

17 Things You Need to Do Before Going to College



Harlan Cohen



NACAC
Conference 2024



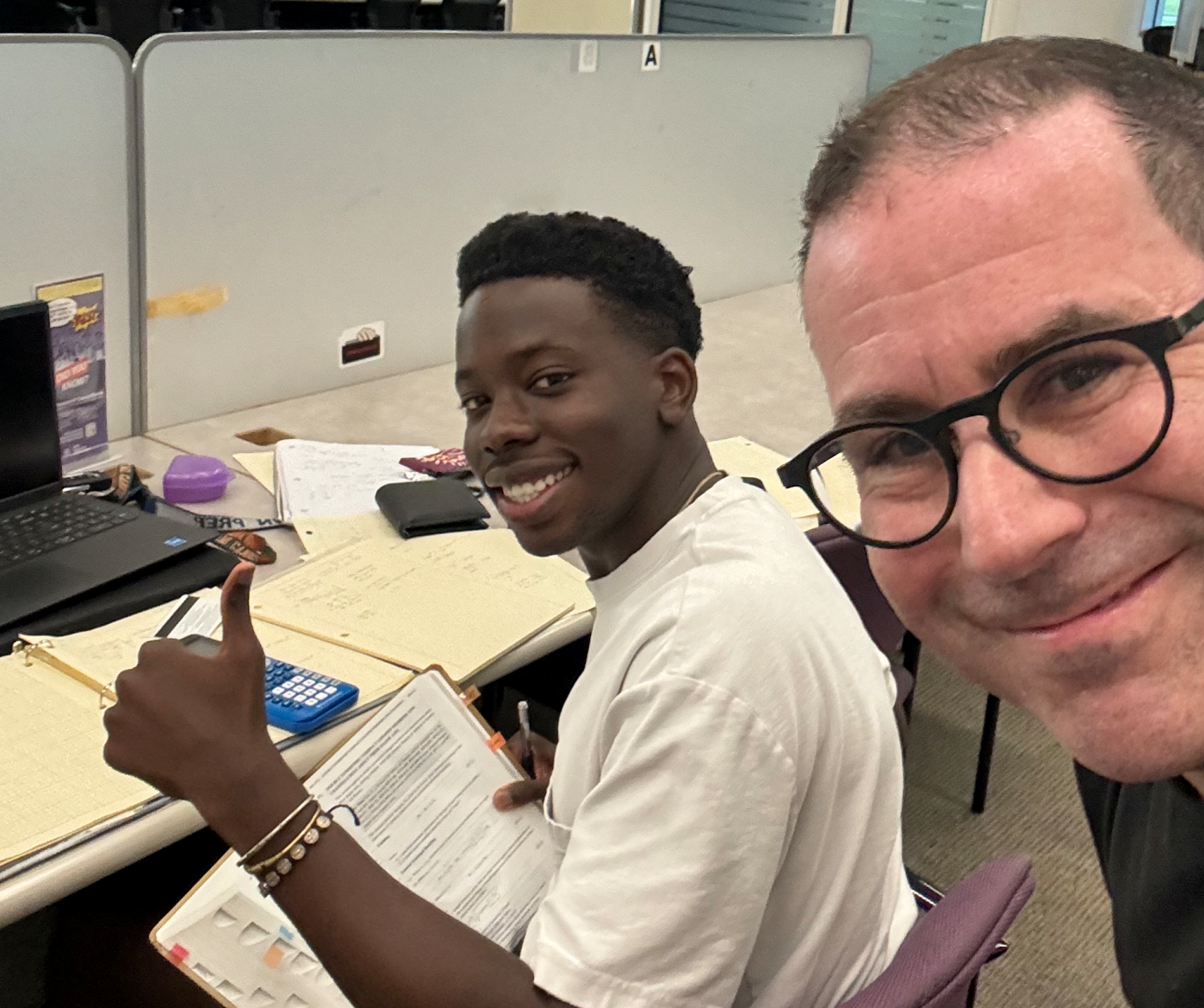
THE **COURAGE**
WITHIN

80th
Conference



**IT ALL STARTS
BY DREAMING**

BIG



**IT ALL STARTS
BY DREAMING**

BIG



**IT ALL STARTS
BY DREAMING**

BIG

Adela and Mia





**IT ALL STARTS
BY DREAMING**

BIG

Jacob and Carson

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

2019

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

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

Felt exhausted (not from physical activity)

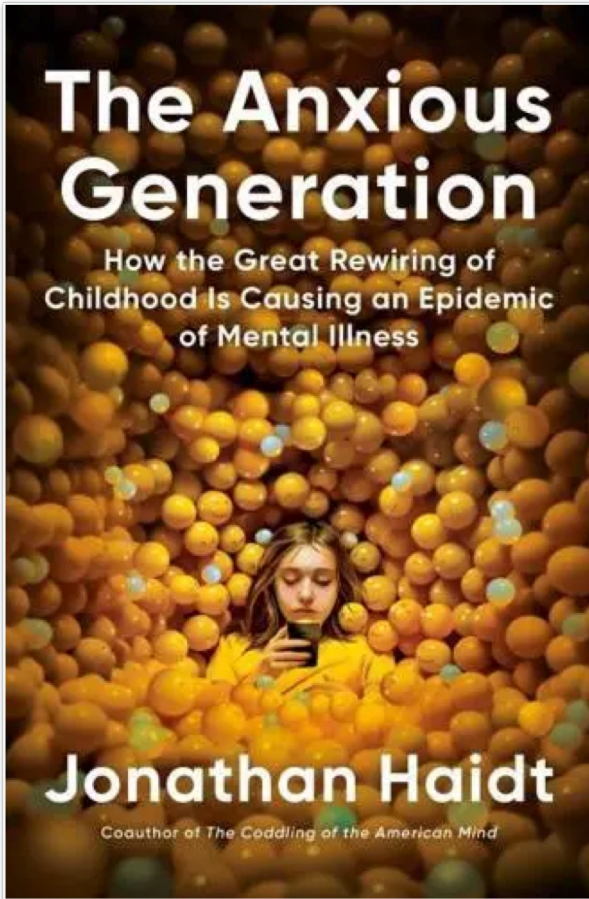
Percent (%)	Male	Female	Total
No, never	16.7	7.1	10.1
No, not last 12 months	7.3	4.3	5.2
Yes, last 2 weeks	42.6	57.0	52.8
Yes, last 30 days	15.3	15.9	15.6
Yes, in last 12 months	18.1	15.8	16.4
<i>Any time within the last 12 months</i>	76.0	88.6	84.7

Felt overwhelmed by all you had to do

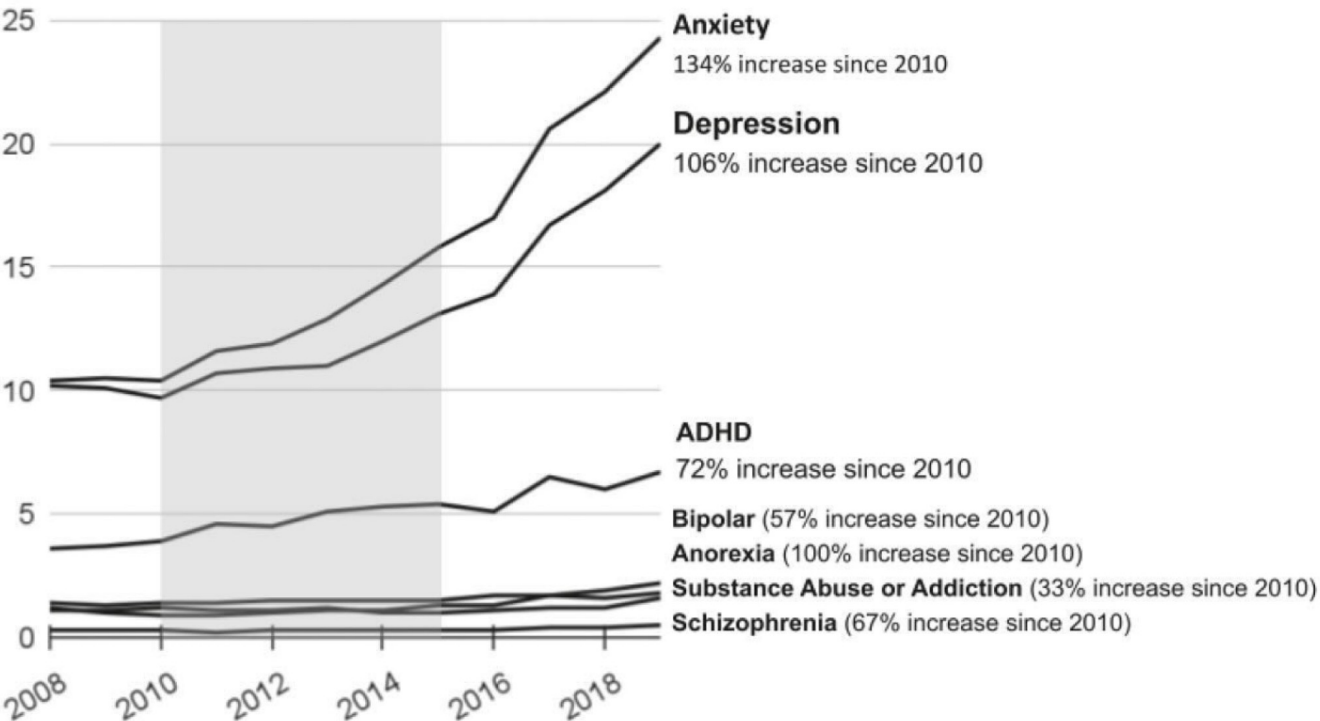
Percent (%)	Male	Female	Total
No, never	14.8	5.2	8.2
No, not last 12 months	6.9	3.2	4.3
Yes, last 2 weeks	41.7	58.2	53.3
Yes, last 30 days	15.3	16.2	15.9
Yes, in last 12 months	21.4	17.1	18.2
<i>Any time within the last 12 months</i>	78.4	91.5	87.4

Felt very lonely

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



Mental Illness Among College Students



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

College Tip #1244
If you went to college
in August...

what's wrong with me I
didn't know this was
gonna be like



harlancohen

Original audio



oddballreviews Last semester, in August, I transferred to a big university from a community college, and it was really, really rough. The first four weeks of the semester were grueling and had me consistently feeling depressed and isolated. I also didn't do a lot of anything to get myself out of that situation; I was frozen by anxiety. But towards the end of the semester, it got better, and now, in my second semester (while my social life here is still lacking), it's much more comfortable being here. So there is light at the end of the tunnel.



1d 89 likes Reply

— View replies (3)



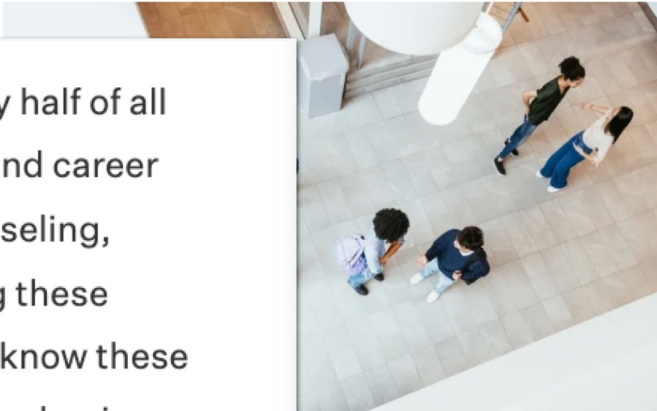
glaspergirl79 You have no idea how much this means to me. My freshman started in August, and although she's just 45 minutes away, things are@not the same. She's adjusting but it has been hard. I appreciate that she comes home on the weekends. I realize she needs this support and time with her family. I want to make everything better for her, but also want her have the full experience. Everything will work out, and I want her to know that it's perfectly normal that she's feeling they way she is. Everything will be okay. Thank you



Report: Stop-Outs Don't Know About Support Services on Campus

Not all college students know about support measures available to them at their college, making them more vulnerable to stopping out. New research indicates that institutional leaders should work to bridge communication gaps to increase student success.

By [Ashley Mowreader](#)



Students who had stopped out are less likely to know these services were offered, with only 44 percent recognizing academic advising was available and 32 percent being aware of mental health supports.

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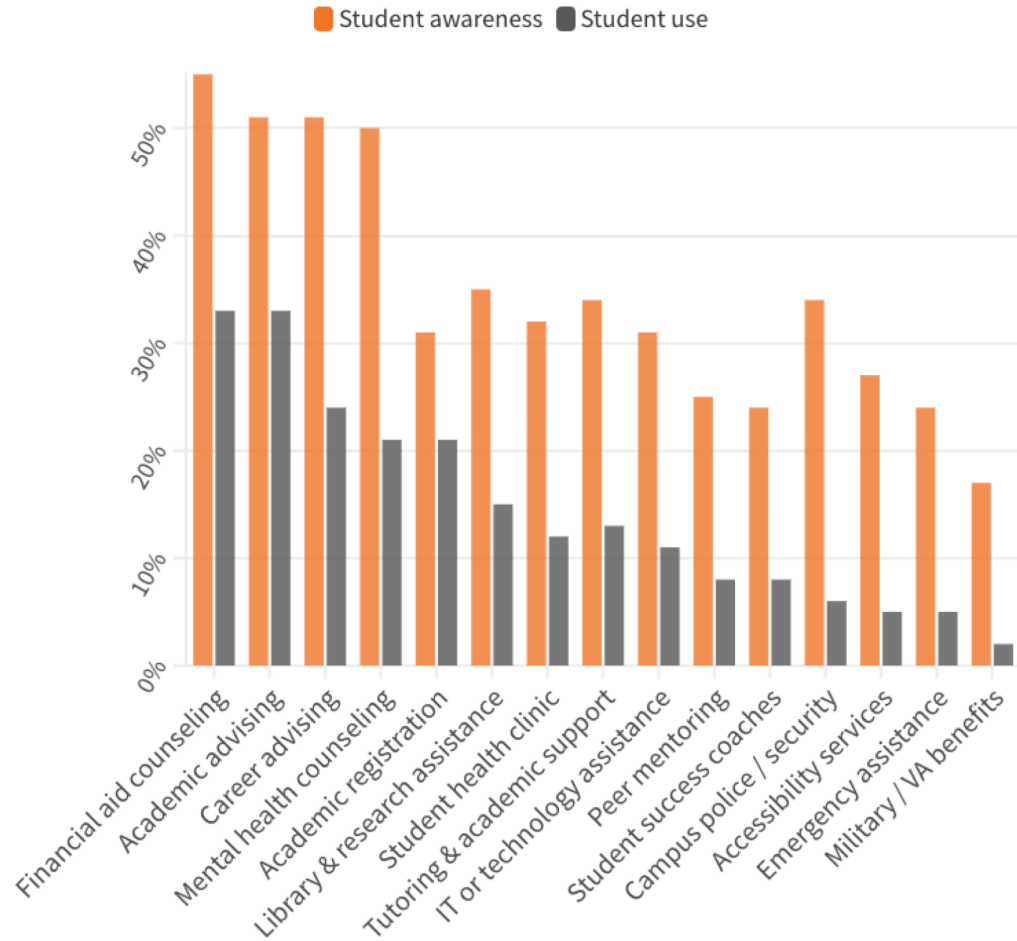
[Learn More](#)

In Tyton Partners' annual Listening to Learners study, only half of all students surveyed say their institution offered academic and career advising, financial aid counseling, and mental health counseling, despite an overwhelming majority of institutions providing these supports. Students who had stopped out are less likely to know these services were offered, with only 44 percent recognizing academic advising was available and 32 percent being aware of mental health supports.

<https://www.insidehighered.com/news/student-success/academic-life/2024/09/24/survey-gaps-persist-college-student-resource>

Students Unaware of Full Range of Resources Available

Share of students who indicated the following resources are provided to students on their college or university campus.



Sources: Listening to Learners 2024, Tyton Partners analysis • Survey questions: “Which of the following support services are available to you at your college/university? Select all that apply.”, n = 1,526; “Which of the following support providers have you ever personally interacted with at your current college/university? Select all that apply.”, n = 1,449

* A Flourish chart

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

1. WANT SOMETHING
2. EXPECT THE UNEXPECTED
3. GET COMFORTABLE WITH THE UNCOMFORTABLE
4. EMBRACE THE UNIVERSAL REJECTION TRUTH
5. FIND YOUR THREE PLACES
6. FIND YOUR FIVE PEOPLE
7. PRACTICE PATIENCE
8. TALK TO YOUR PARENTS

9. 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**



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

Today is the future

I created yesterday

Forget about being wanted...



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

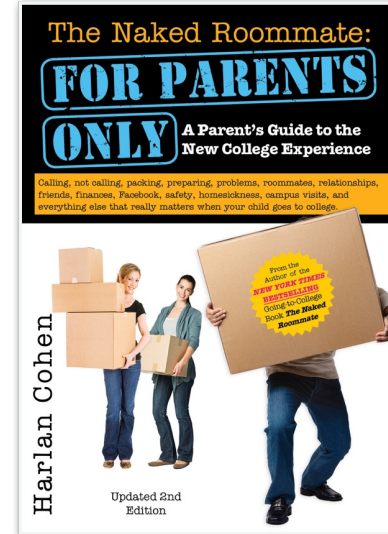
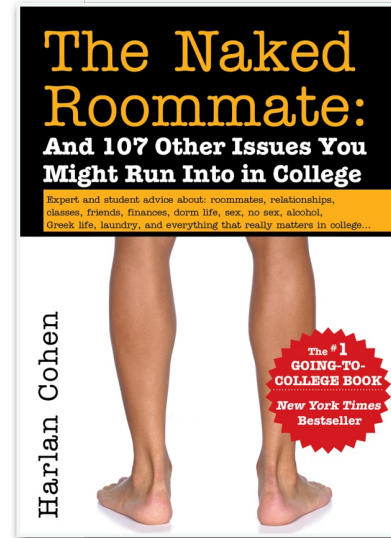
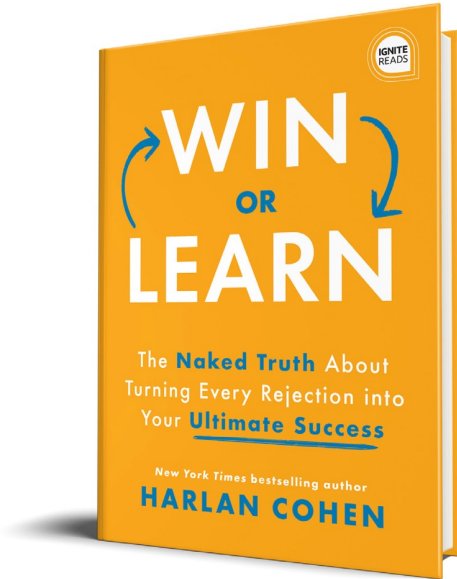


#2 EXPECT THE UNEXPECTED



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.

WHAT DO I DO? Research and Write Books



BEST SELLERS > EDUCATION

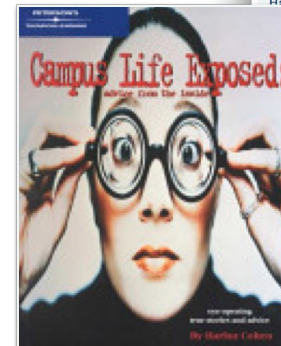
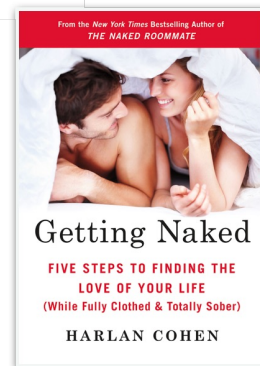
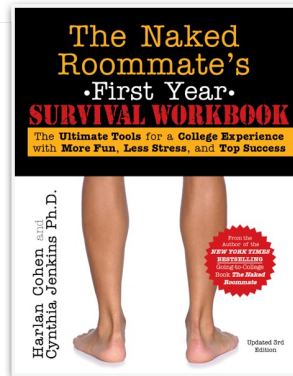
Best Sellers June 2015 May 2015 July 2015

OVERVIEW

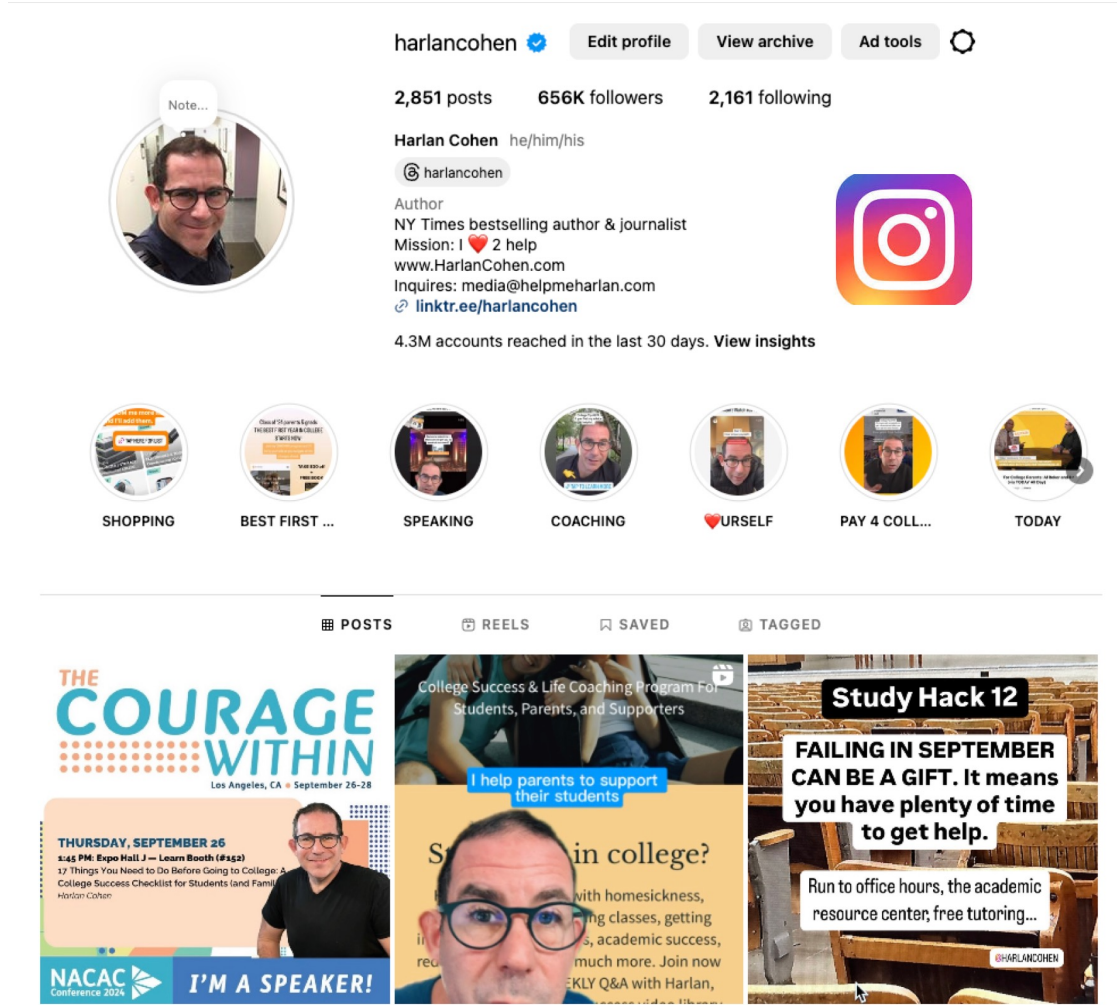
- PRINT & E-BOOKS
 - Fiction
 - Nonfiction
- HARDCOVER
 - Fiction
 - Nonfiction
- PAPERBACK
 - Trade Fiction
 - Mass-Market Fiction
 - Nonfiction
- E-BOOKS
 - Fiction
 - Nonfiction
- ADVICE & MISC.
 - Combined
- CHILDREN'S
 - Picture Books
 - Middle Grade
 - Young Adult
 - Series
- GRAPHIC BOOKS
 - Hardcover
 - Paperback
 - Graphic Novel
- MONTHLY LISTS
 - Bestsellers
 - New Arrivals
 - Previews
 - Series

THIS MONTH EDUCATION

- 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](#)
- VERY GOOD LIVES**, by J. K. Rowling. (Little, Brown.) J.K. Rowling's Harvard commencement address on embracing failure and imagination. [Buy](#)
- 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](#)
- 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](#)
- 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 College Students



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Harlan Cohen he/him/his
harlancohen

Author
NY Times bestselling author & journalist
Mission: I ❤️ 2 help
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4.3M accounts reached in the last 30 days. View insights

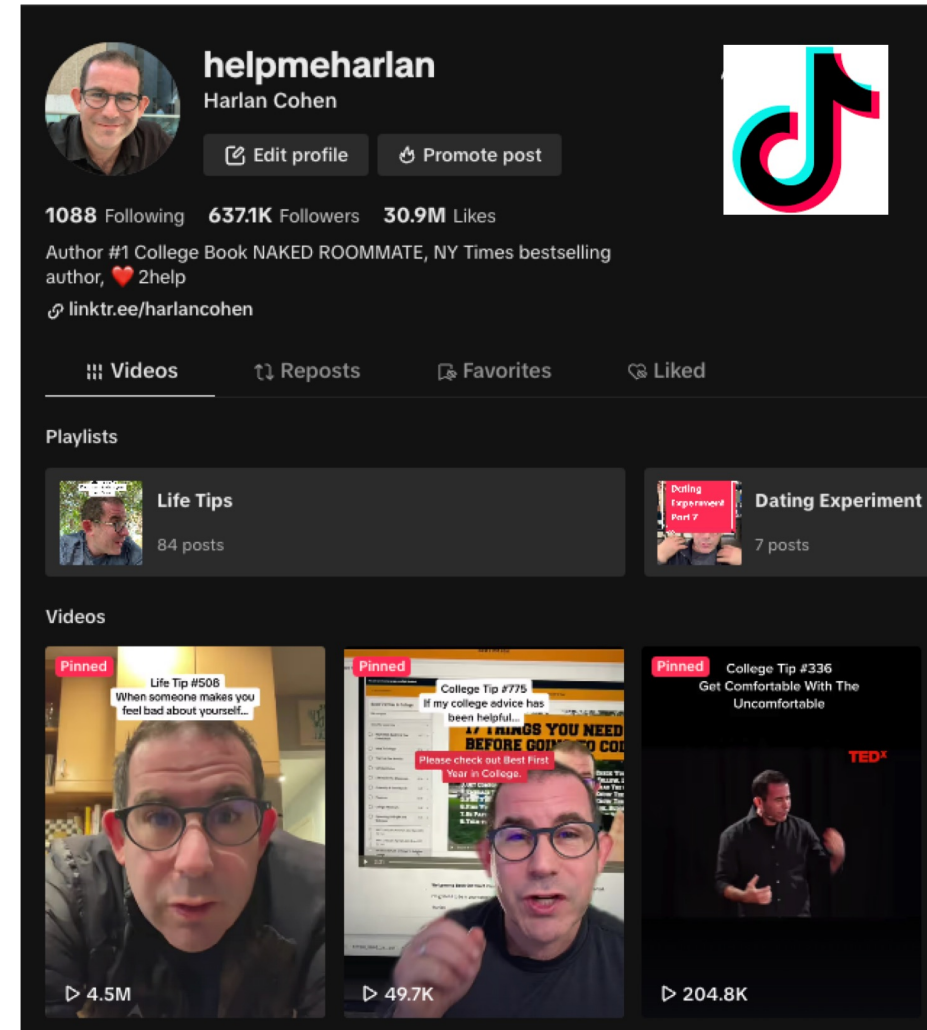
SHOPPING BEST FIRST ... SPEAKING COACHING ❤️URSELF PAY 4 COLL... TODAY

POSTS REELS SAVED TAGGED

THE COURAGE WITHIN
Los Angeles, CA • September 26-28
THURSDAY, SEPTEMBER 26
1:45 PM: Expo Hall J — Learn Booth (#142)
17 Things You Need to Do Before Going to College: A College Success Checklist for Students (and Family)
Harlan Cohen
I'M A SPEAKER!

College Success & Life Coaching Program For Students, Parents, and Supporters
I help parents to support their students

Study Hack 12
FAILING IN SEPTEMBER CAN BE A GIFT. It means you have plenty of time to get help.
Run to office hours, the academic resource center, free tutoring...



helpmeharlan
Harlan Cohen

Edit profile Promote post

1088 Following 637.1K Followers 30.9M Likes

Author #1 College Book NAKED ROOMMATE, NY Times bestselling author, ❤️ 2help
linktr.ee/harlancohen

Videos Reposts Favorites Liked

Playlists

Life Tips 84 posts

Dating Experiment 7 posts

Videos

Pinned Life Tip #508
When someone makes you feel bad about yourself...

Pinned College Tip #775
If my college advice has been helpful...
Please check out Best First Year in College.

Pinned College Tip #336
Get Comfortable With The Uncomfortable

4.5M 49.7K 204.8K

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.

NOV 4 AT 6:44 PM

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

NOV 4 AT 10:03 PM

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

NOV 2 AT 5:25 PM

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

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.

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.

WHAT DO I DO? Teach, Listen, Share



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



No one told me what to expect...

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



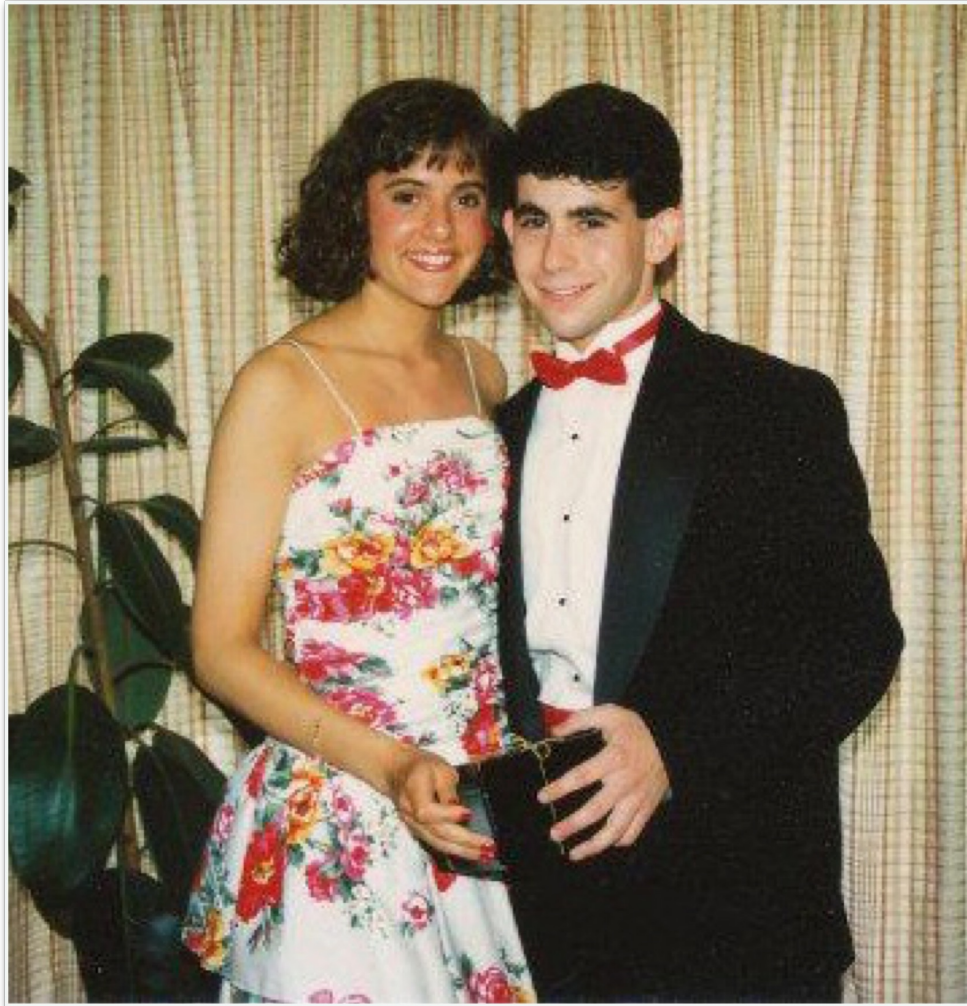
X Roommate was not my friend



X Didn't get into a fraternity



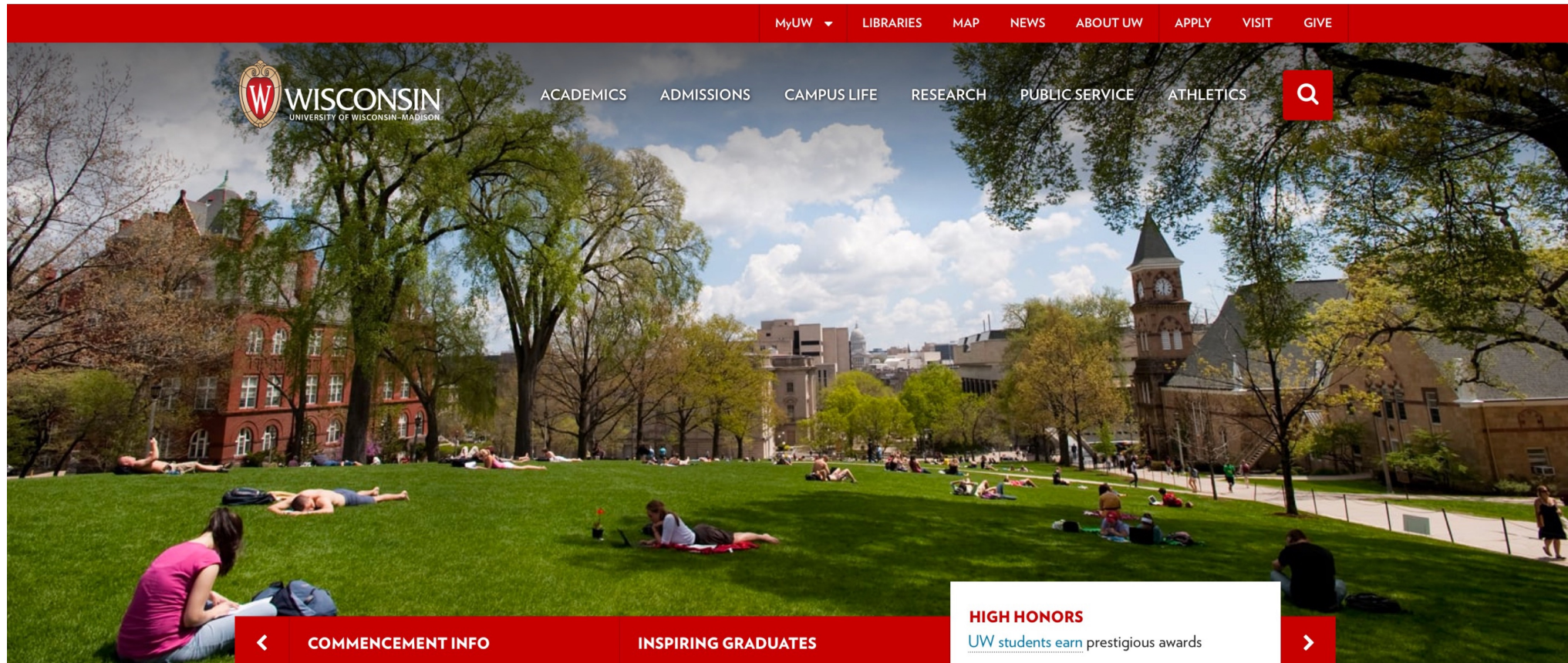
X My girlfriend broke up with me...



shot the LDR puppy



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





EXPAND THE
BOUNDARIES
OF POSSIBLE

IT CAN STORM IN COLLEGE
There can be...

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

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





- My friends from high school went to IU.
- My brothers went to IU.
- There was a fraternity that HAD to accept me.

It took me a good year to get comfortable with the uncomfortable...

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



SEARCH SELECTION TRANSITION

TRANSITION IS HIGH STAKES, EMOTIONAL, AND INTENSE

S

Social

E

Emotional

P

Physical

F

Financial

A

Academic

#3 GET COMFORTABLE WITH THE UNCOMFORTABLE



The 90/10 Rule

**Life is 90%
amazing**

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



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



EDUCATION



To help new students adapt, some colleges are eliminating grades

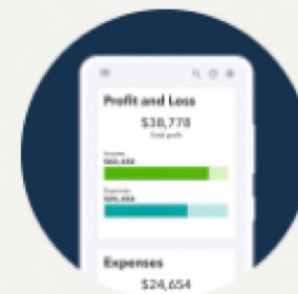
March 26, 2023 · 6:10 AM ET

FROM [THE HECHINGER REPORT](#)

By Jon Marcus



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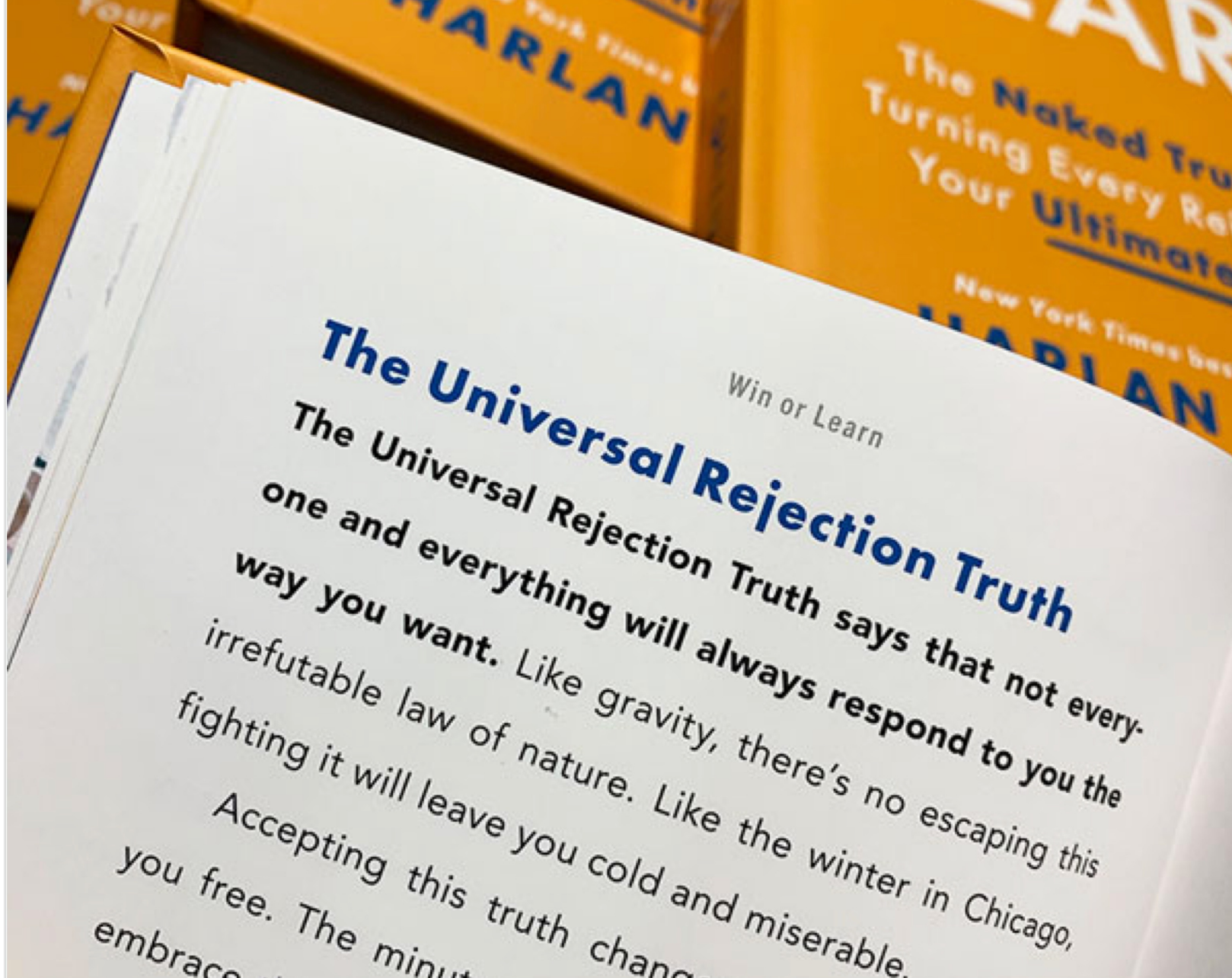


Rename the first year the getting comfortable year and shift your expectations.

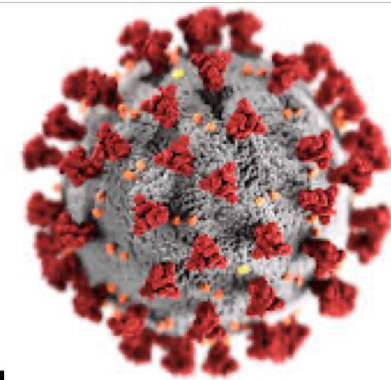


#4 EMBRACE THE UNIVERSAL REJECTION TRUTH





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



**AND YOU WILL
STILL FACE
REJECTION**



Tweet



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

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

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

 1,183  18.5K  85.5K 



Ben Cichy
@bencichy



Replying to @starstrickenSF

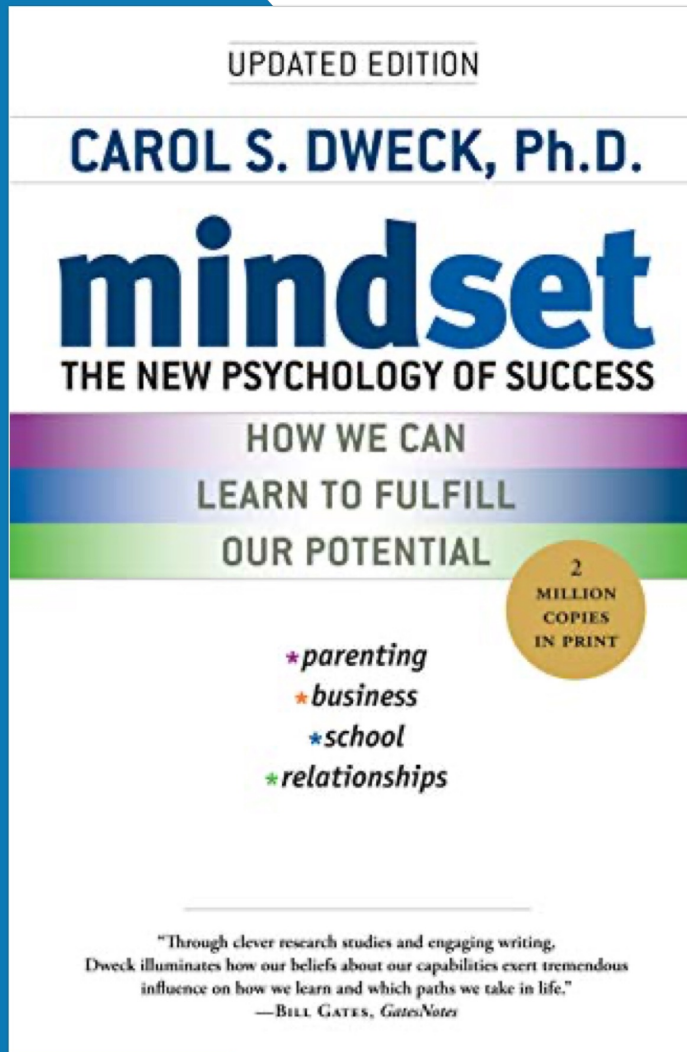
Got a 2.4 GPA my first semester in college. Thought maybe I wasn't cut out for engineering. Today I've landing two spacecraft on Mars, and designing one for the moon.

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

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

Tweet your reply





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

REJECTION DENIAL

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





Face The Truth

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

#5 FIND YOUR THREE PLACES

(VIRTUAL AND ON CAMPUS)



PLACES ARE WHERE YOU CAN...

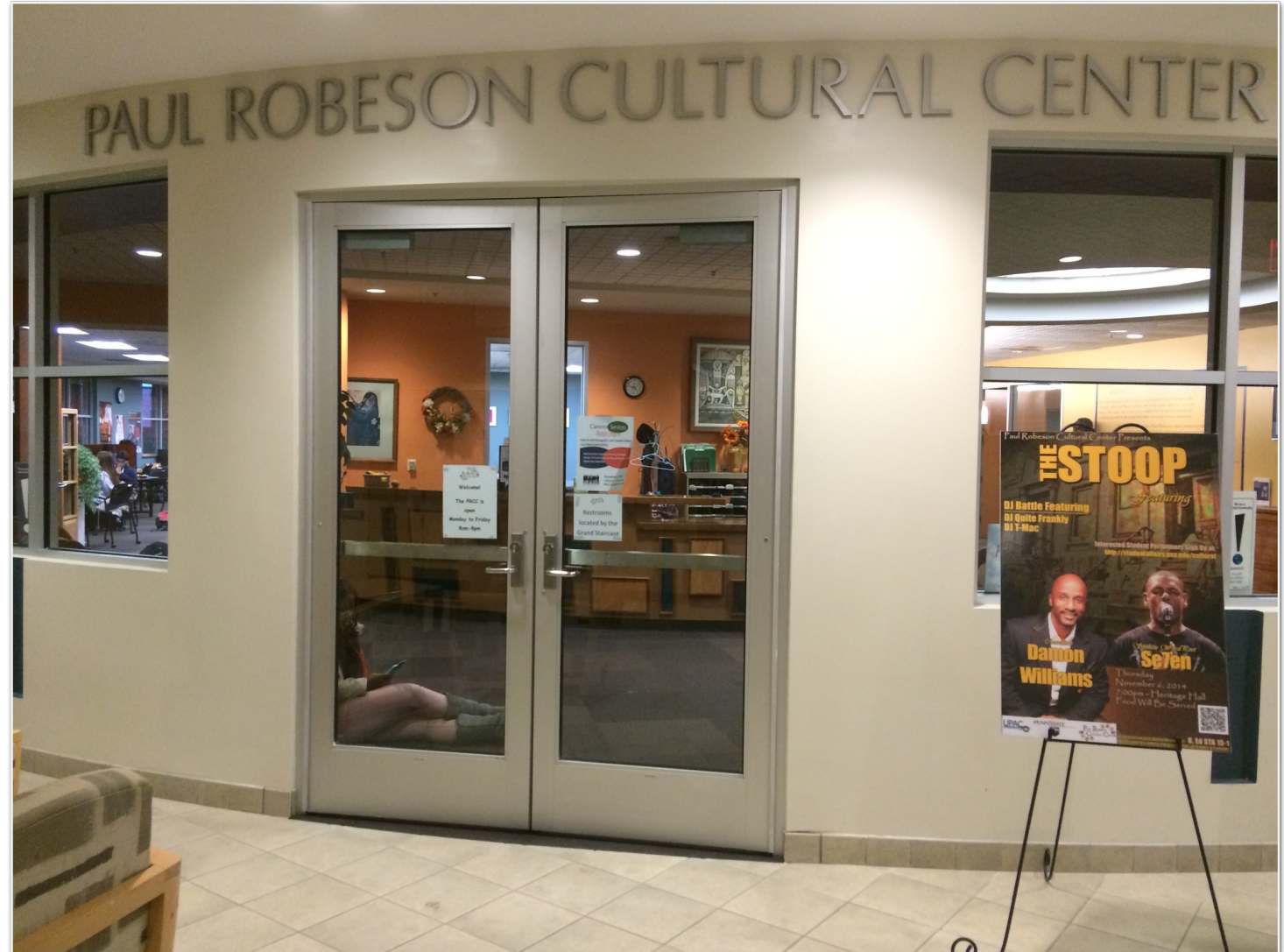
Think clubs, activities, or organizations where you can...

- ✦ SWEAT
- ✦ PLAY
- ✦ PRAY
- ✦ LIVE
- ✦ LEARN
- ✦ LEAD
- ✦ LOVE
- ✦ WORK



Places

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



PLACES



Badger Support Network

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



Badger Tank UW-Madison

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



Badger Twins

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



Badger Yogis

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



Badgerloop

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



Badgers & Books

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

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

Badger Support Network

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

Contact Information

E: machoka@wisc.edu

P: 651-666-9648



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

PLACES

DENISON

Campus / Get Involved / Student Organizations

Student Organizations



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

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

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

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

Forms, Policies, Publications

Contact Us

Phone

740-587-6394

📍 Slayer 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).

#6 FIND YOUR FIVE PEOPLE





**People who
volunteer to help**

**People you ask
or enlist to help**

**People who are
paid to help**

Who are some of these people?

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


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...**

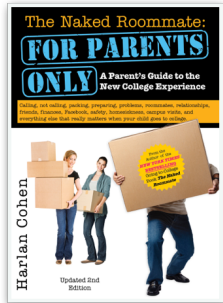
FOLLOW THE 24 HOUR RULE

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.



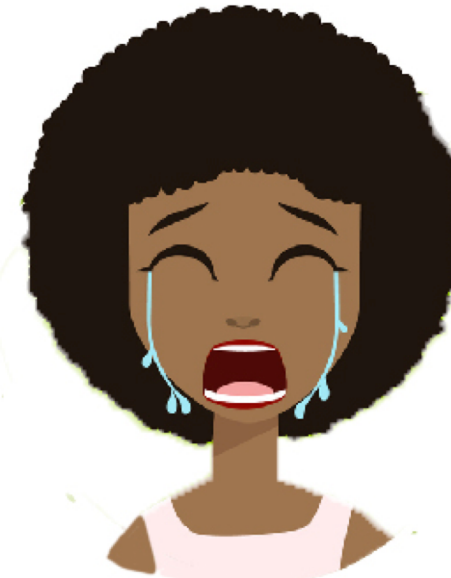
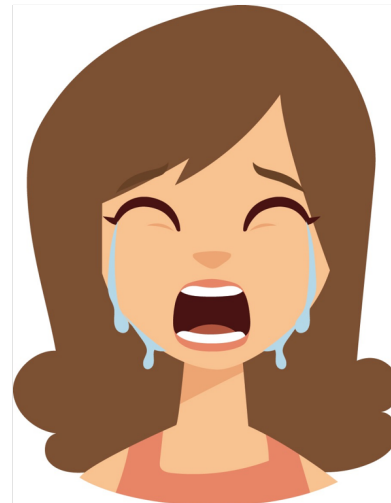
#8 TALK TO YOUR PARENTS



Talk about...

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

Are you looking to vent or do you want advice?



#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

The screenshot shows the University of Houston's website for University Information Technology. The page title is "Student Email" and it is part of the "EMAIL ACCOUNT" section. A navigation menu includes "Email Alias", "Phishing Scams", "Proofpoint", "Spam Flagging", "Spam and Spoof", "Update a Faculty or Staff Email Address", and "Update a Student Email Address". The main content area features a photo of two students, a young man and a young woman, sitting at a table and looking at a laptop. Below the photo, there is a paragraph explaining the UH email alias policy and a diagram showing the email alias "jscougar@uh.edu" pointing to the user's email destination "joec00g713@youremailprovider.com".

UNIVERSITY of HOUSTON

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

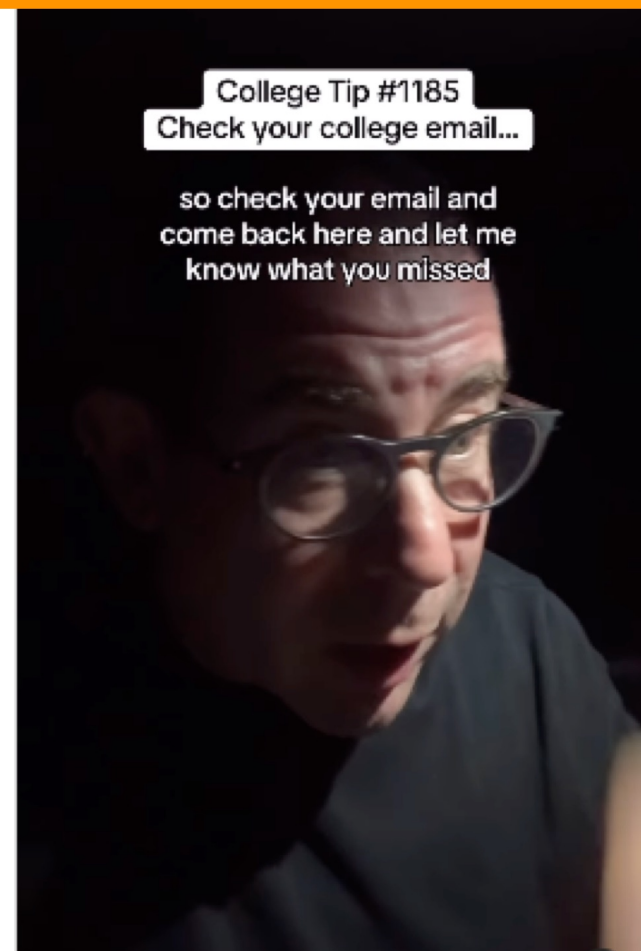
>>> points to

joec00g713@youremailprovider.com

Your email destination

#9 DEADLINES & EMAIL

(CHECK YOUR SCHOOL EMAIL)



 katopotatooooo Oh Harlan... I wish you'd posted this 4 weeks ago. We missed A LOT in June. 😂

2w 201 likes Reply

— View replies (8)

 jayneincolorado Yes! Why do they not check their emails?!!!

2w 74 likes Reply

— View replies (13)

[View insights](#) [Boost reel](#)

  Liked by [learntotalkwithme](#) and 18,010 others

July 17

#10 FOLLOW, POST, LIKE



University of Wisconsin-Madison
@UWMadison · College & University

500 Lincoln Drive Madison, WI 53706

309,177 people like this including 35 of your friends

309,314 people follow this

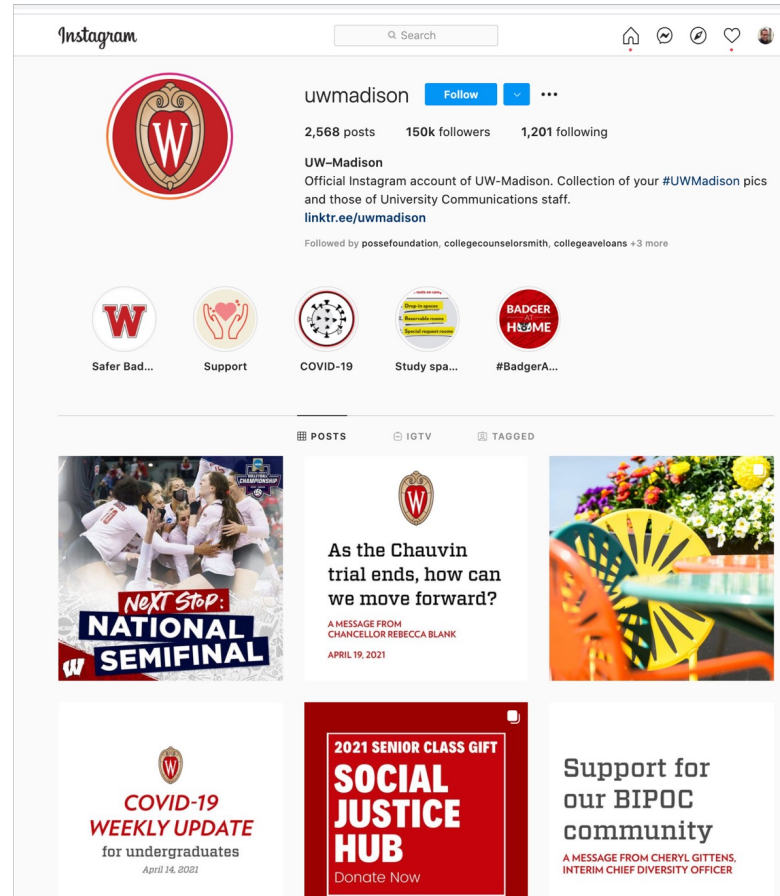
374,918 people checked in here

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

NELSON INSTITUTE FOR ENVIRONMENTAL STUDIES EARTH DAY 2021

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>



uwmadison Follow

2,568 posts 150k followers 1,201 following

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

Followed by [possefoundation](#), [collegecounselorsmith](#), [collegeaveoans](#) + 3 more

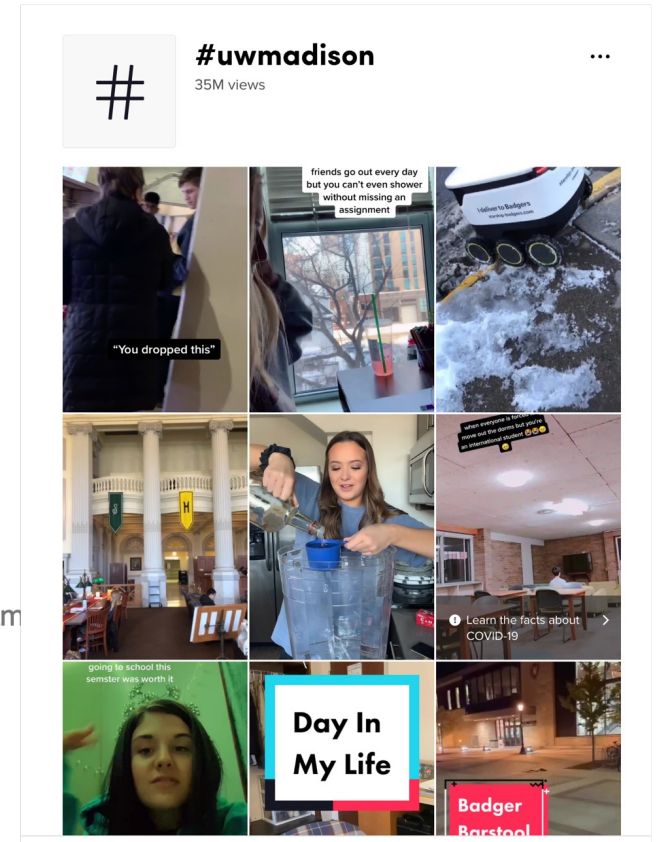
Safe Bad... Support COVID-19 Study spa... #BadgerA...

As the Chauvin trial ends, how can we move forward?
A MESSAGE FROM CHANCELLOR REBECCA BLANK
APRIL 19, 2021

2021 SENIOR CLASS GIFT SOCIAL JUSTICE HUB
Donate Now

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

COVID-19 WEEKLY UPDATE for undergraduates
April 14, 2021



#uwmadison
35M views

Grid of photos including: "You dropped this", "friends go out every day but you can't even shower without missing an assignment", "Badger to Badgers", "When everyone is trying to give up at the gym but you're a motivational speaker", "going to school this semester was worth it", "Day In My Life", "Badger Barstool", and a photo of a person in a large blue container.

#11 READ THE CAMPUS NEWSPAPER



THE LANTERN

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

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

- Complete a year of course work in just 8 weeks
- Earn 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/osu/

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

March 30, 2023 • Josie Stewart



Watch on YouTube

nd 4 Paws is such an amazing presence here at Ohio State.

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: Mikesell 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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twitter.com/thelantern
thelantern.com

Posts

The Lantern 9m · 🌐

After announcing his commitment to Ohio State, Seth Towns'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)



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

Like Comment Share

#12 KNOW THESE ROOMMATE RULES

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

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

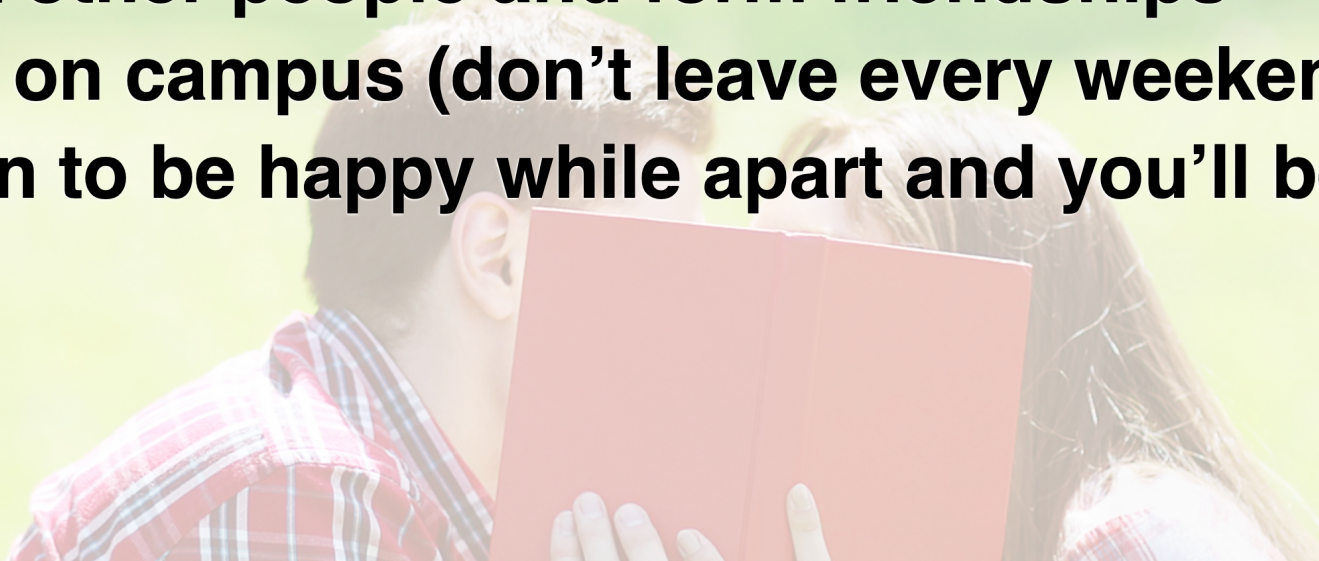
Rule #3: Follow the uncomfortable rule. The uncomfortable rule means you and your roommate agree to share what makes you uncomfortable within 24/48 hours of the problem. You do it face-to-face; not a text, not on Instagram, not on Snapchat.

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



#13 KNOW THESE RELATIONSHIP RULES

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



#14 ASK, BUDGET, WORK


- ▶ See if you can get more money
- ▶ Put together a budget
- ▶ 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 BREAKDOWN	
Loan Amount <input type="text" value="\$25,000"/>	In-School Monthly Payment \$0.00 42 Months ²	Post-School Monthly Payment \$275.32 120 Months
Loan Term <input type="text" value="10 years"/>		
Interest Rate <input type="text" value="3.4%"/>	Total Cost \$33,038.96	
Years Remaining In School <input type="text" value="3 years"/>	Total Interest \$8,038.96	
Monthly Payments In School <input type="text" value="\$0.00"/>	Loan Amount \$25,000.00	
<input type="button" value="CALCULATE"/>	For more personalized results, estimate a loan with College Ave	

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

JULY 19, 2019 BY HARLAN COHEN

The Benefits of Working on Campus



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

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

Work-Study Jobs

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

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

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

Student employment:

On-campus employment is available to all students, even if you are not offered an opportunity through the Federal Work Study (FWS) program. **Students working on campus earn up to \$4,000 per year** with our partnership with the Center for Career and Professional Development.

Parent PLUS Loan:



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

#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



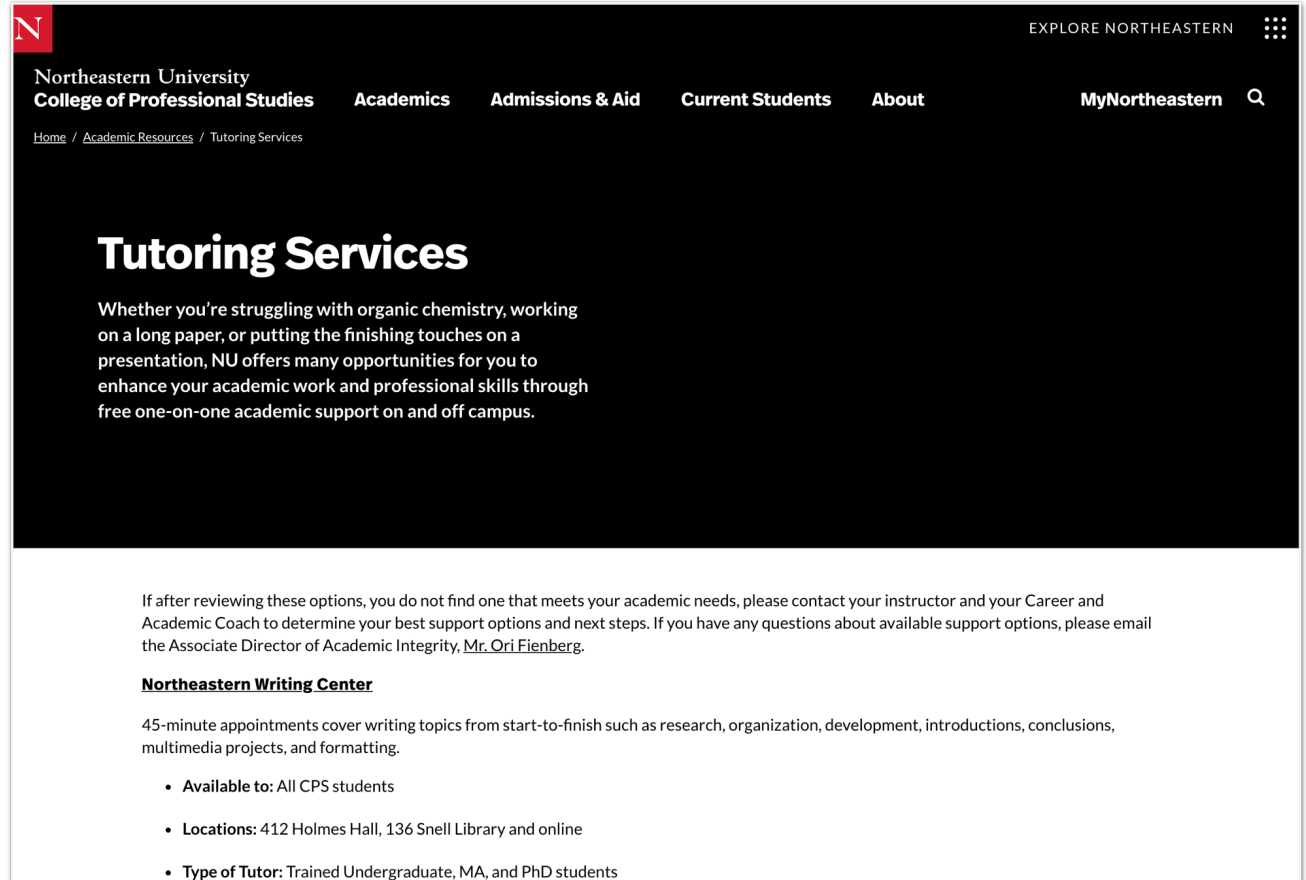
#15 HAVE RULES FOR GOING OUT

TALK ABOUT FENTANYL...



#16 IDENTIFY ACADEMIC SUPPORT RESOURCES

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



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

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

#16 IDENTIFY ACADEMIC SUPPORT RESOURCES

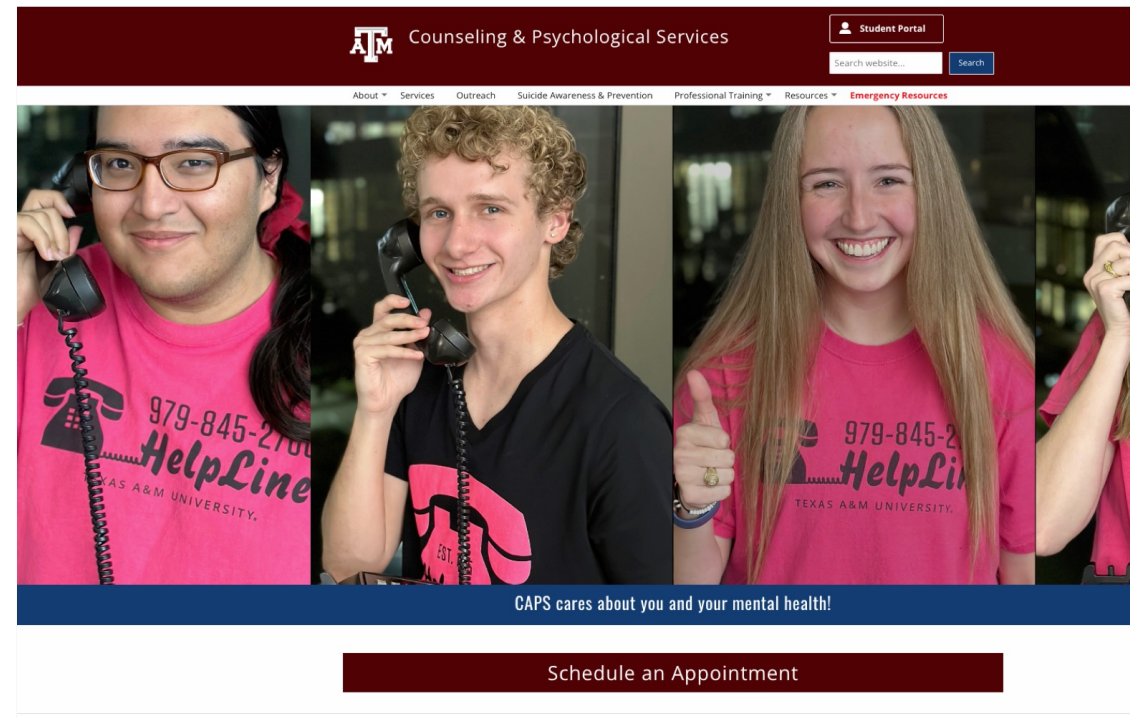
Identify academic campus support resources. Plan to study in the writing center and math center.




#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...



#16.1 MENTAL HEALTH TRANSITION PLAN



The Harlan Cohen Podcast: Dr. Lisa Damour Talks Teens, Phones, College, Parenting, Rapid Fire Q&A

Harlan Cohen
3.12K subscribers

Analytics Edit video

8 | Share | Promote | Download | Clip

The video shows a woman, Dr. Lisa Damour, wearing headphones and speaking into a microphone. She is in a room with bookshelves filled with books. A book titled 'The Harlan Cohen Podcast' is visible on a shelf. The video player interface includes a title, channel name, subscriber count, and various interaction buttons.

https://www.youtube.com/watch?v=F6ll_zW3Rko

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



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.

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

1. WANT SOMETHING
2. EXPECT THE UNEXPECTED
3. GET COMFORTABLE WITH THE UNCOMFORTABLE
4. EMBRACE THE UNIVERSAL REJECTION TRUTH
5. FIND YOUR THREE PLACES
6. FIND YOUR FIVE PEOPLE
7. PRACTICE PATIENCE
8. TALK TO YOUR PARENTS

9. 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...

COACHING PROGRAM FOR STUDENTS & PARENTS



courses.bestfirstyear.com

Groups

Search groups

Your feed

Discover

Your groups

+ Create new group

Groups you manage

WIN OR LEARN Risk-Taking Experiment
Last active 3 years ago

TNR Boot Camp For Students (members only)
Last active 7 years ago

TNR Boot Camp For Parents (members group)
Last active 7 years ago

See more



Group by Harlan Cohen

Year 13 For Parents

Public group · 297 members



+ Invite Share Joined



The Harlan Cohen Podcast

Harlan Cohen

★ 5.0 (17) · EDUCATION · UPDATED BIWEEKLY

HARLAN COHEN POCAST

New York Times bestselling author Harlan Cohen has candid ... **MORE**

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Episodes >

5D AGO

Gina Moffa: Navigating grief, loss, and processing trauma

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.best-firstyear.com> About Gina: Gina is a licensed clinical social worker in private practice in New York City. In the field for over 20 years,...

1h 19m

SEP 12

John Pryor: The data behind understanding college success and happiness

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.best-firstyear.com> About John: John Pryor is a researcher, speaker, and writer with over 30 years of experience using research findings t...

1h 26m

17 Things You Need to Do Before Going to College



Harlan Cohen



NACAC
Conference 2024



THE **COURAGE**
WITHIN

80th
Conference