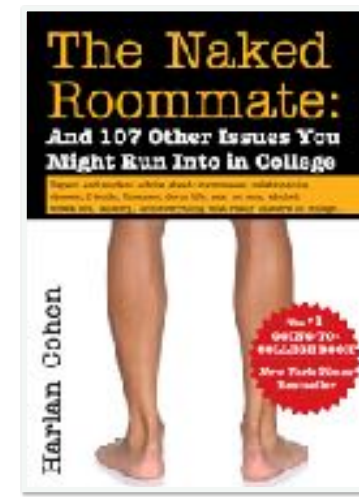
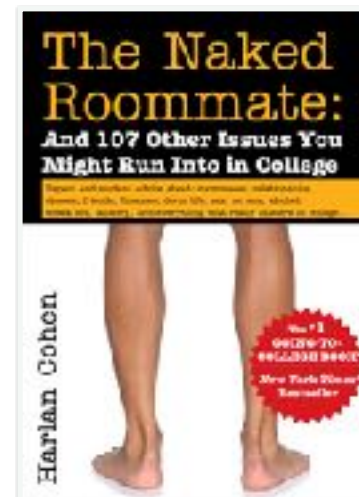
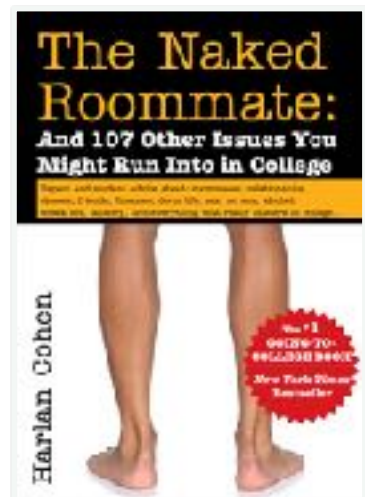
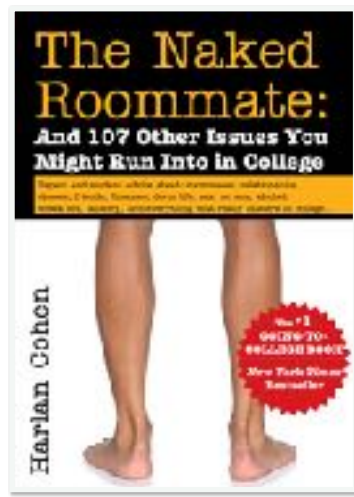
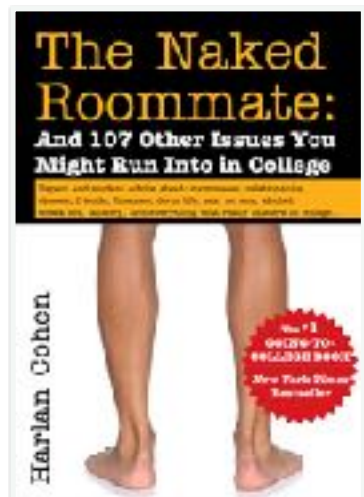
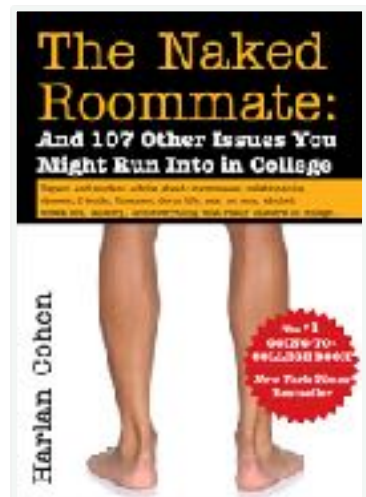
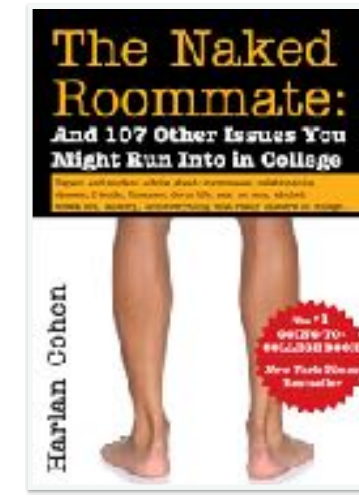
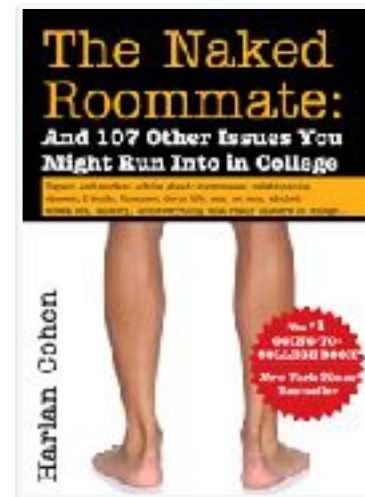
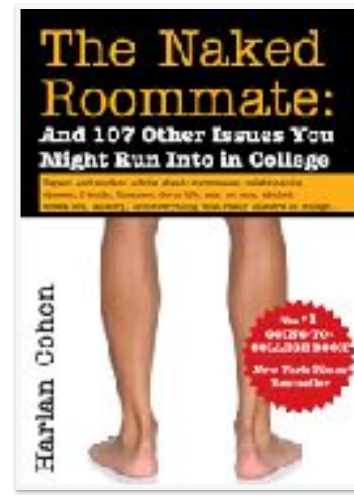
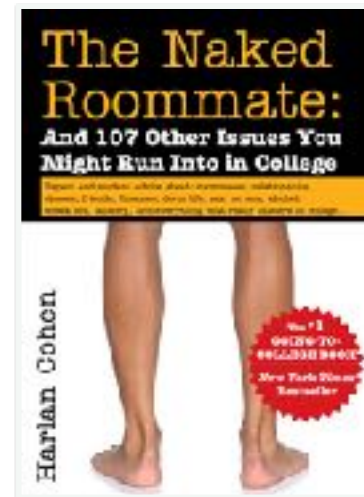
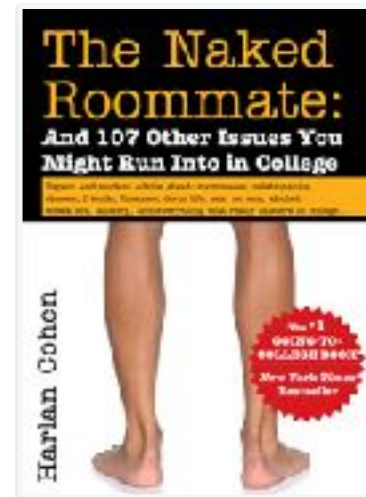
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- **What do you want to happen this year in college?**
 - ◊ Setting Social, Emotional, Physical, Financial, Academic Expectations.
 - ◊ How will you make it happen?
 - ◊ Tell the story of your semester/quarter as if it's already happened.
 - ◊ Tell the story of your week as if it has already happened.
 - ◊ Call this the getting comfortable year. Please be kind to yourself.


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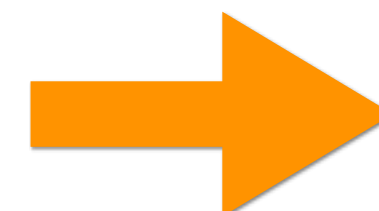
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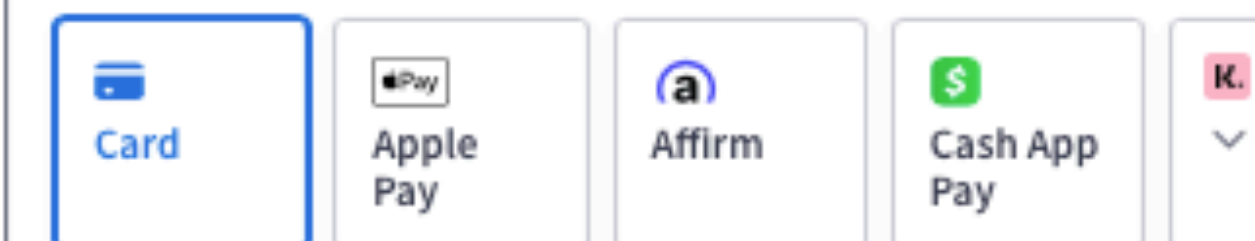
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