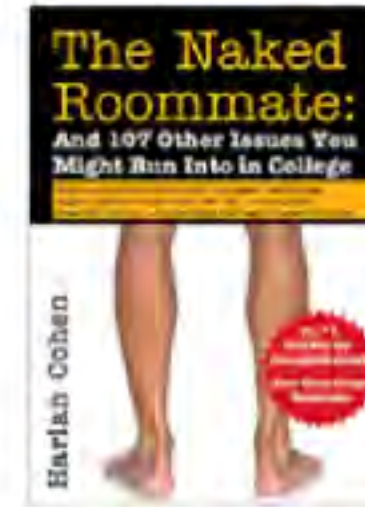


LIVE ONLINE EVENT
NY TIMES BESTSELLING AUTHOR
HARLAN COHEN'S

13 Mistakes High School Students Make When Choosing a College



FOR STUDENTS, PARENTS
AND SUPPORTERS



Replay, slides, and resources
<https://harlancohen.com/13mistakes/>



/HelpMeHarlan



@HarlanCohen



<https://discord.gg/39taSnZVyn>

On a scale 1-10

How are you today and why?

10 = Best Day Ever

9 = Amazing

8 = Fantastic

7 = Great

6 = Good

5 = OK

4 = Fair

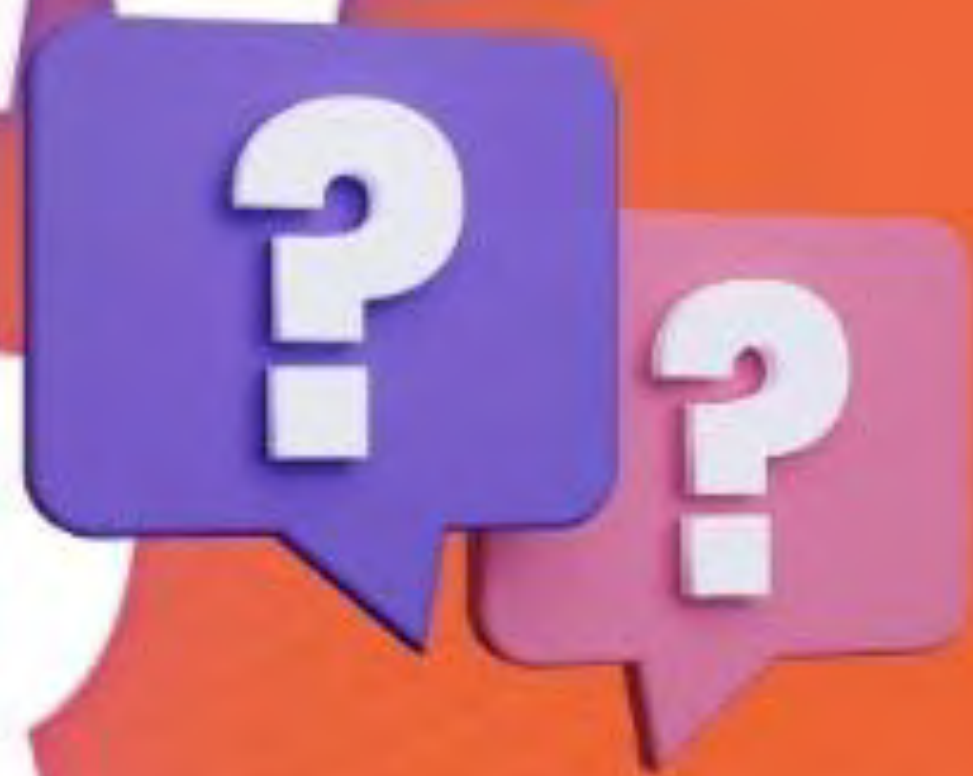
3 = Bad

2 = Very Bad

1 = Worst Day Ever

Answer in Chat

QUESTION ANSWER



With Harlan Cohen

Giving Away 3 College Parents Memberships

- **Student Legal Forms for all 50 States**
- **No-nonsense Video Courses from College Experts**
- **Practical tools to manage college finances and planning**
- **Year 13 and Beyond Parent Groups**
- **Gallup Strengths Finders**
- **Exclusive Partner Offers**



College Parents OF AMERICA

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College Parents OF AMERICA

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College Parents offers you peace of mind by providing personalized, trustworthy guidance throughout every step of the college experience. College Parents is your navigator for the college journey.

Dive into our free library of articles for every step of your journey...

Giving Away 3 Sets of book and 2 Family Memberships to Best First Year



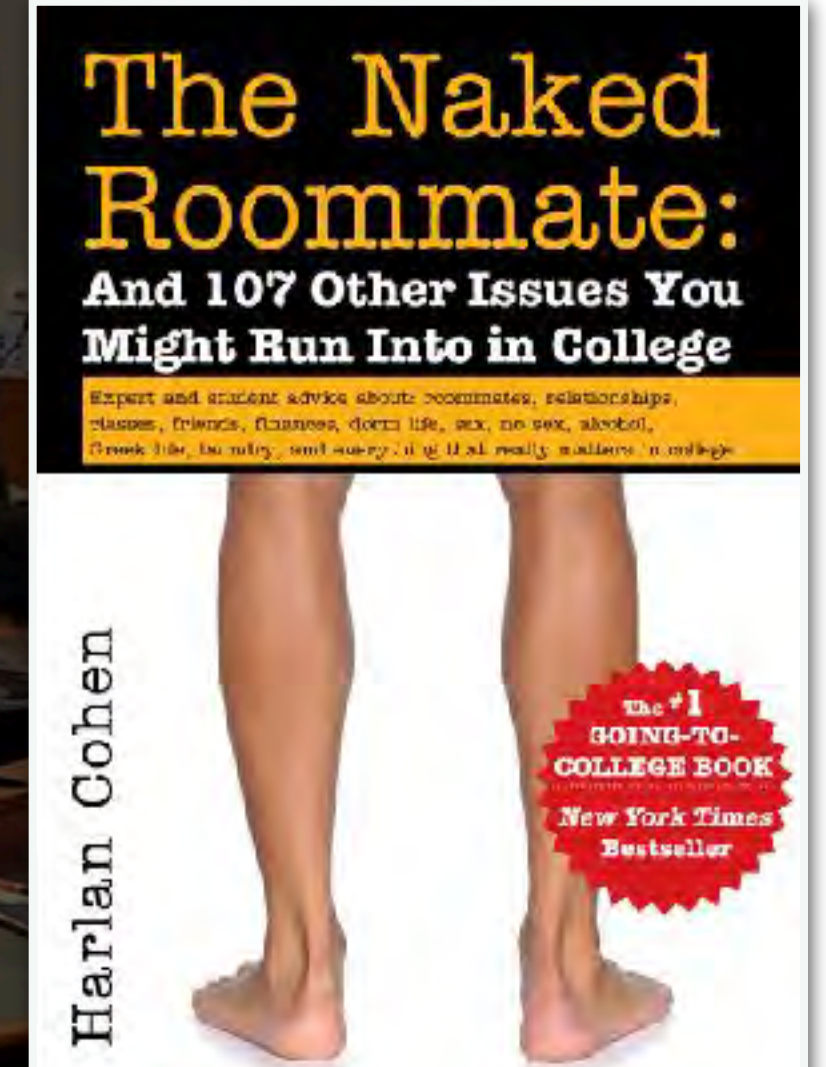
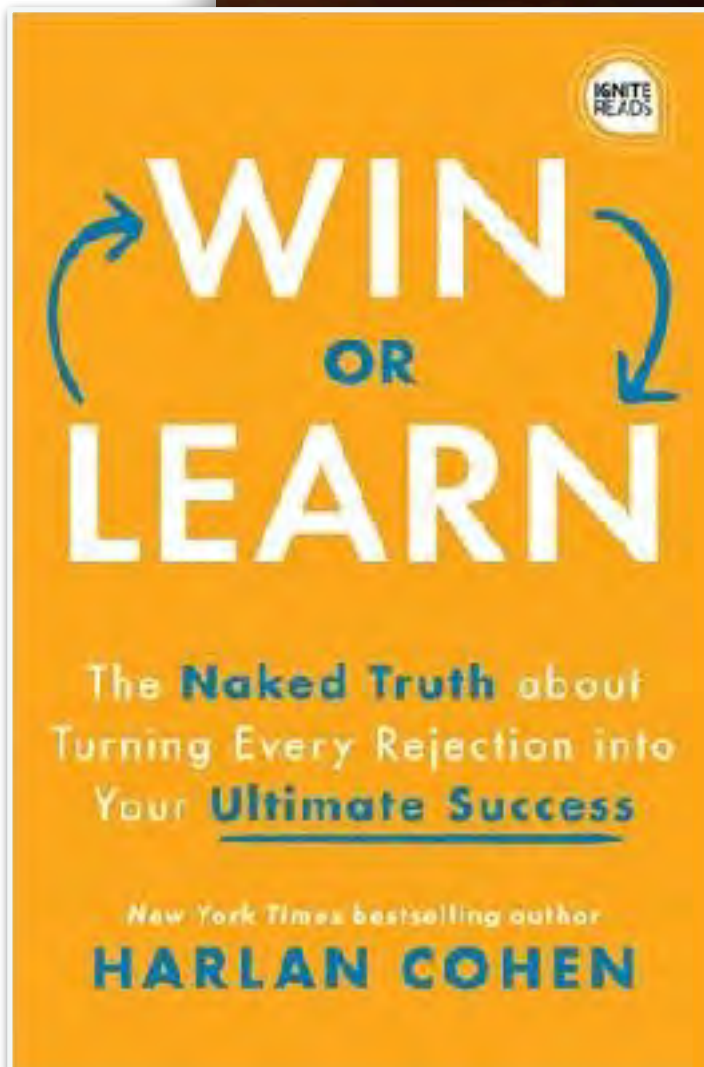
All Courses

Sign In

Get started now

Harlan Cohen's BEST FIRST YEAR

LIVE Q&A | Group Coaching | Special Events | College
Success Video Library



A young man in a dark shirt and shorts is walking away from the camera on a red brick path that leads through a green lawn towards a large, light-colored building in the background. Other people are visible in the distance. The scene is bright and sunny.

High Schools Are Focused on Getting Students Into College...

Harlan Teaches Students and Parents How To Be Successful in College.

[Join Now](#)

I've been following you for a while now and I love and have learned so much from your videos! But as I'm finishing my first semester in college I don't think I'm going to pass one of my classes. I was just wondering is that normal or okay? I feel like people don't really talk about failing or what happens if you do, I almost feel like a deadbeat if I were to tell someone that happened. All my other classes were a majority B's with one A and one C. Is there anyway to still have a good GPA and be okay if I fail this class?

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.

PARENTS, THIS IS FOR YOU...

NOT just for your student

1. **College parents are often first responders. You need to know how to respond.**
2. **College has changed. You NEED to understand what is normal and to be expected during the first year.**
3. **Colleges have a wide range of resources that can help. Best First Year helps you find the best campus resources to pass along.**
4. **Being a college parent can be isolating and lonely at times. Best First Year provides you with a community of parents going through similar experiences.**
5. **JOIN FOR YOU. Your student will use Best First Year when they have questions. Harlan will be here waiting with the answers.**

BEST FIRST YEAR: LIVE COACHING EVERY TWO WEEKS

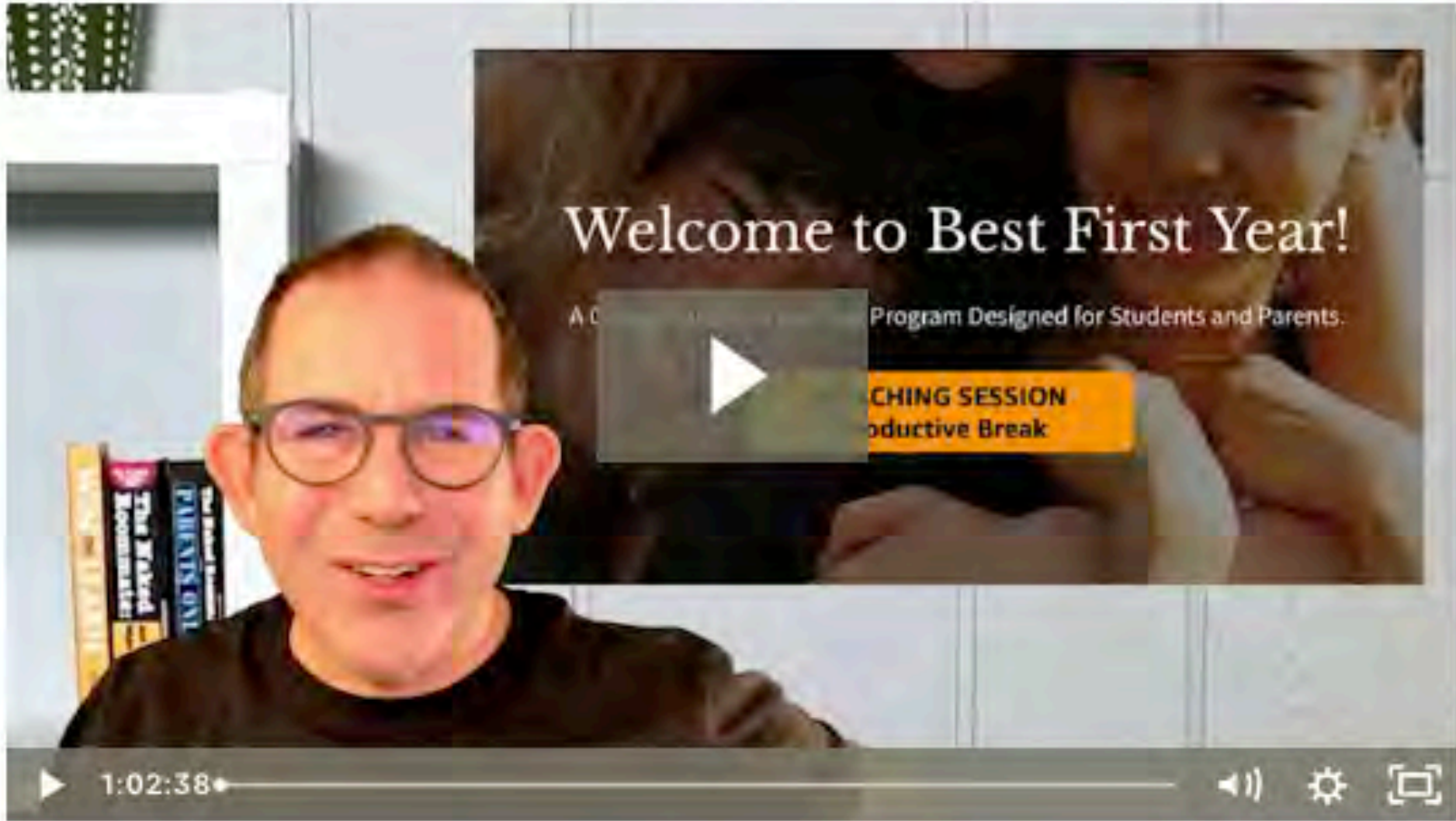
Best First Year In College

0% complete

Search by lesson title

- Welcome New Members! 0/1
- 2024 College Coaching Sessions 0/33
 - (UPCOMING December 18th) Celebrating Our Wins TEXT
 - (December 10th REPLAY) Being Productive Over Winter Break TEXT
 - (December 3rd REPLAY) Preparing for Final Exams (managing time, planning, study in a group) TEXT
 - Thanksgiving - No coaching session. Happy Thanksgiving! TEXT
 - (November 21st REPLAY) Home for Thanksgiving TEXT

(December 10th REPLAY) Being Productive Over Winter Break



1:02:38

TOPIC: Being Productive Over Winter Break

Finals are done, and winter break is almost here! After some time to recover from the semester's hard work and enjoy the holidays, what's next? How can you prepare for the upcoming semester and set yourself up for success? Harlan will share tips to help you make the most of your time off.

Chapters:

- 00:00 Intro and News
- 12:15 Winter Break
- 35:37 Q&A

COMPLETE & CONTINUE →

**Stay until the
end. I've got a
special offer for
The Class of
2025 families!**





When I think about college...

I get excited about _____

I get nervous about _____

Answer in the chat...



IT ALL STARTS
BY DREAMING **BIG**

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.

MyUW ▾

LIBRARIES

MAP

NEWS

ABOUT UW

APPLY

VISIT

GIVE



ACADEMICS

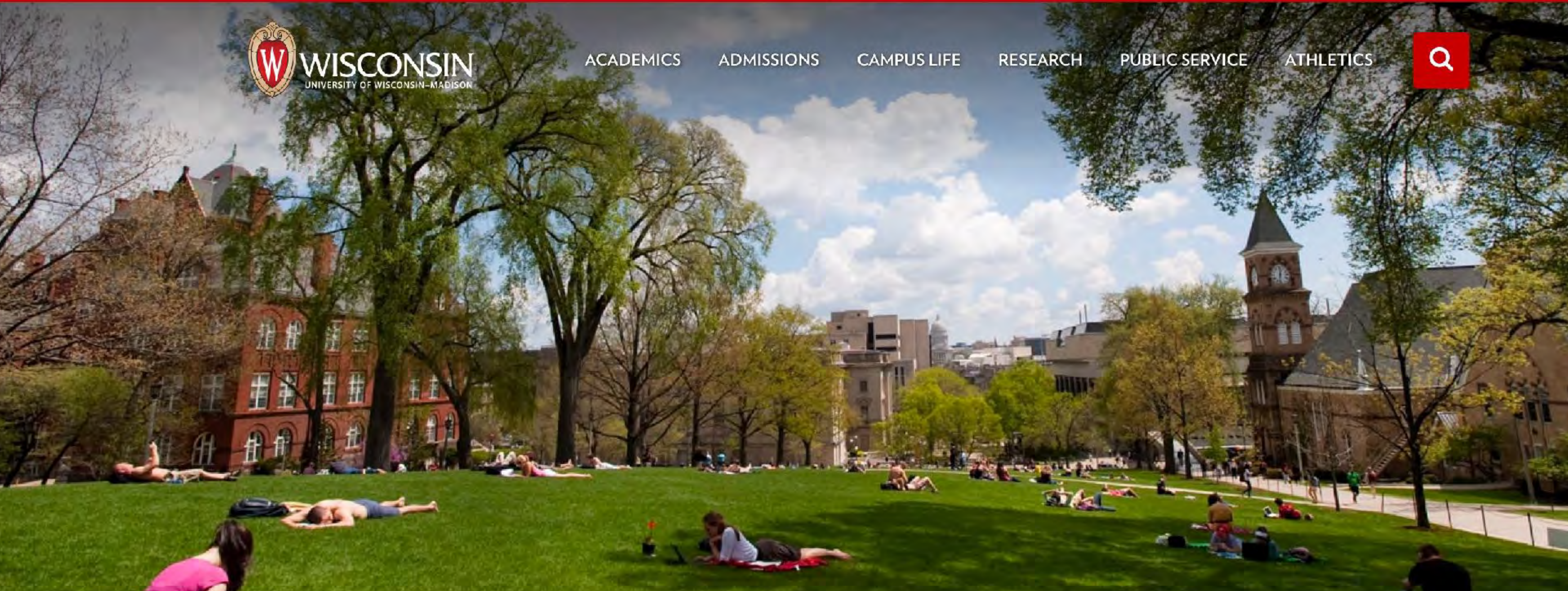
ADMISSIONS

CAMPUS LIFE

RESEARCH

PUBLIC SERVICE

ATHLETICS





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 E P F A

Social

Emotional

Physical

Financial

Academic

Yes, the world worst acronym

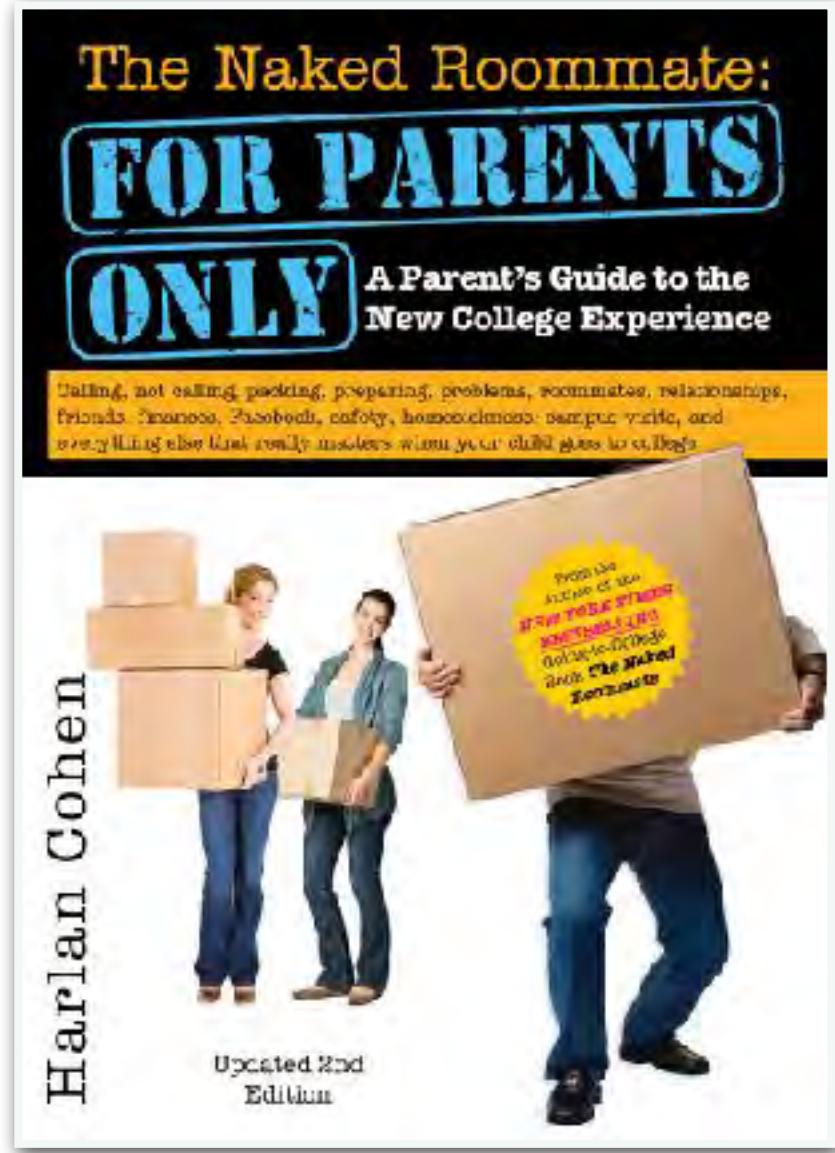
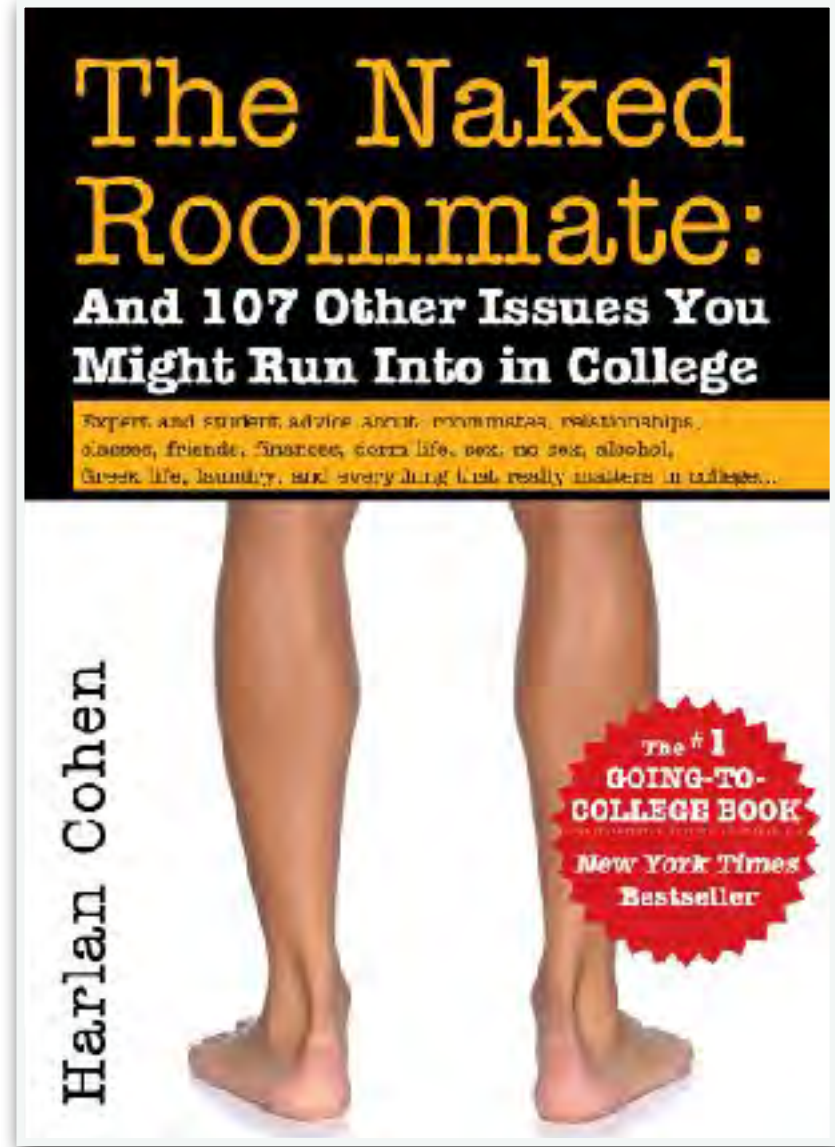
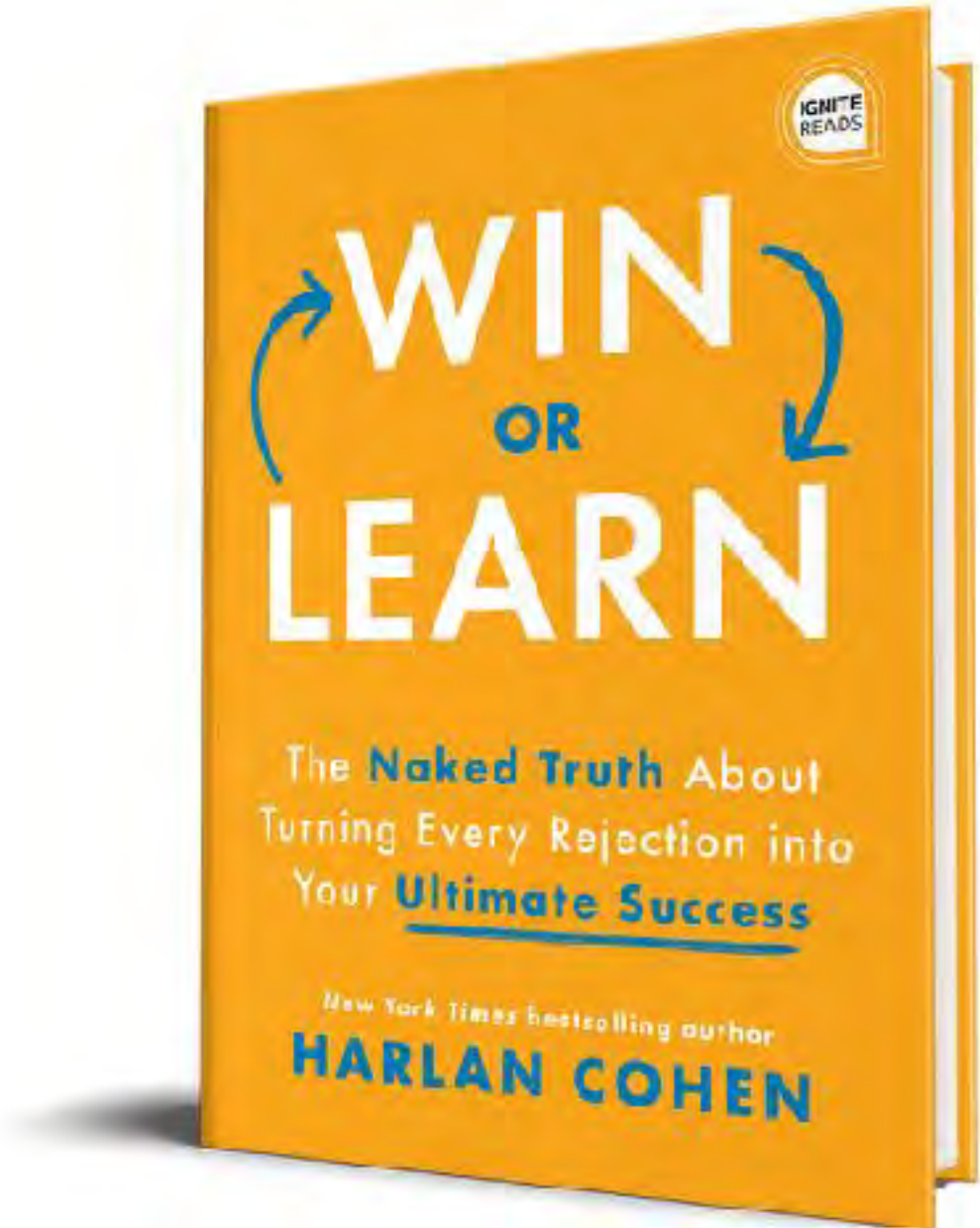
Which Transition Makes You The Most Uncomfortable?

Answer in Chat

SOCIAL
EMOTIONAL
PHYSICAL
FINANCIAL
ACADEMIC



I Write Books To Help...



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

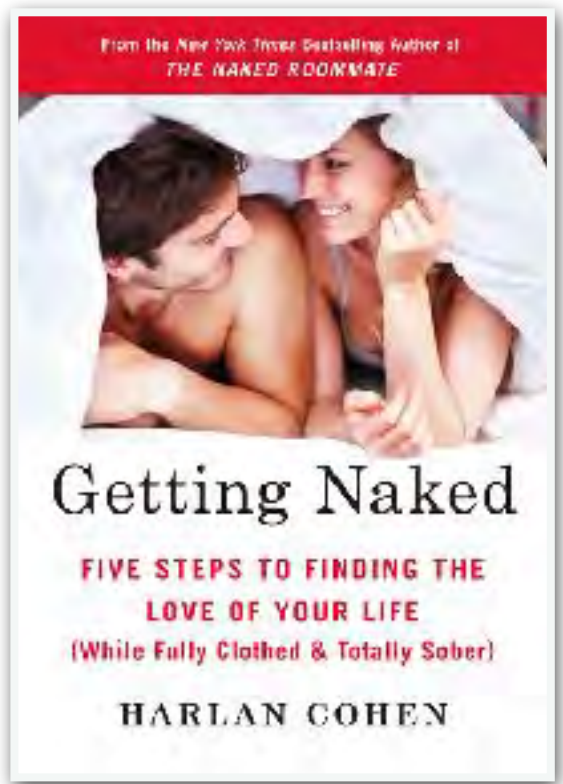
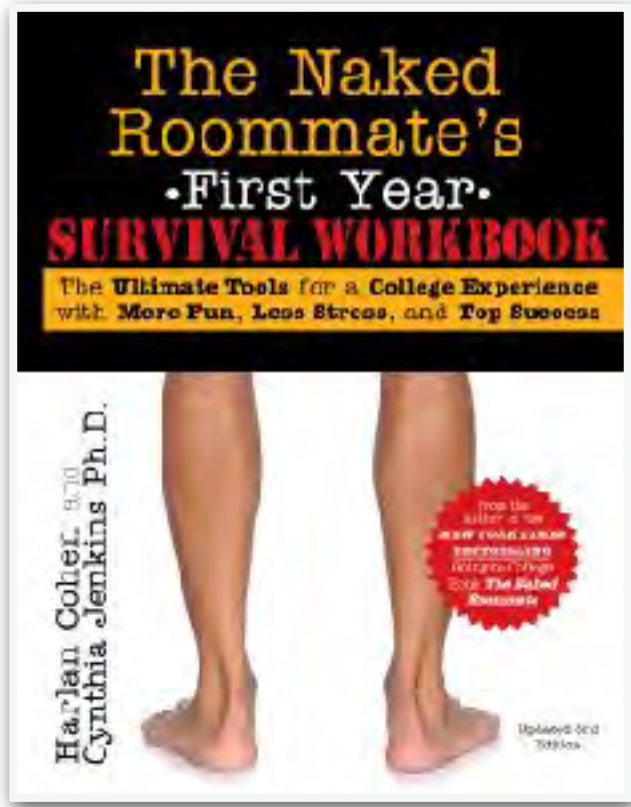
E-BOOKS
Fiction
Nonfiction

ADVICE & MISC.
Combined

CHILDREN'S
Picture Books
Middle Grade
Young Adult
Series

GRAPHIC BOOKS
Hardcover
Paperback
eBook

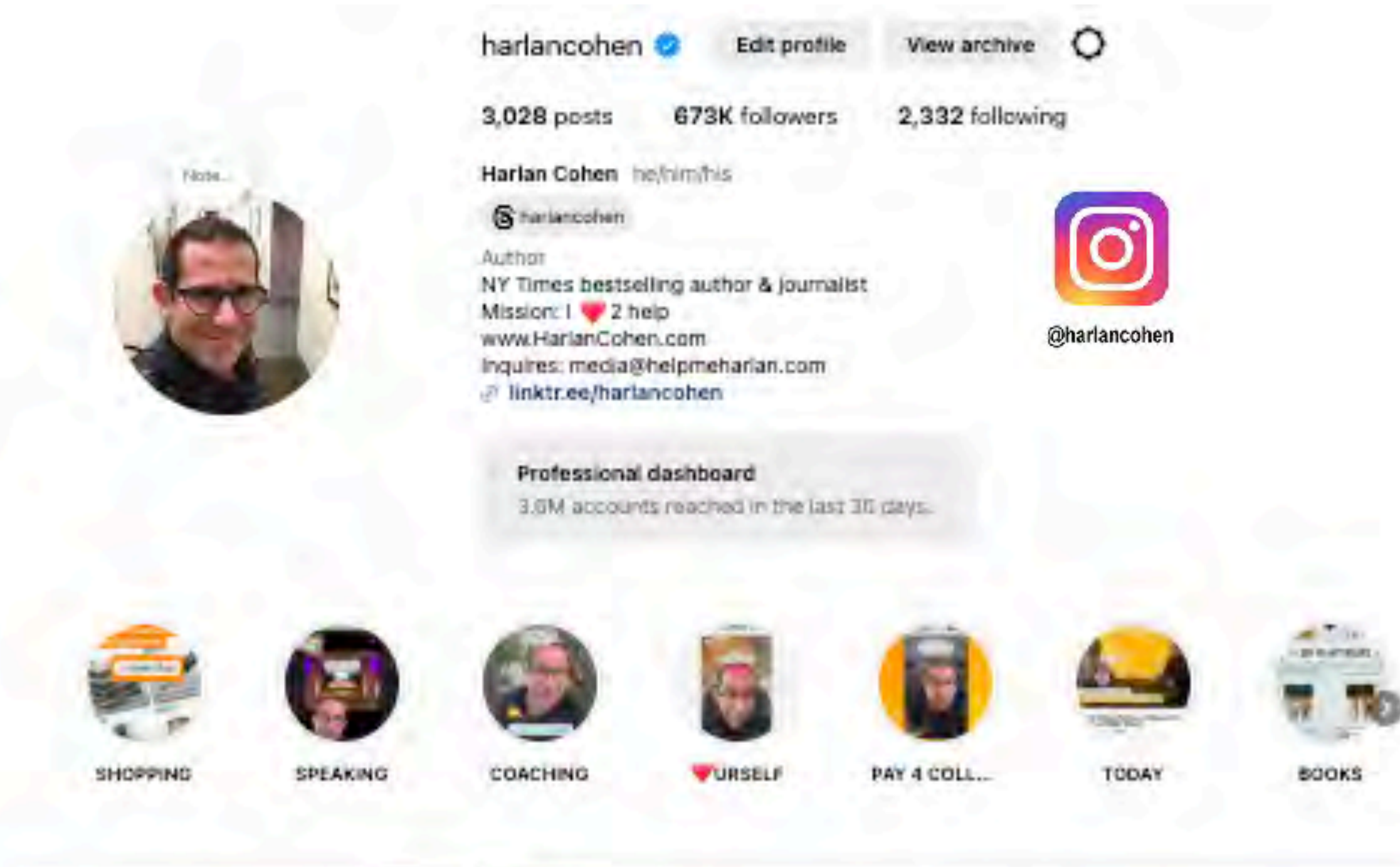
MONTHLY LISTS
Classics
New Arrivals
Nonfiction
Science
Sports
Travel



Visit high school and college campuses...



Share videos on social media to help...



harlancohen [Edit profile](#) [View archive](#)

3,028 posts 673K followers 2,332 following

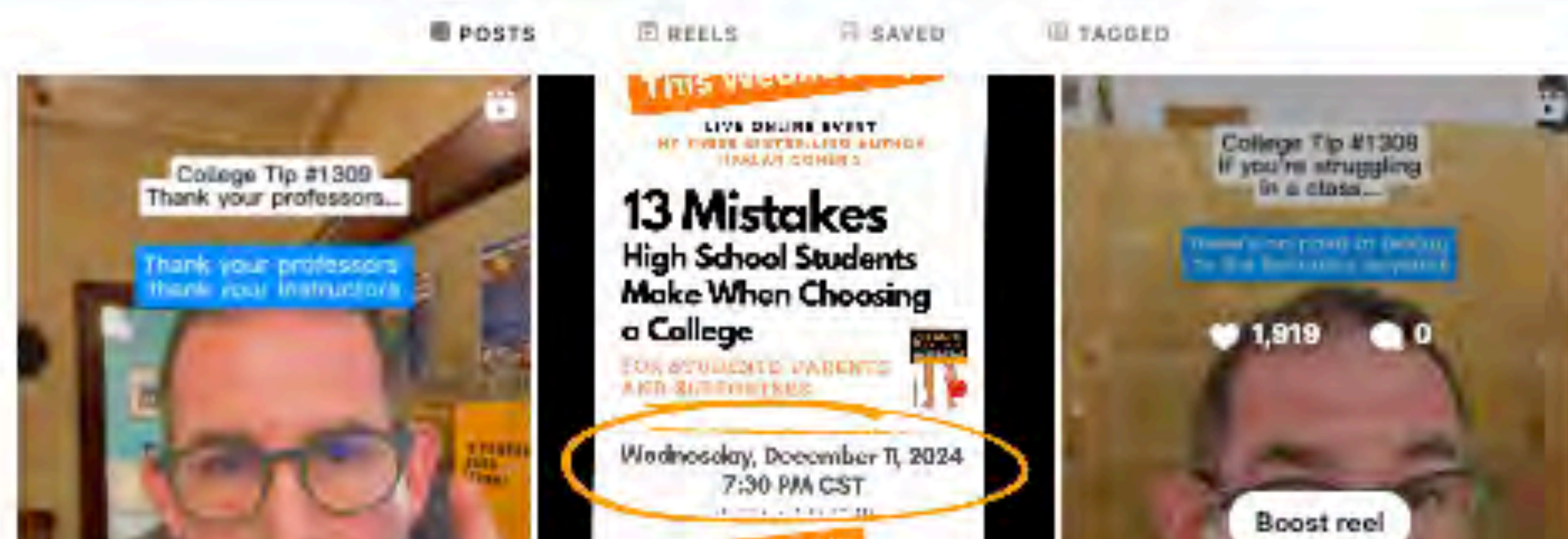
Harlan Cohen [helpmeharlan](#)

Author
NY Times bestselling author & journalist
Mission: 1 ❤️ 2 help
www.HarlanCohen.com
Inquires: media@helpmeharlan.com
linktr.ee/harlancohen

[@harlancohen](#)

Professional dashboard
3.6M accounts reached in the last 30 days.

SHOPPING SPEAKING COACHING **URSELF** PAY 4 COLL... TODAY BOOKS

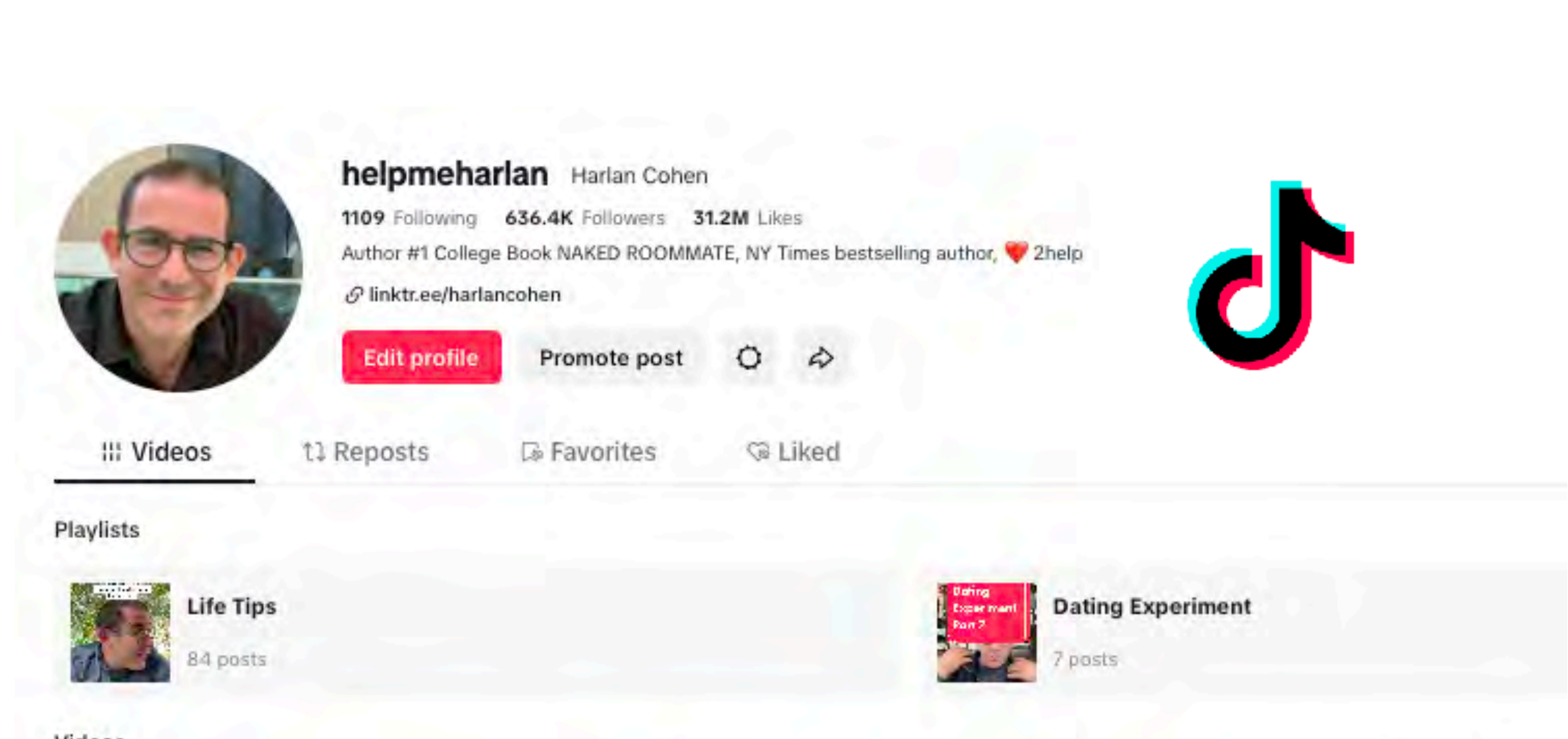


POSTS REELS SAVED TAGGED

College Tip #1309 Thank your professors...
Thank your professors thank your instructors

13 Mistakes High School Students Make When Choosing a College
FOR STUDENTS, PARENTS AND ADVICE GIVERS
Wednesday, December 11, 2024 7:30 PM CST

College Tip #1308 If you're struggling in a class...
Boost reel



helpmeharlan Harlan Cohen

1109 Following 636.4K Followers 31.2M Likes

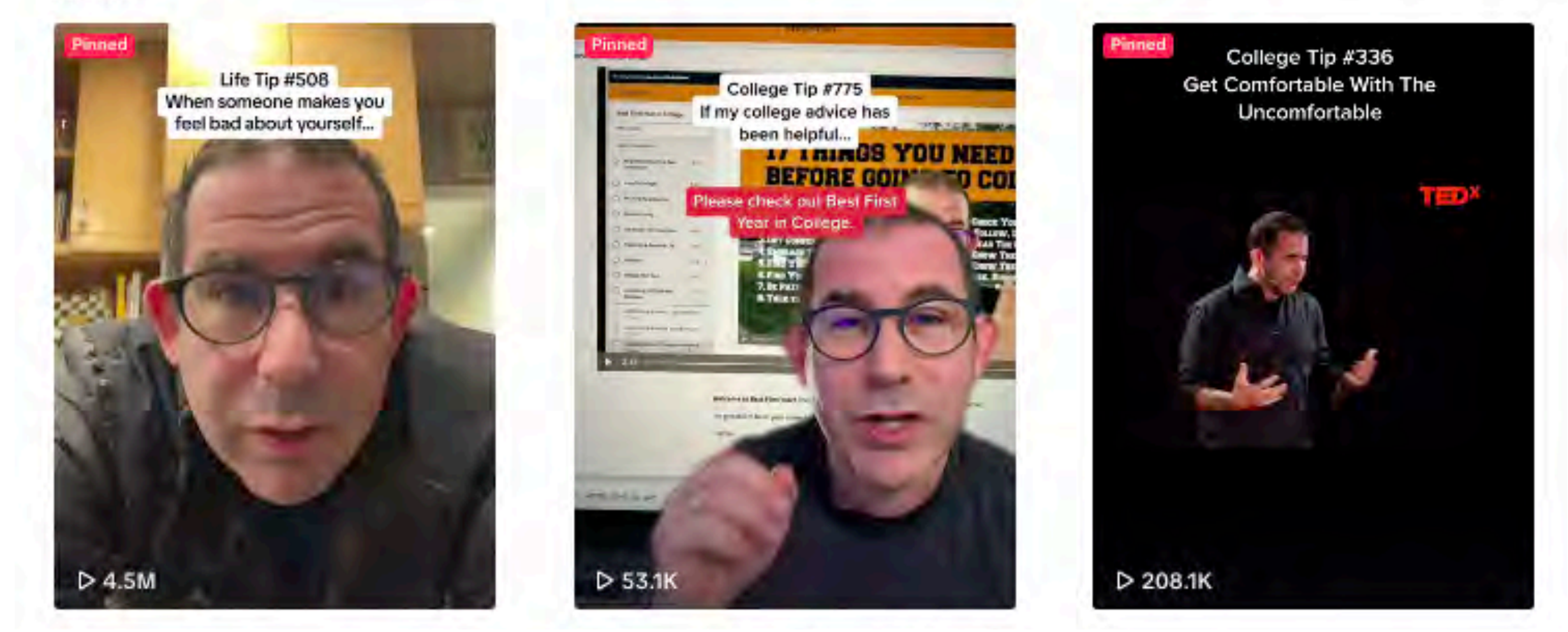
Author #1 College Book NAKED ROOMMATE, NY Times bestselling author, ❤️ 2help
linktr.ee/harlancohen

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Videos Reposts Favorites Liked

Playlists

- Life Tips 84 posts
- Dating Experiment 7 posts



Life Tip #508 When someone makes you feel bad about yourself... 4.5M

College Tip #775 If my college advice has been helpful...
11 THINGS YOU NEED BEFORE GOING TO COLLEGE
Please check out Best First Year in College. 53.1K

College Tip #336 Get Comfortable With The Uncomfortable 208.1K



I have been so surprised at how hard the transition from high school to college has been for my son. It was as if he had been hit by a bus. Thankfully, he is taking the steps to acclimate. He has a job and is in counseling. He's figuring out the academic thing slowly and steadily. He's made new friends and he isn't grieving as much for his old ones. It is a huge process.

3 likes

Reply

Message

Hide

NOV 4 AT 6:44 PM

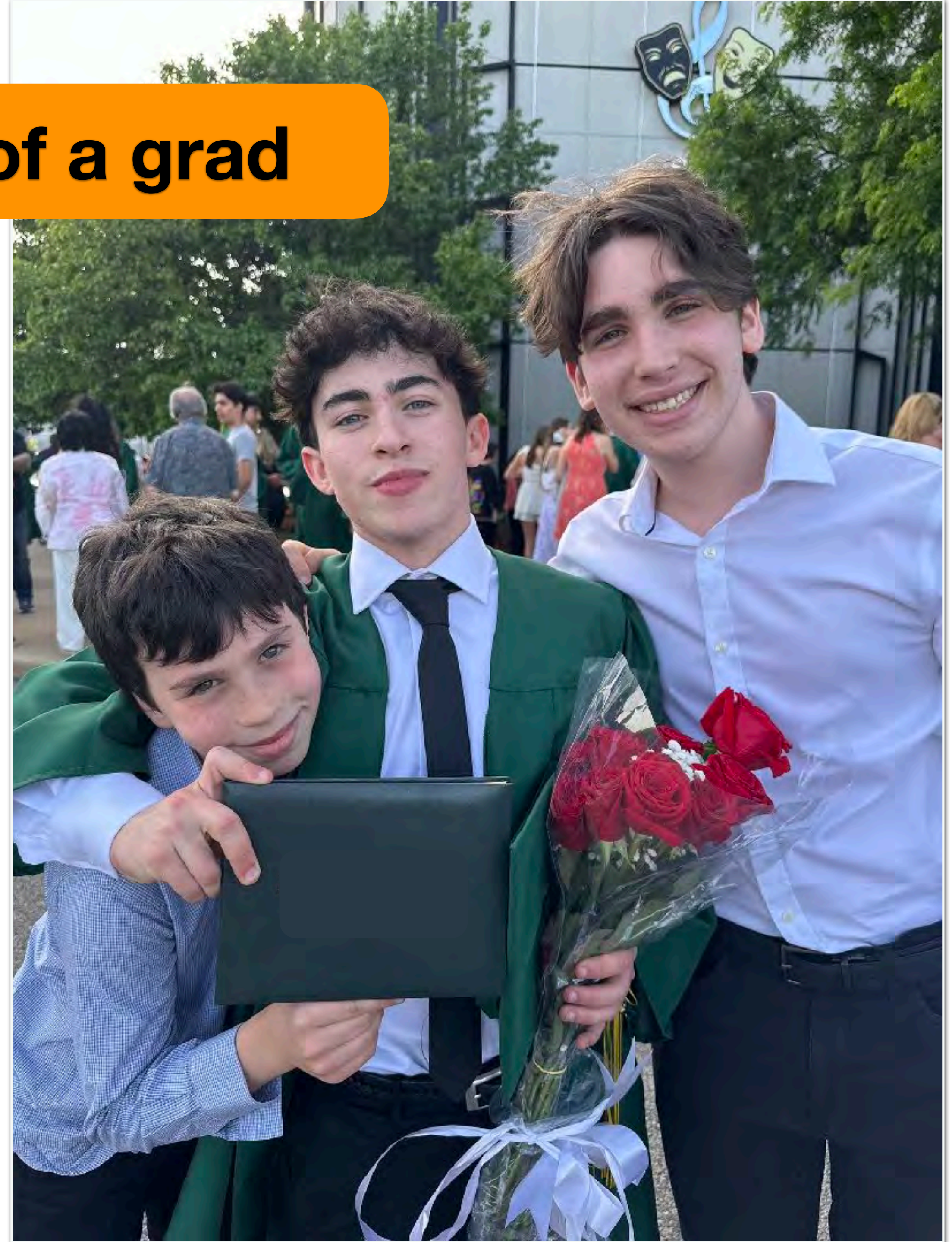
Hi Harlem! I'm a freshman at Tufts University, and I'm struggling with getting a good grade in an Intro class with 250+ students. Our grade is solely based on our quiz grades and I suck at taking tests. I studied hard for my first one and didn't end up with the results I hoped for. Do you have any advice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

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

Hello Harlan. I had a question regarding the final grade I will receive for my organic chemistry lab. I scored a 92.65 percent overall in the class but the cutoff for an A is 93 percent. In the syllabus the professor says that they do not round up or offer extra credit. I was wondering if it was still worth it to even ask her about rounding up the grade or not since I feel I deserve an A since I attended every lab along with doing all the required work on time.

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



13 Mistakes High School Students Make When Choosing a College

1. FOCUS ON BEING WANTED
2. TAKE REJECTION PERSONALLY
3. LET RANKINGS RULE & LABELS WIN
4. DON'T PLAN FOR THE UNCOMFORTABLE
5. EXPECT INSTANT ACCESS
6. DON'T ANTICIPATE ACADEMIC OBSTACLES

7. DON'T APPLY FOR FINANCIAL AID
8. DON'T DO THE MATH
9. DON'T ASK FOR MORE MONEY
10. TAKE OUT TOO MUCH IN LOANS
11. MISS DEADLINES
12. FOLLOW PEOPLE TO CAMPUS
13. ASSUME EVERYONE GRADUATES

BONUS: MENTAL HEALTH TRANSITION PLAN

Mistake #1

FOCUS ON BEING WANTED

A photograph of a lecture hall with rows of black chairs facing a whiteboard. The whiteboard has the text "What do YOU want?" written in orange cursive. The room includes a wooden podium, a table, and speakers on the walls.

What do YOU want?



#1 MISTAKE: FOCUS ON BEING WANTED

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

Share in the chat

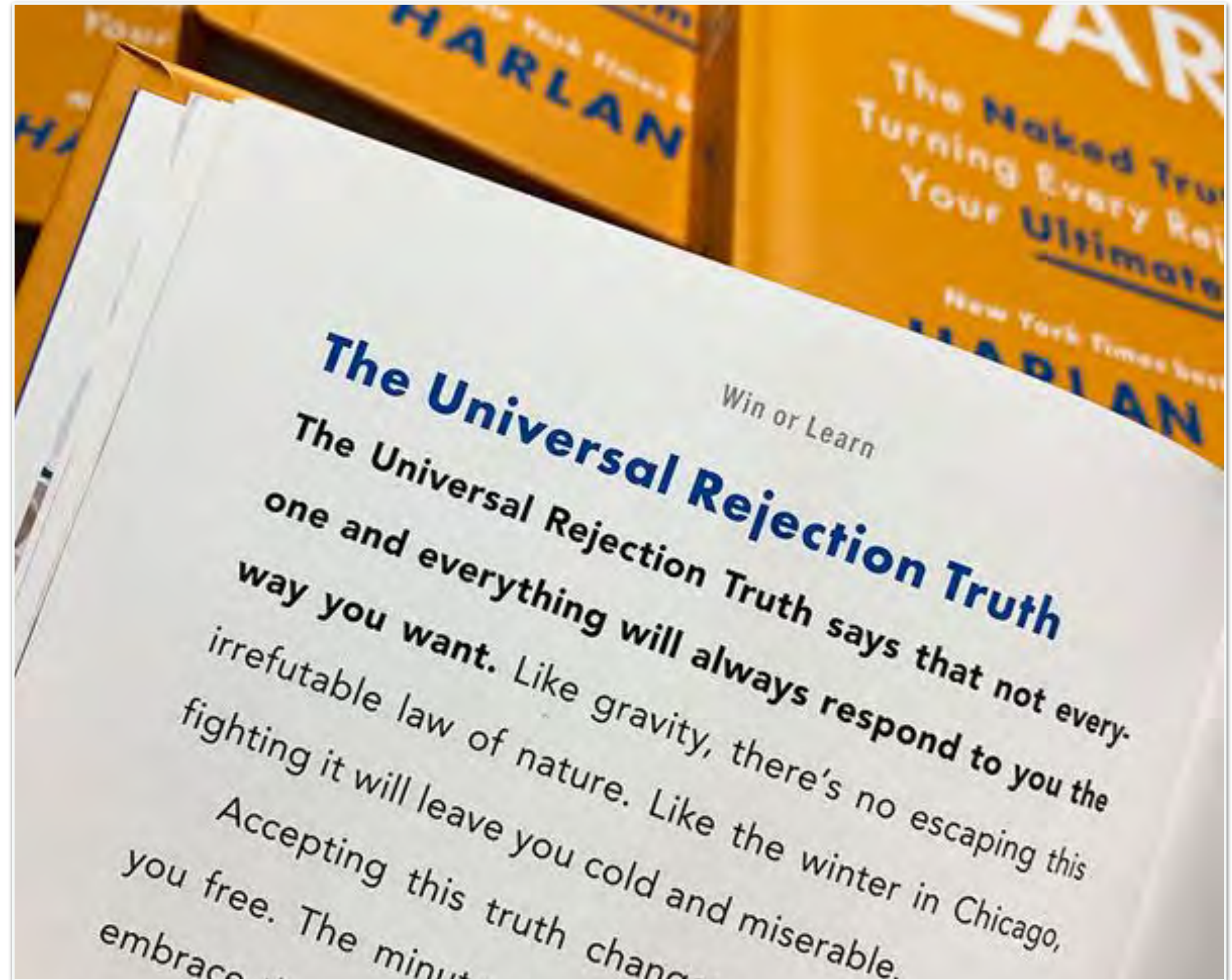
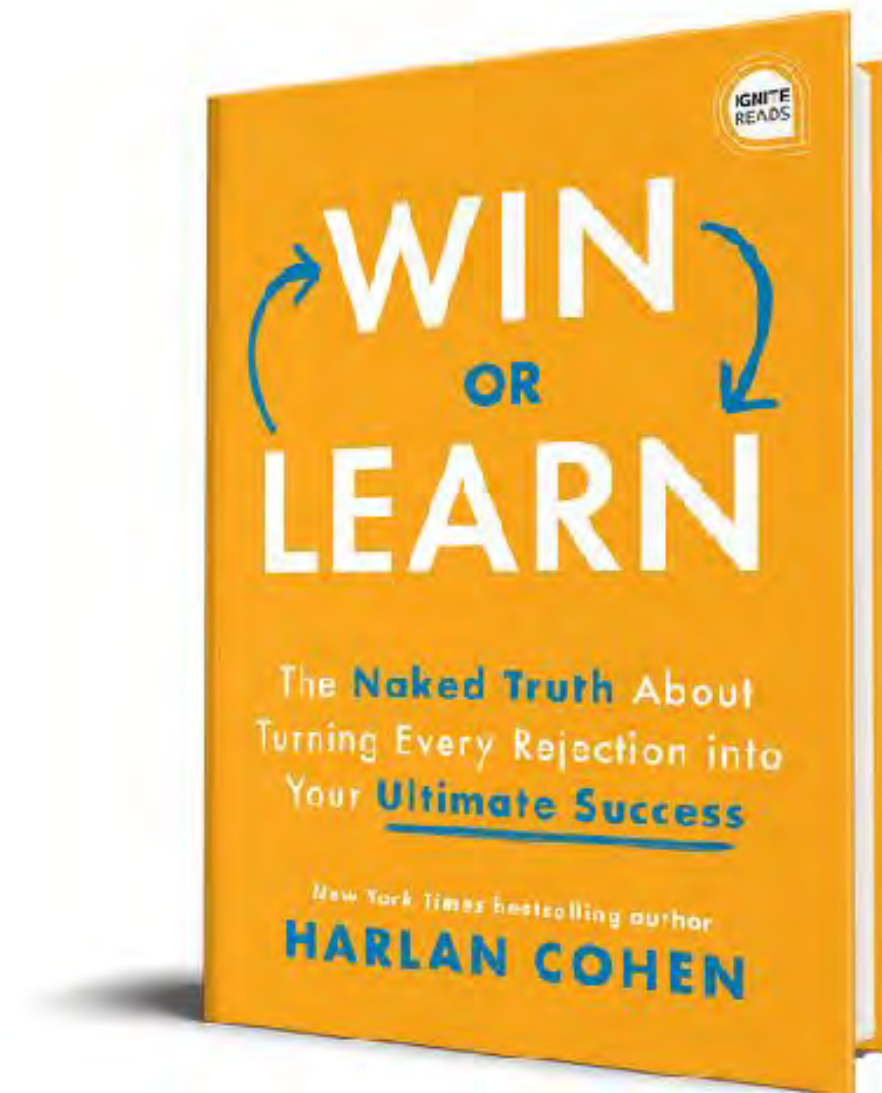


MISTAKE #2

TAKE REJECTION PERSONALLY



MISTAKE #2: TAKE REJECTION PERSONALLY



TAKE REJECTION PERSONALLY

Dear High School Senior,



harlancohen
Original audio



rebeccafuette 1d
Mother of 3 boys here. Oldest is a senior in college, middle son is a freshman & 3rd is patiently waiting application decisions. So this is not my first rodeo but so grateful it's my last! During the process of applying, the waiting & the heartbreak of acceptances/non acceptances I am constantly reminding them "you will land where you land" 🙏 Deep Breaths! Thank you so much for your guidance! You have been our go to through this journey w/all 3 of our sons! 🙏🙏 to all the seniors & parents of seniors as the college decisions roll in.



View insights

Boost reel



7,387 likes

4 days ago



Add a comment...



MISTAKE #2: TAKE REJECTION PERSONALLY

Forbes

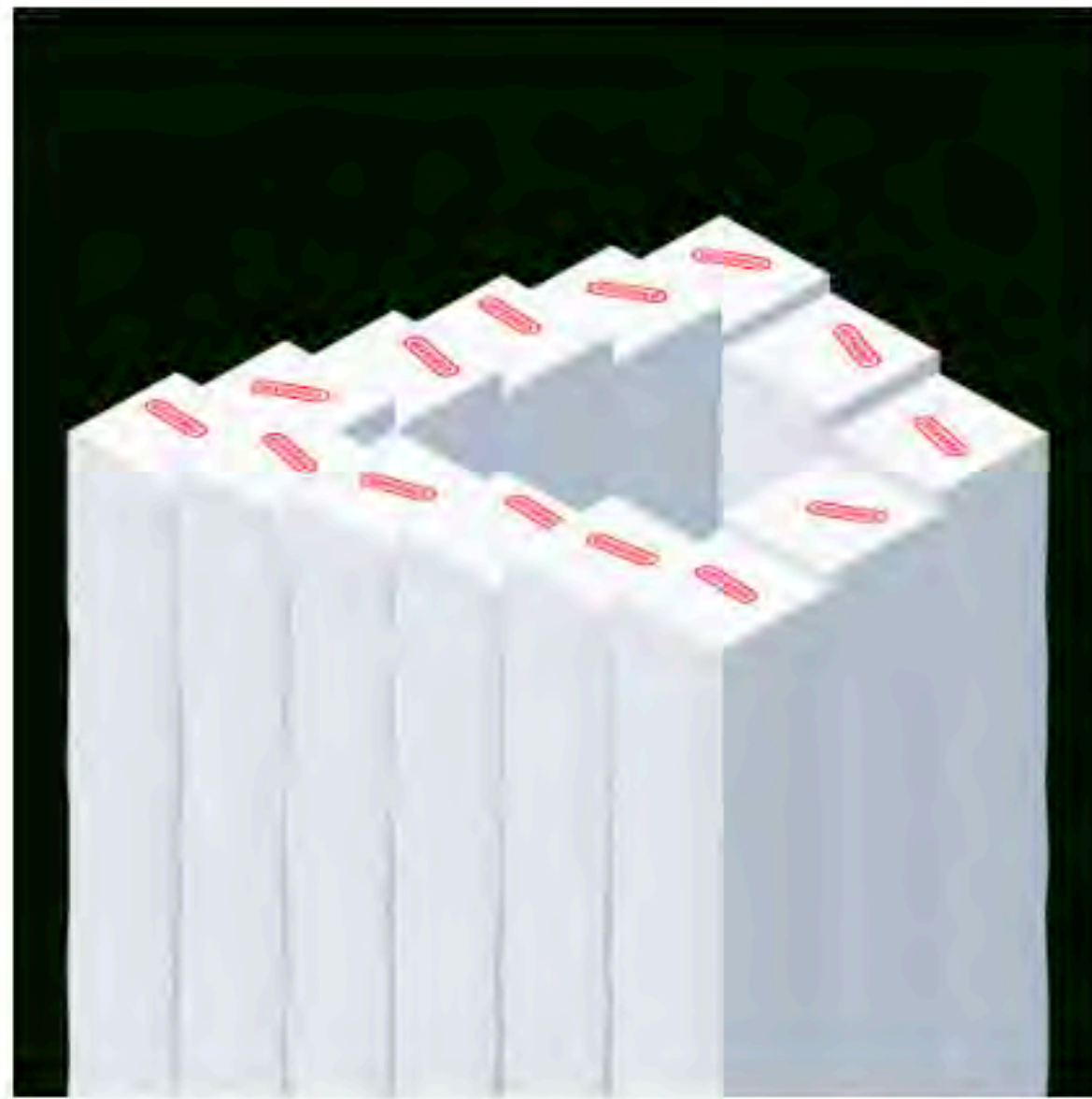
- The [University of Southern California](#), which had an acceptance rate of 9.9%. It received 80,790 applications for fall admission.
- [Northwestern University](#) received a record number of 52,225 undergraduate applications for the class of 2027. Its acceptance rate was 7%.
- [Bowdoin College](#) accepted 850 students from a pool of 10,966 applicants, for an acceptance rate of 7.7%, the lowest in its history.
- [New York University](#) offered admission to 8% of its nearly 120,000 applicants.
- [Rice University](#) offered admissions to 2,399 students out of a total 31,049 applicants, The 7.7% admit rate was a new record-low, surpassing last year's previous record-low of 8.56%.
- [Barnard College](#) received 11,803 applications this year and accepted 6.5% of applicants, making it the most selective class to date.
- [Williams College](#) accepted 9.8% of applicants in this admissions cycle.

MISTAKE #2: TAKE REJECTION PERSONALLY

The New York Times

The Cynical Reason College Applications Are Surging

March 16, 2023



Ben Wiseman

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

MISTAKE #2: TAKE REJECTION PERSONALLY

Defining Waitlisted

Being waitlisted is different than being deferred. For those students who apply regular or rolling decisions, being waitlisted is a possible outcome.

What Does It Mean To Be Waitlisted?

If you've been waitlisted during the RD review process, this means that the college has completed reviewing your file and you have not been accepted. However, if enough students that were accepted choose not to attend, you could be considered.

What Does That *Really* Mean?

Unlike being deferred, being waitlisted is not an automatic process. In other words, colleges will offer you a spot on the waitlist and *you must respond back in order to be placed on the waitlist*. If you do not respond, you will not be placed on the waitlist.

The Reality of Being Waitlisted

To put it simply, your chances of getting off the waitlist are not always great, but they can vary from year to year, and school to school. More importantly, you won't find out if a school has invited you off of the waitlist until after many deadlines to accept in May.

While getting off of the waitlist is always a possibility, it's wiser to accept admission elsewhere and get the process started: pay your deposit, secure housing, and start getting excited about college!

Defining Deferral

Being deferred is not the same thing as being waitlisted. For those students who **apply early action or early decision**, deferral is a potential outcome.

What Does It Mean to Be Deferred?

Being deferred from a college or university means that your application will be assessed again during the Regular Decision (RD) review process.

What Does That *Really* Mean?

Okay, so what does that change mean for you? It means that you have not been accepted, *but you have not been denied either*. It means that the college would like more information in order to review your application, and as such has "deferred" its decision until a later date.

The Positives of Being Deferred

Being deferred from your first-choice college is never an easy pill to swallow, but overall this is a good thing! When you apply ED or EA, there are three outcomes: acceptance, denial, and deferral. If you've been deferred, your hat is still in the ring!

On top of that, since your application has now been pushed into the Regular Decision (RD) applicant pool, you should feel free to consider applying to other schools. If you are accepted RD you are not obligated to attend as you would have been if you were accepted ED.

MISTAKE #2: TAKE REJECTION PERSONALLY

Expect rejection to continue throughout college (and life)

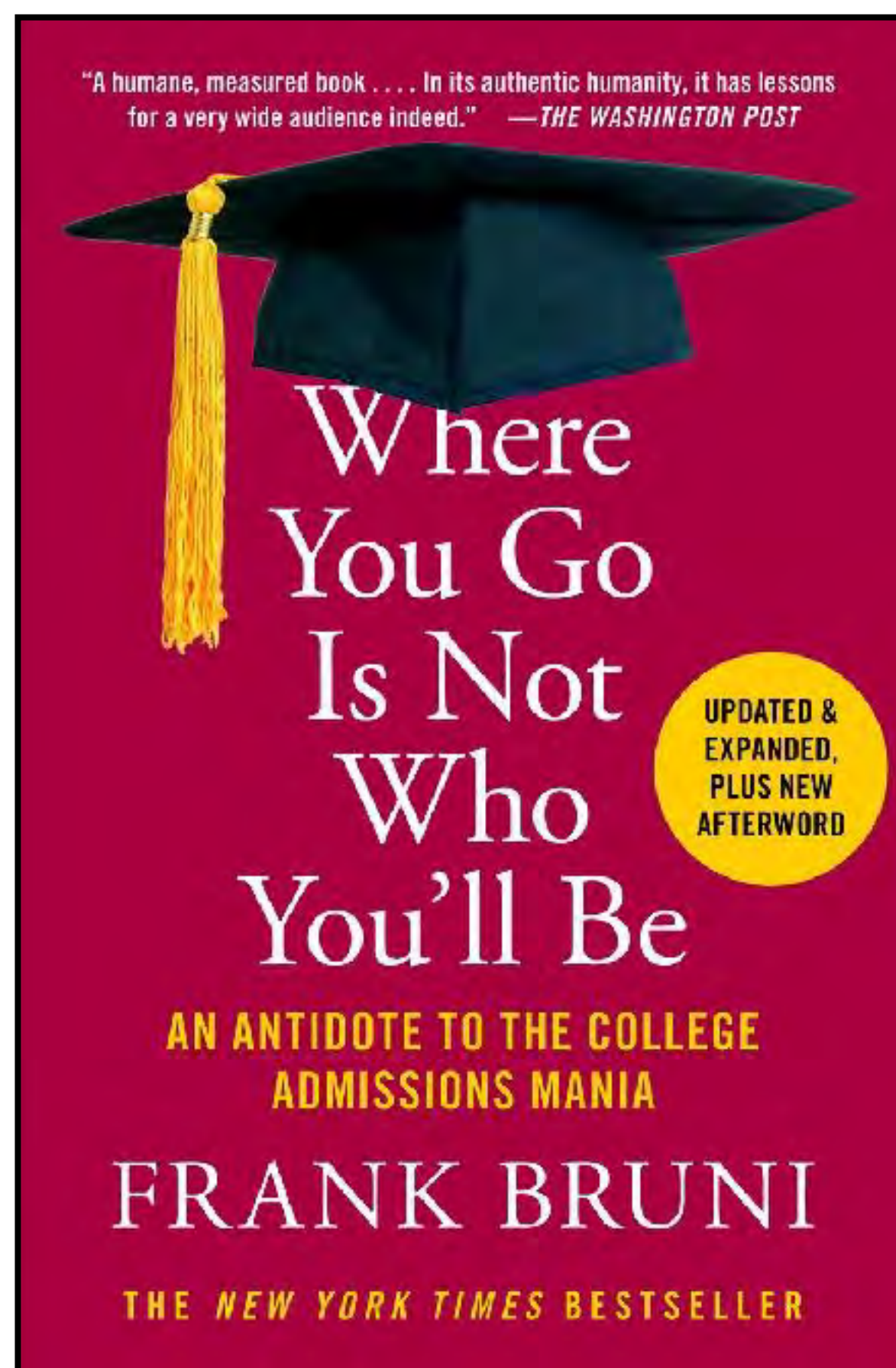


MISTAKE #3

LET RANKINGS RULE & LABELS WIN



MISTAKE #3 Let Labels Win and Rankings Rule



College of Wooster

MISTAKE #3 Let Labels Win and Rankings Rule

The image shows a screenshot of the CTCL.org website. At the top, the logo reads "CTCL.ORG COLLEGES THAT CHANGE LIVES Changing Lives, One Student At A Time." Below the logo is a navigation menu with links: Home, About, News | Advice, College Search, College Fair Events, Contact | Request Info, and Support | Donate. The main content area is divided into three columns. The first column is titled "Subscribe to our Newsletter" and contains text about the benefits of the newsletter. The second column is titled "College Search Prep" and lists activities like visiting a college campus and meeting with a counselor. The third column is titled "CTCL Scholarship" and describes the scholarship's history. Below these columns is a "College Profiles" section featuring a grid of six college profiles, each with a small image and the college name: St. Olaf College, Rhodes College, Saint Mary's College of California, St. John's College, Lawrence University, and Juniata College. A "View all" button is located at the bottom of the grid.

CTCL.ORG
COLLEGES THAT CHANGE LIVES
Changing Lives, One Student At A Time.

Home About News | Advice College Search College Fair Events Contact | Request Info Support | Donate

Subscribe to our Newsletter >

Big decisions. Confusing choices. Finding the right fit college can be overwhelming.

The Colleges That Change Lives Newsletter can help.

Subscribe today for timely information, advice, and ideas that help to cut through the noise by focusing on what matters most: a student-centered college search.

College Search Prep >

Visiting a college campus?
Going to a college fair?
Meeting with a college counselor?
Texting with a current student?

Whether you're just beginning the college search or finishing the applications, prepare to ask the right questions -- of yourself and those you meet -- with a copy of CTCL's popular guide: "How to Choose a College That's Right for You."

CTCL Scholarship >

The Colleges That Change Lives Scholarship was established in 2016 to honor the 20th anniversary of the publication of the first edition of Loren Pope's classic book and the 10th anniversary of the non-profit organization.

CTCL 202

Learn the

College Profiles

St. Olaf College

Rhodes College

Saint Mary's College of California

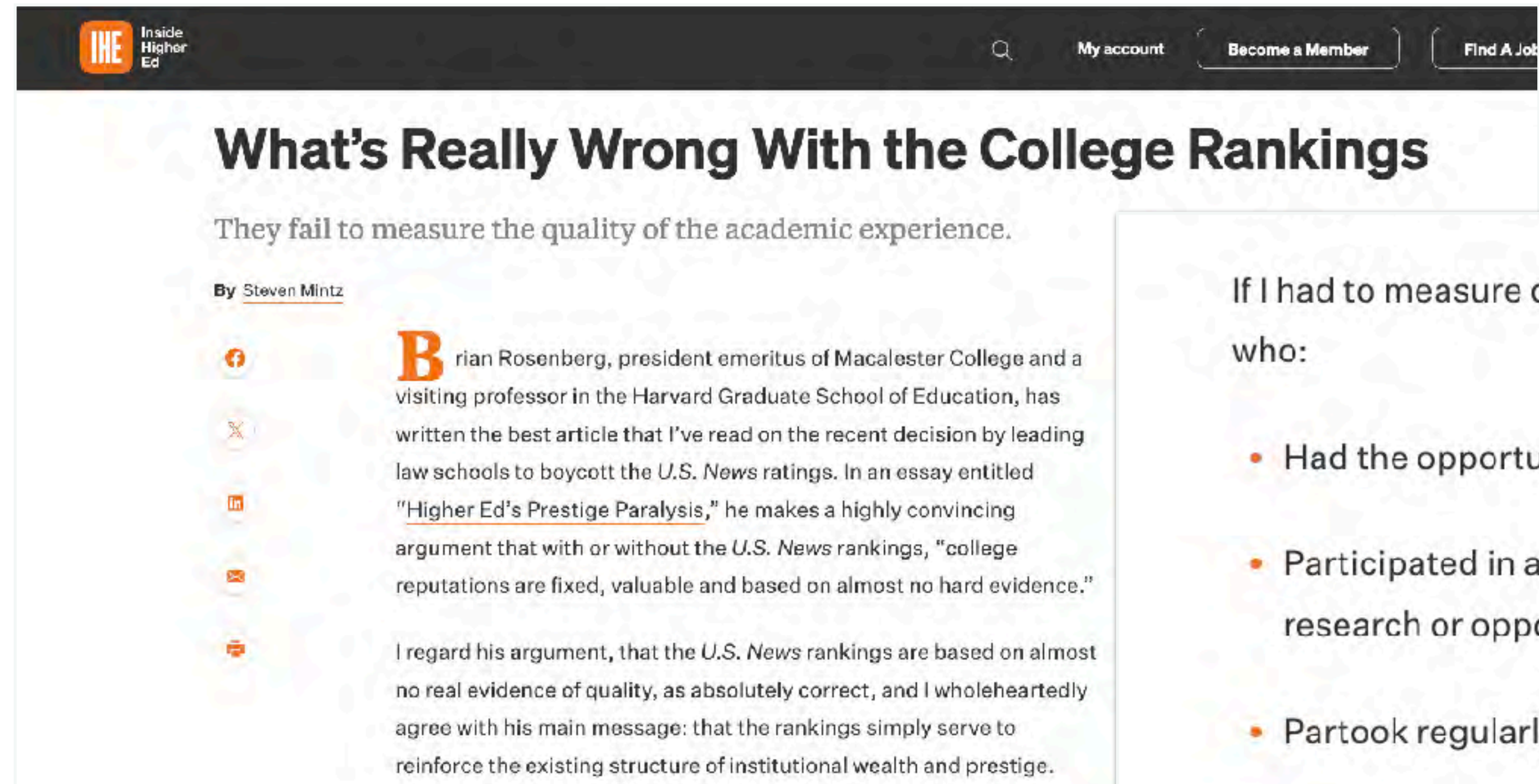
St. John's College

Lawrence University

Juniata College

View all

MISTAKE #3 Let Labels Win and Rankings Rule



The screenshot shows the top of a web page with the 'Inside Higher Ed' logo on the left and navigation links for 'My account', 'Become a Member', and 'Find A Job' on the right. The main heading is 'What's Really Wrong With the College Rankings' in a large, bold font. Below the heading is a sub-headline: 'They fail to measure the quality of the academic experience.' The author is identified as 'By Steven Mintz'. The article text begins with a large 'B' and describes Brian Rosenberg's critique of U.S. News rankings. A vertical sidebar on the left contains social media sharing icons for Facebook, Twitter, LinkedIn, Email, and Print.

What's Really Wrong With the College Rankings

They fail to measure the quality of the academic experience.

By [Steven Mintz](#)

Brian Rosenberg, president emeritus of Macalester College and a visiting professor in the Harvard Graduate School of Education, has written the best article that I've read on the recent decision by leading law schools to boycott the *U.S. News* ratings. In an essay entitled "[Higher Ed's Prestige Paralysis](#)," he makes a highly convincing argument that with or without the *U.S. News* rankings, "college reputations are fixed, valuable and based on almost no hard evidence."

I regard his argument, that the *U.S. News* rankings are based on almost no real evidence of quality, as absolutely correct, and I wholeheartedly agree with his main message: that the rankings simply serve to reinforce the existing structure of institutional wealth and prestige.

If I had to measure quality, I'd try to assess the share of the students who:

- Had the opportunity to work one-on-one with a faculty mentor.
- Participated in a learning community, an honors program or a research or opportunity program.
- Partook regularly in small classes or seminars or a studio courses.
- Took part in an experiential learning opportunity, including a supervised internship, mentored research, study abroad or service learning or created a project in a maker space.
- Produced a capstone project that was evaluated by faculty other than the student's mentor.

MISTAKE #4

DON'T PLAN FOR THE UNCOMFORTABLE



Get comfortable with the uncomfortable

MISTAKE #4: DON'T PLAN FOR THE UNCOMFORTABLE

**Change is uncomfortable.
Rename the first year the getting
comfortable year. Shift expectations.
Make a plan...**



MISTAKE #4: DON'T PLAN FOR THE UNCOMFORTABLE



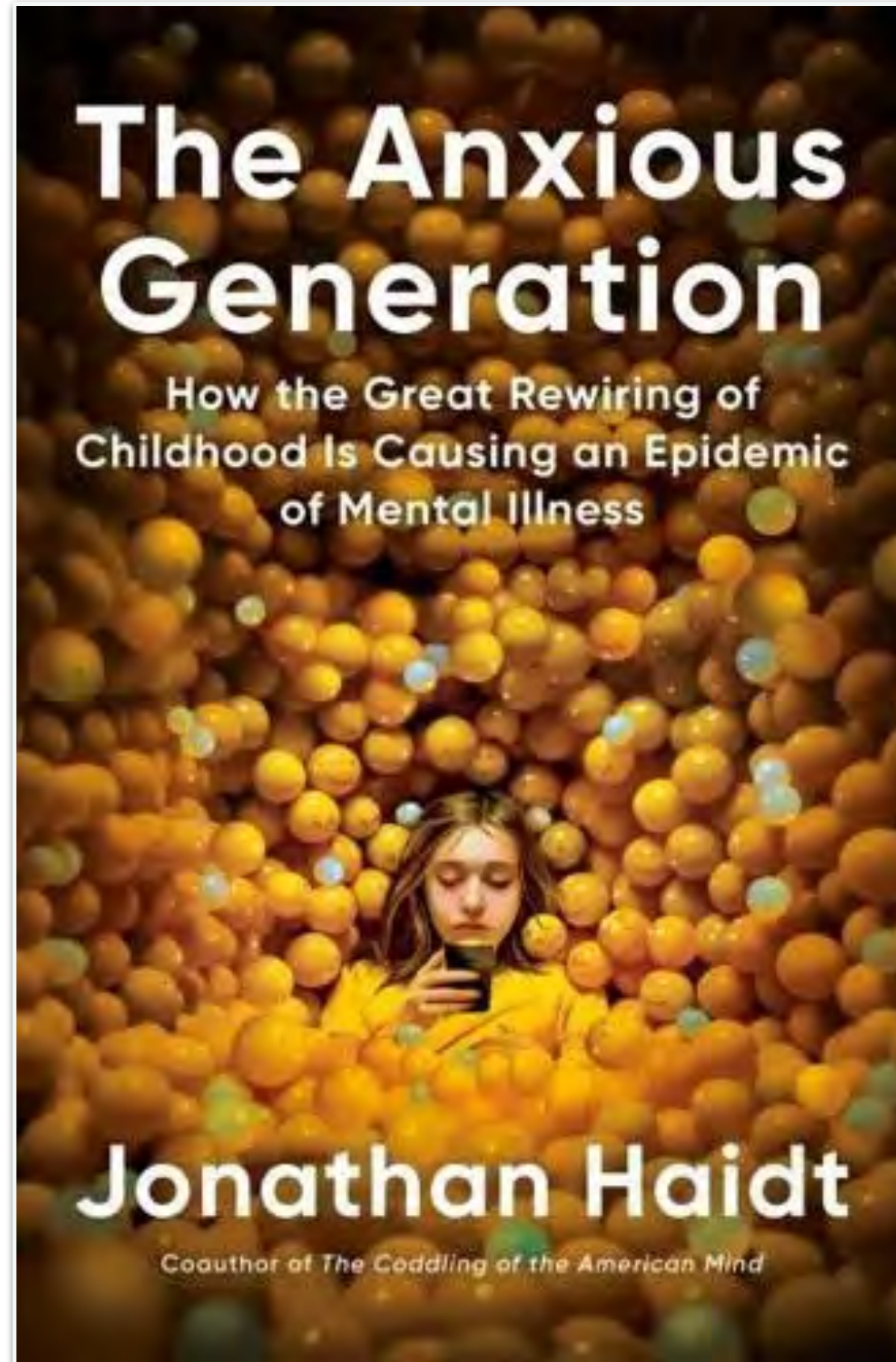
CHRONICLE NEWSROOM REPORT

Approaching the Loneliness Challenge With Ingenuity

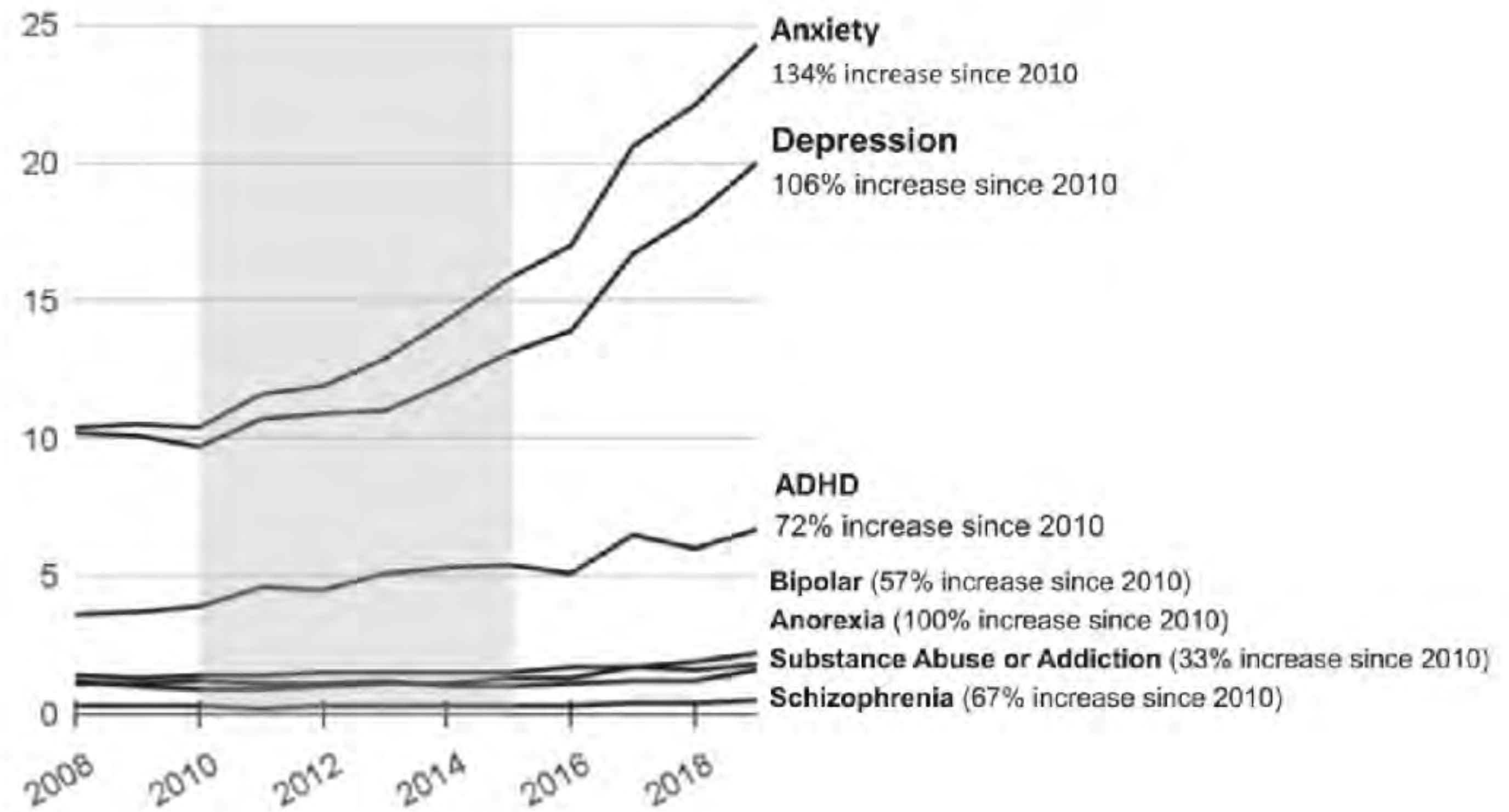
Meaningful social connections are essential to college students' well-being and academic success.

Yet a 2023 Gallup poll revealed that **almost 40 percent of college students reported feeling lonely the previous day.** How can colleges forge stronger social bonds on campus?

DON'T PLAN FOR THE UNCOMFORTABLE



Mental Illness Among College Students



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

MISTAKE #4: DON'T PLAN FOR THE UNCOMFORTABLE



PEOPLE:

Find Your 5 people

PLACES:

Find Your 3 places



PATIENCE:

Give it a
couple
semesters



PLACES ARE WHERE YOU...

*SWEAT

*PLAY

*PRAY

*LIVE

*LEARN

*LEAD

*LOVE

*WORK

Identify places before committing to a school





THREE TYPES OF 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

WHERE CAN YOU BE PATIENT?

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



MISTAKE #5

EXPECTED INSTANT ACCESS



IDEAS

Elite College Students Are Doing It to Themselves

Clubs at Yale and other universities have become competitive to the point of absurdity.

By Rachel Shin



MISTAKE #5 EXPECT INSTANT ACCESS

Make sure you have options...



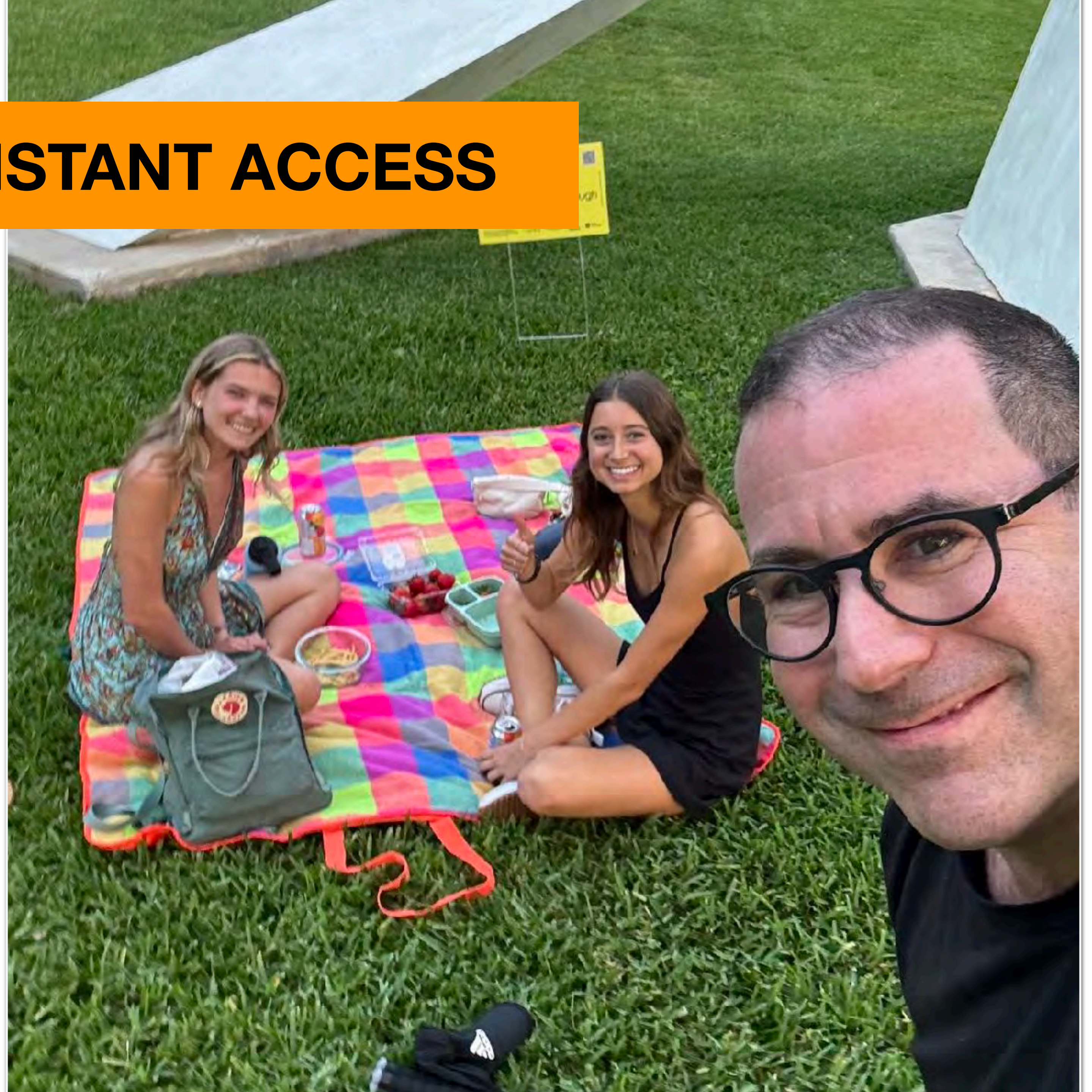
MISTAKE #5 EXPECT INSTANT ACCESS

Spiritual Groups
Multicultural Centers
Volunteer Groups
Recreational Sports
LGBTQIA+ Centers
Anything Artistic
TRiO / SSS
CAMP Programs
First-Generation Programs
Commuter Orgs



MISTAKE #5 EXPECT INSTANT ACCESS

Identify places where you will be accepted and included simply because you exist.



MISTAKE #6

Don't Anticipate Academic Obstacles

First Year Class Size

Virtual or Online

Time of Classes (avoid 8am)


Access to Classes You Need

Professor or Teaching Assistant or Student Teacher

Academic Resources

Accommodations Available

BAIT & SWITCH?



College Tip #1294
If you're a college student surprised to be taking so many online classes...

big schools small schools

harlancohen Original audio

evdharris It's common practice at University of Florida. I have been told most freshmen courses are offered online and not in person.
4w 2 likes Reply
View replies (2)

jah_hondo My niece is a nursing student at Niagara University and she has never been tricked or forced into taking an on-line class.
4w 3 likes Reply
View replies (1)

leticiapouliot University of Alabama Huntsville! My daughter chose to live on campus but has the majority of her classes online. This was totally unexpected. It seems that if you are not in the honors section, this is your situation. My kid has adhd and the online classes are more tricky for her to navigate than in person.
4w 5 likes Reply
View replies (1)

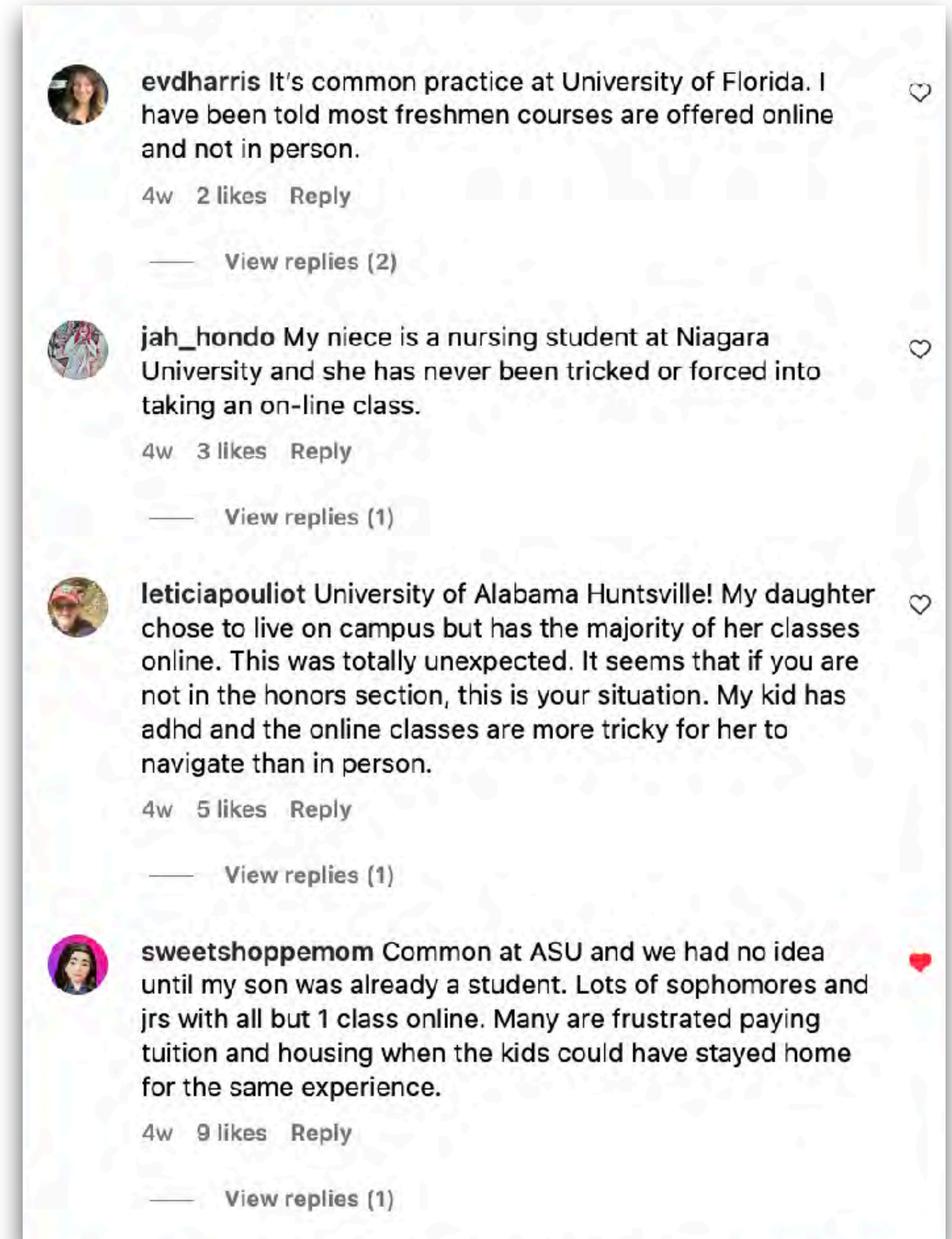
sweetshoppemom Common at ASU and we had no idea until my son was already a student. Lots of sophomores and jrs with all but 1 class online. Many are frustrated paying tuition and housing when the kids could have stayed home for the same experience.
4w 9 likes Reply
View replies (1)

rmkristal Arizona State Univeristy! Was never presented at

View insights Boost reel

1,367 likes November 12

Add a comment...



evdharris It's common practice at University of Florida. I have been told most freshmen courses are offered online and not in person.
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View replies (2)

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4w 9 likes Reply
View replies (1)

<https://www.instagram.com/p/DCRmTgkxQxN/>

MISTAKE #7

DON'T APPLY FOR FINANCIAL AID

**YOU MUST APPLY EVERY
YEAR YOU ARE ENROLLED
IN COLLEGE TO CONTINUE
TO RECEIVE \$\$\$**

The screenshot shows the Federal Student Aid website interface. At the top, there is a navigation bar with the logo and menu items: FAFSA® Form, Loans and Grants, Loan Repayment, and Loan Forgiveness. A search icon is on the right. The main content area features a large blue banner with the text '2025-26 FAFSA® Form Now Available!' and a sub-headline 'The 2025-26 FAFSA® form is now available for all students and contributors. Complete the form to apply for financial aid for college, career school, or graduate school.' To the right of this text is a large graphic of the word 'FAFSA' in blue, with 'form' written below it, and several small illustrations of people interacting with the letters. Below the banner, there are two main action buttons: 'Start a 2025-26 FAFSA® Form' with a 'Log In To Start' button, and 'Edit a 2025-26 FAFSA® Form or Accept an Invitation' with a 'Log In To Edit' button. Further down, there is a section for 'Need the 2024-25 FAFSA form?' with links for 'Log In To Start a New Form' and 'Log In To Edit Existing Forms'. At the bottom, there is a dark blue section titled 'Check FAFSA® Deadlines for the State You Live in' which includes a text block explaining state-specific deadlines, two dropdown menus for 'School Year' and 'State of Residence', and a 'View All FAFSA Deadlines' button.

MISTAKE #7

DON'T APPLY FOR FINANCIAL AID

Seven Major FAFSA Changes: What Families Need to Know

As adjustments to the federal FAFSA form are phased in, they could affect the financial aid eligibility of current and prospective college students.

    Newsletter sign up



(Image credit: Getty Images)

4. Discount Eliminated for Multiple Children in College.

Currently, financial aid eligibility increases for families with more than one child enrolled in college at the same time. So, parents with twins/multiples or parents whose children are closer together in age have had the potential to benefit greatly. However, under the new legislation, the FAFSA will no longer provide this discount.

This change will reduce financial eligibility for families with more than one student enrolled in college at the same time. For example, prior to the change, a family with a calculated EFC of \$40,000 could see that drop by as much as 50% if they had two students in college — that would be an EFC of \$20,000 per student. Without this discount, the calculated EFC (SAI) would be \$40,000 per student.

MISTAKE #7

DON'T APPLY FOR FINANCIAL AID

The screenshot shows the CSS Profile website homepage. At the top, there is a navigation bar with a 'CSS Profile' logo, a 'Sign In' button, and a search bar. Below the navigation bar, there are links for 'About CSS Profile', 'Application Steps', 'Fee Waivers', 'Resources/IDOC', 'en Español', 'Contact Us', and 'FAQ'. The main content area features a large purple banner with the text 'APPLY WITH CSS PROFILE' and 'CSS Profile'. Below this, it states 'Each year CSS Profile unlocks access to more than \$10 billion in nonfederal aid to thousands of students.' There are two buttons: 'Sign in to Fall 2025/Spring 2026' and 'Sign in to Fall 2024/Spring 2025'. Below the banner, there are four columns of content, each with an icon and a title: 'Check Participating Schools and Scholarships', 'Learn How to Apply', 'Information for Parents', and 'BigFuture®'. Each column has a brief description and a 'Learn More' button.

Check Participating Schools and Scholarships
Review which colleges, schools, and scholarship programs use CSS Profile.
[Learn More](#)

Learn How to Apply
Review our step-by-step guide to completing your CSS Profile application.
[Complete the Application](#)

Information for Parents
Learn more about completing the CSS Profile as a parent, including as a noncustodial parent.
[Information for Parents](#)

BigFuture®
Need more information on paying for college? Learn more on BigFuture!
[BigFuture.org](#)

MISTAKE #7

DON'T APPLY FOR FINANCIAL AID

What are the published costs?

IU Bloomington

Full-time undergraduate students*

Item	Indiana residents	Nonresidents
Tuition and mandatory fees	\$12,142	\$41,890
Housing and food	\$13,984	\$13,984
Books and supplies	\$1,250	\$1,250
Transportation	\$954	\$954
Personal expenses	\$2,270	\$2,270
Total cost of attendance	\$30,600	\$60,348

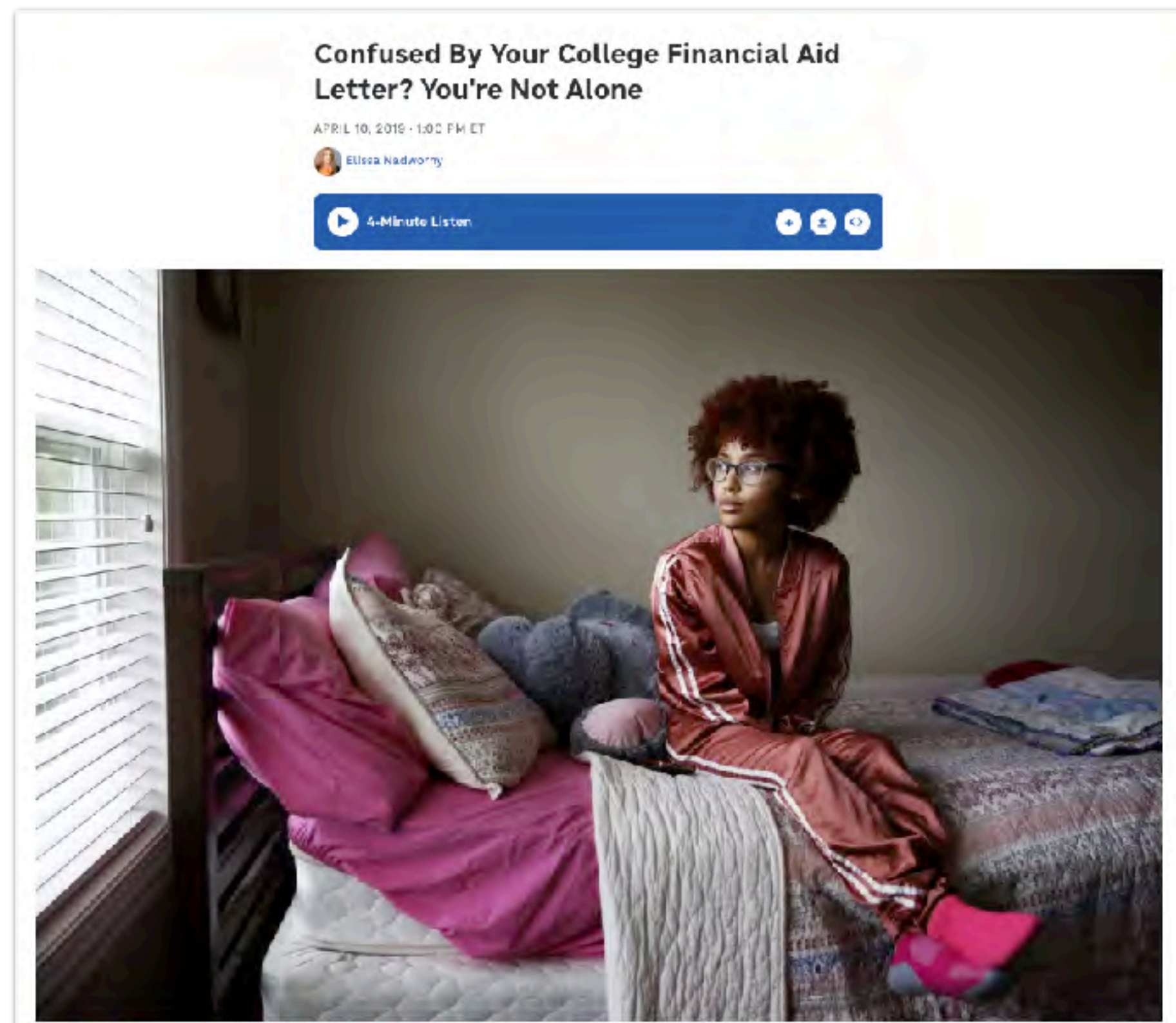
**Costs shown are based off 2024-25 rates. Numbers for upcoming years will be provided as soon as they become available.*

<https://www.iu.edu/cost-financial-aid/tuition.html>

MISTAKE #8

DON'T DO THE MATH

What will you actually pay?



One letter sticks out in her mind: The school had bolded about \$76,000 in the upper-right corner of its offer. She remembers smiling really big and thinking, "I got a lot of money!" But when she looked a little closer, she saw that the big number included loans. Hensley was determined not to borrow. She took the letter and added up all the costs of attending, then subtracted the grants and scholarships and found she was still about \$30,000 short.

MISTAKE #8

DON'T DO THE MATH

Financial Aid Letter Comparison

File Edit View Insert Format Data Tools Extensions Help

Menus 100% View only

D9

	A	B	C	D	E	F	G	H
1	How to use this: To enter your own information, make a copy of this spreadsheet (File > Make a copy...)							
2	Award Letter Analyzer							
3		School 1	School 2	School 3	School 4	School 5	School 6	School 7
5	Cost of Attendance							
6	<i>This is the cost of attendance for the entire year, as calculated by each school. Cost of attendance includes direct costs (money to be paid directly to the school) and estimated indirect costs (money spent on books, personal expenses, transportation to and from campus, etc) associated with attending each school.</i>							
8	Tuition & Fees	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
9	Room & Board	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
10	Books	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
11	Personal Expenses	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
12	Transportation to/from Campus	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
14	Total Direct Costs	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
15	Total Indirect Costs	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
17	Total Cost of Attendance	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
19	Gift Aid							
20	<i>Money that does not have to be repaid</i>							
21	<i>*If your award letter does not include some of these categories, enter a 0.</i>							
23	Pell Grant	\$0.00						
24	State Grant	\$0.00						
25	SEOG Grant	\$0.00						
26	College Grants/Scholarships	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
27	Other Grants/Scholarships	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
29	Total Gift Aid	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00

MISTAKE #8

DON'T DO THE MATH

Financial Aid Letter Comparison

File Edit View Insert Format Data Tools Extensions Help

Menus 100% View only

ATH1 How to use this: To enter your own information, make a copy of this spreadsheet (File > Make a copy...)

	A	B	C	D	E	F	G	H
31	Loans							
32	<i>Money that will need to be repaid, with interest</i>							
33	<i>*if your award letter does not include some of these categories, enter a 0.</i>							
34								
35	Direct Subsidized Loan	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
36	Direct Unsubsidized Loan	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
37	Other Loan (do not include Parent PLUS loans)	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
38								
39	Total Loans	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
40								
41	Estimated Bill							
42	<i>This is the amount you can expect to pay the college directly, calculated by subtracting scholarships, grants, and loans, from the Direct Cost calculated above. If you do not want to take out loans, simply delete that information above to see how much you would owe without loans.</i>							
43	<i>*Colleges will typically bill students before the fall semester and again before the spring semester, splitting the costs evenly</i>							
44	Fall Semester	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
45	Spring Semester	0	0	0	0	0	0	\$0.00
46								
47	Total Net Cost for 2019-20	0	0	0	0	0	0	\$0.00
48								
49	Indirect Costs							
50	<i>This is the money that is not directly paid to the college but needs to be budgeted for, like money for your books, school supplies, travel to and from campus, etc. Schools may offer you a work study, which you will receive in paychecks as you work throughout the semester—like a regular job. Work Study (sometimes combined with a summer job and parent contribution) is a great way for students to earn money to cover these additional costs.</i>							
51								
52	Indirect Costs	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
53	Additional Indirect Costs	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
54								
55	Work Study	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
56	Summer job estimate	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
57	Family contribution estimate	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
58								
59	Total Student & Family contribution	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
60								
61								

MISTAKE #9

DON'T ASK FOR MORE MONEY

Financial Aid Appeal
You can ask for more money...



<https://www.youtube.com/watch?v=9-HrdKNYItY&t>

MISTAKE #9

DON'T ASK FOR MORE MONEY

- Ask about departmental scholarships or additional aid
- Know what is renewable and what is not
- Know minimum GPA and credit hours to maintain financial aid
- Keep applying for scholarships
- Work in the financial aid or department
- Ask about emergency funds

UNIVERSITY OF South Carolina

SEARCH SC.EDU

Financial Aid and Scholarships

Financial Aid and Scholarships

Cost and Aid

FAFSA

Grants

Loans

Scholarships

- Scholarships for SC Residents
- Scholarships for Nonresidents
- Departmental Scholarships**
- Scholarship Policies
- Non-Institutional Scholarships
- Health Workforce Scholarships

Student Employment

Summer Financial Aid

Exchange Programs

Forms and Resources

Departmental Scholarships

Most departmental scholarships are awarded to returning students, but you can check the scholarship database. Each college or school has its own application process. Please reach out to the college or school for questions about the scholarships they offer. As you apply, take time to review the [scholarship policy](#) and learn what it takes to keep departmental scholarships.

Search for Departmental Scholarships

Use the table below to search for scholarships that apply to your needs by typing the name of the awarding college, school or department in the search box. Each scholarship PDF is updated regularly and contains a comprehensive list of scholarships available for incoming freshmen, current undergraduates and graduate students.

Search:

College/School/Office	Department	View Scholarships Available
Administrative Employees Club		View Scholarships Available
Alumni Association		View Scholarships Available
Arnold School of Public Health		View Scholarships Available
Arnold School of Public Health	Communication Science	View Scholarships Available
College of Arts and Sciences	African American Studies	View Scholarships Available
College of Arts and Sciences	Anthropology	View Scholarships Available
College of Arts and Sciences	Army ROTC	View Scholarships Available

MISTAKE #10

TAKE OUT TOO MUCH IN LOANS

What you need to know:

LOAN HACK: Pay interest on unsubsidized loans while in college to save!

Subsidized Loans VS **Unsubsidized loans**

Subsidized Loans:

- U.S. Department of Education covers the interest that accrues while you're in school (at least half time), during your grace period (after graduation), and during loan deferments (a postponement of loan payments).
- Only for undergraduate students with financial need.
- Your school determines the amount you can borrow, and the amount may not exceed your financial need.

Unsubsidized loans:

- The borrower is responsible for paying the interest on a Direct unsubsidized loan while in school.
- Available to any student regardless of financial need.
- Direct Unsubsidized Loans come with higher borrowing limits than subsidized loans, so you can take out more money to cover your education costs.

NYU Financial Education

MISTAKE #10 TAKE OUT TOO MUCH IN LOANS

Calculate your
monthly payments
BEFORE you take
out a loan...

Calculate Your Federal Student Loan Repayment Options with Loan Simulator

Loan Simulator helps you estimate monthly student loan payments and choose a loan repayment option that best meets your needs and goals. You can also use it to decide whether to consolidate your student loans.



I Want to Find the Best Student Loan Repayment Strategy

Log In and Start

Or Start From Scratch

- See how you can lower your student loan payment.
- See how you can pay off your student loans faster.
- Decide whether to consolidate your student loans.



I'm Struggling With My Student Loan Payments

Log In and Start

Or Start From Scratch

- Consider a new repayment plan instead of suspending payments.
- Find out about the impacts of suspending payments.
- Learn how to avoid loan default.



I Want to Simulate Borrowing More

Log In and Start

Or Start From Scratch

- Explore impacts when you borrow more student loans.
- Find out about federal student loan limits.
- See how your choice of school affects how much you may need to borrow.

<https://studentaid.gov/loan-simulator/>

MISTAKE #10 TAKE OUT TOO MUCH IN LOANS

Calculate your
monthly payments
BEFORE you take
out a loan...

The screenshot shows the College Ave website's student loan calculator. The interface is divided into two main sections: 'Loan Details' on the left and 'Loan Breakdown' on the right. The 'Loan Details' section contains several input fields with dropdown menus: 'Loan Amount*' set to \$10,000, 'Loan Term*' set to 10 years, 'Interest Rate*' set to 4.49%, 'Years Remaining in School*' set to 4 years, and 'Monthly Payments in School*' set to \$. A green 'Calculate' button is positioned below these fields. The 'Loan Breakdown' section features two tabs: 'Payments' (selected) and 'Total Cost'. Under the 'Payments' tab, there are two prominent results: 'In-School Monthly Payment' of \$0.00 over 54 months, and 'Post-School Monthly Payment' of \$124.52 over 120 months. A 'Clear Calculator' button is located at the bottom right of the calculator area. A small disclaimer at the bottom left of the calculator area reads: '*For more personalized results, estimate a loan with College Ave'.

<https://www.collegeave.com/calculators/student-loans/>

MISTAKE #10 TAKE OUT TOO MUCH IN LOANS

Calculate your
monthly payments
BEFORE you take
out a loan...

The screenshot shows the College Ave website's student loan calculator. The interface is divided into two main sections: 'Loan Details' and 'Loan Breakdown'. The 'Loan Details' section contains input fields for Loan Amount* (\$100,000), Loan Term* (10 years), Interest Rate* (4.49%), Years Remaining in School* (4 years), and Monthly Payments in School* (\$0). A 'Calculate' button is located at the bottom of this section. The 'Loan Breakdown' section shows two tabs: 'Payments' (selected) and 'Total Cost'. Under the 'Payments' tab, there are two boxes: 'In-School Monthly Payment' showing \$0.00 for 54 months, and 'Post-School Monthly Payment' showing \$1,245.21 for 120 months. A 'Clear Calculator' button is at the bottom right. The top navigation bar includes 'College AVE', 'Student Loans', 'Resources & Tools', 'About Us', a search icon, and an 'Apply Now' button.

Category	Value	Duration
In-School Monthly Payment	\$0.00	54 Months
Post-School Monthly Payment	\$1,245.21	120 Months

MISTAKE #10 TAKE OUT TOO MUCH IN LOANS

**Calculate your cost
of living once
you graduate...**

The screenshot shows the 'Living Wage | calculator' website. At the top right, there are navigation links for 'Articles', 'Methodology', 'FAQs', and 'Contact Us'. Below the header, a section titled 'WHAT IS THE LIVING WAGE CALCULATOR?' explains the tool's purpose: 'Today, families and individuals working in low-wage jobs make too little income to meet minimum standards of living in their community. We developed the Living Wage Calculator to help individuals, communities, employers, and others estimate the local wage rate that a full-time worker requires to cover the costs of their family's basic needs where they live. Explore the living wage in your county, metro area, or state for 12 different family types below.'

The main content area is titled 'Select a Location' and features a search bar with the placeholder text 'search' and a 'Go' button. Below the search bar, a list of US states is displayed in a grid format:

Alabama	Hawaii	Michigan	North Carolina	Utah
Alaska	Idaho	Minnesota	North Dakota	Vermont
Arizona	Illinois	Mississippi	Ohio	Virginia
Arkansas	Indiana	Missouri	Oklahoma	Washington
California	Iowa	Montana	Oregon	West Virginia
Colorado	Kansas	Nebraska	Pennsylvania	Wisconsin
Connecticut	Kentucky	Nevada	Rhode Island	Wyoming
Delaware	Louisiana	New Hampshire	South Carolina	
District of Columbia	Maine	New Jersey	South Dakota	
Florida	Maryland	New Mexico	Tennessee	
Georgia	Massachusetts	New York	Texas	

<https://livingwage.mit.edu/>

MISTAKE #10 TAKE OUT TOO MUCH IN LOANS

Calculate what it will cost to live once you graduate...

Typical Expenses

These figures show the individual expenses that went into the living wage estimate. Their values vary by family size, composition, and the current location.

	1 ADULT				2 ADULTS (1 WORKING)				2 ADULTS (BOTH WORKING)		
	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children
Food	\$4,686	\$6,916	\$10,392	\$13,774	\$8,591	\$10,702	\$13,802	\$16,795	\$8,591	\$10,702	\$13,802
Child Care	\$0	\$12,086	\$24,171	\$36,257	\$0	\$0	\$0	\$0	\$0	\$12,086	\$24,171
Medical	\$3,136	\$9,476	\$9,486	\$9,411	\$7,018	\$9,486	\$9,411	\$9,564	\$7,018	\$9,486	\$9,411
Housing	\$17,050	\$25,180	\$25,180	\$33,175	\$19,760	\$25,180	\$25,180	\$33,175	\$19,760	\$25,180	\$25,180
Transportation	\$5,316	\$9,561	\$11,691	\$14,058	\$9,561	\$11,691	\$14,058	\$15,073	\$9,561	\$11,691	\$14,058
Civic	\$2,920	\$5,801	\$6,480	\$8,835	\$5,801	\$6,480	\$8,835	\$7,025	\$5,801	\$6,480	\$8,835
Other	\$4,596	\$8,020	\$9,463	\$10,386	\$8,020	\$9,463	\$10,386	\$11,617	\$8,020	\$9,463	\$10,386
Required annual income after taxes	\$37,836	\$77,172	\$96,994	\$126,028	\$58,883	\$73,133	\$81,804	\$93,382	\$58,883	\$85,219	\$99,745
Annual taxes	\$6,306	\$13,943	\$20,901	\$32,149	\$8,641	\$11,599	\$13,237	\$15,794	\$8,641	\$14,525	\$18,363
Required annual income before taxes	\$44,142	\$91,115	\$117,895	\$158,177	\$67,524	\$84,732	\$95,041	\$109,176	\$67,524	\$99,745	\$118,108

MISTAKE #11

MISSING DEADLINES

DEADLINES

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

The screenshot shows the University of Houston's University Information Technology website. The header includes the university name and navigation links for Login to AccessUH, Give to UH, and Search. The main navigation bar lists various services like UIT Services, Get Help, Information Security, and About UIT. A breadcrumb trail shows the path: UH Home > University Information Technology > UIT Services > Accounts > Email Account > Student Email. The page title is "Student Email". A sidebar menu under "EMAIL ACCOUNT" lists links for Student Email, 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 large image of two students sitting at a table with a laptop, with the text "Student Email" overlaid. Below the image, a paragraph explains that students receive a UH email alias for official electronic correspondence and that the university uses this alias to send important information. It also mentions that students can update their email address information by logging on to AccessUH and going to myUH. At the bottom, a diagram shows the email alias "jscougar@uh.edu" pointing to "joecoug713@youremailprovider.com".

UNIVERSITYof 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

joecoug713@youremailprovider.com

Your email destination

MISTAKE #12

FOLLOWING PEOPLE TO CAMPUS

Following Friends

**Make sure you have another group of friends.
Make sure you have other places and individual interests.
If you're going to be stupid, don't follow friends.**

AND LIVING WITH A BEST FRIEND THE FIRST YEAR IS A BAD IDEA!!!

MISTAKE #12

FOLLOWING PEOPLE TO CAMPUS

Following Significant Other To Campus

The best chance to stay together is to have lives independent of each other that make you happy. If you do go to the same campus, have different places and different people.

MISTAKE #13 ASSUME EVERYONE GRADUATES

**KNOW YOUR SCHOOL'S 4-YEAR
GRADUATION RATE**

**ASK IF THERE ARE ANY GUARANTEES
(EXTRA YEAR IS EXPENSIVE)**

**KNOW THE PERCENTAGE OF
STUDENTS WHO GRADUATE WITH
JOBS. VISIT CAREER CENTER.**

MISTAKE #13 ASSUME EVERYONE GRADUATES

Key Highlights

- Progress in the national college completion rate has stalled. The six-year completion rate for the fall 2017 cohort was 62.2 percent, essentially unchanged since 2015.
- Six-year completion rates increased in over half of states, with nine states increasing 1 percentage point (pp) or more. This is up from the previous year where only five states had gains of at least 1 pp.
- Completion rates stalled or declined across all ethnicities, with Native American (-2.0 pp) and Black students (-0.4 pp) posting the largest decreases.
- The gender gap in completion rates continues to grow and is the widest seen since 2008 (7.2 pp)
- The six-year completion rate for traditional college-age students starting in 2017 declined. Older students continue to make gains, but they still lag behind traditional aged students.
- The national eight-year completion rate declined for the fall 2015 cohort (-0.5pp) from 2014. An additional 2.4 percent of this cohort completed in the seventh and eighth years.

Fig 1. Sector

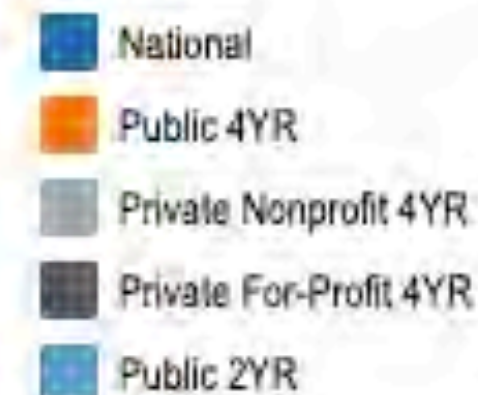
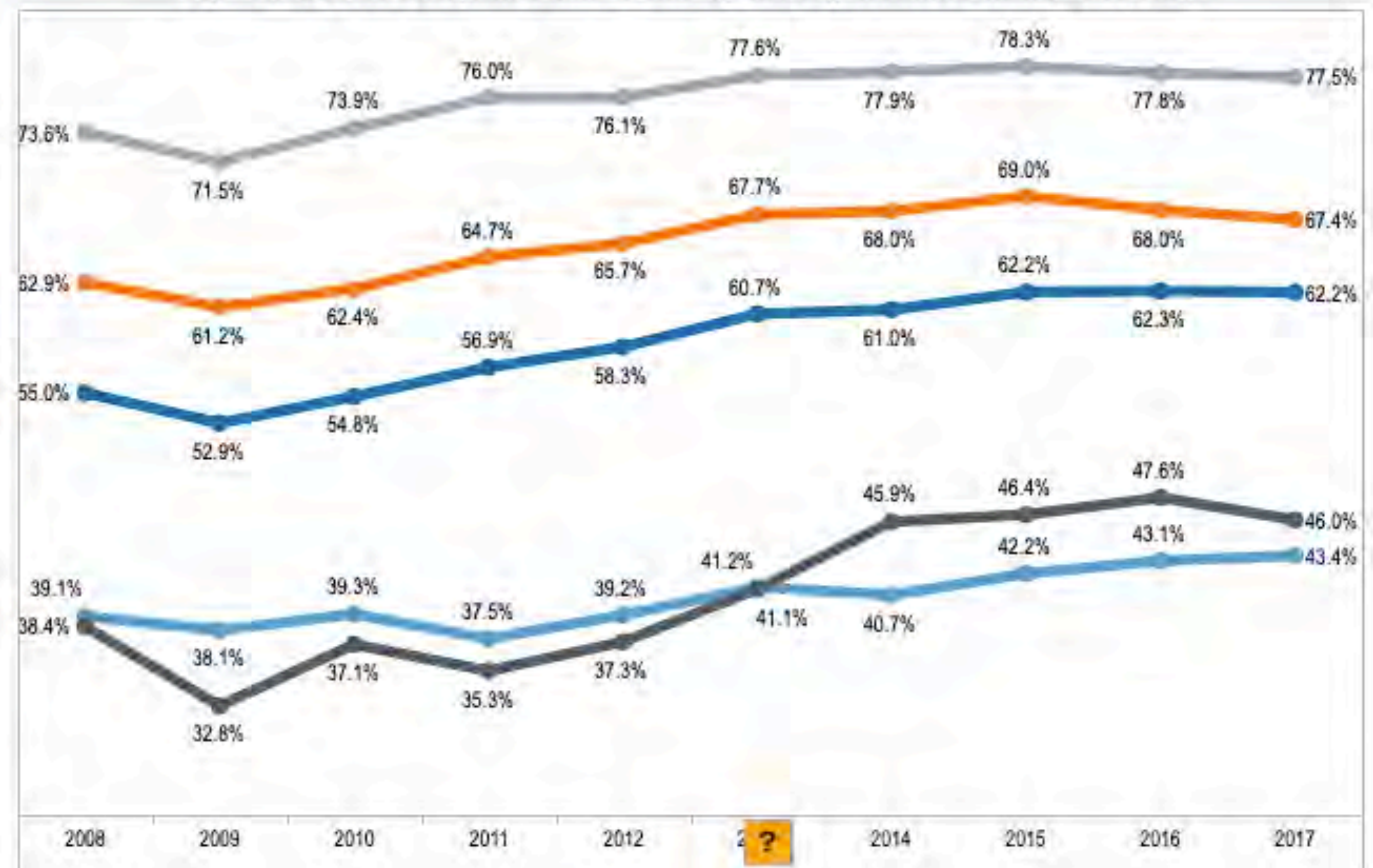


Figure 1. Six Year Completion Rate Trends by Starting Institution Sector: 2008-2017



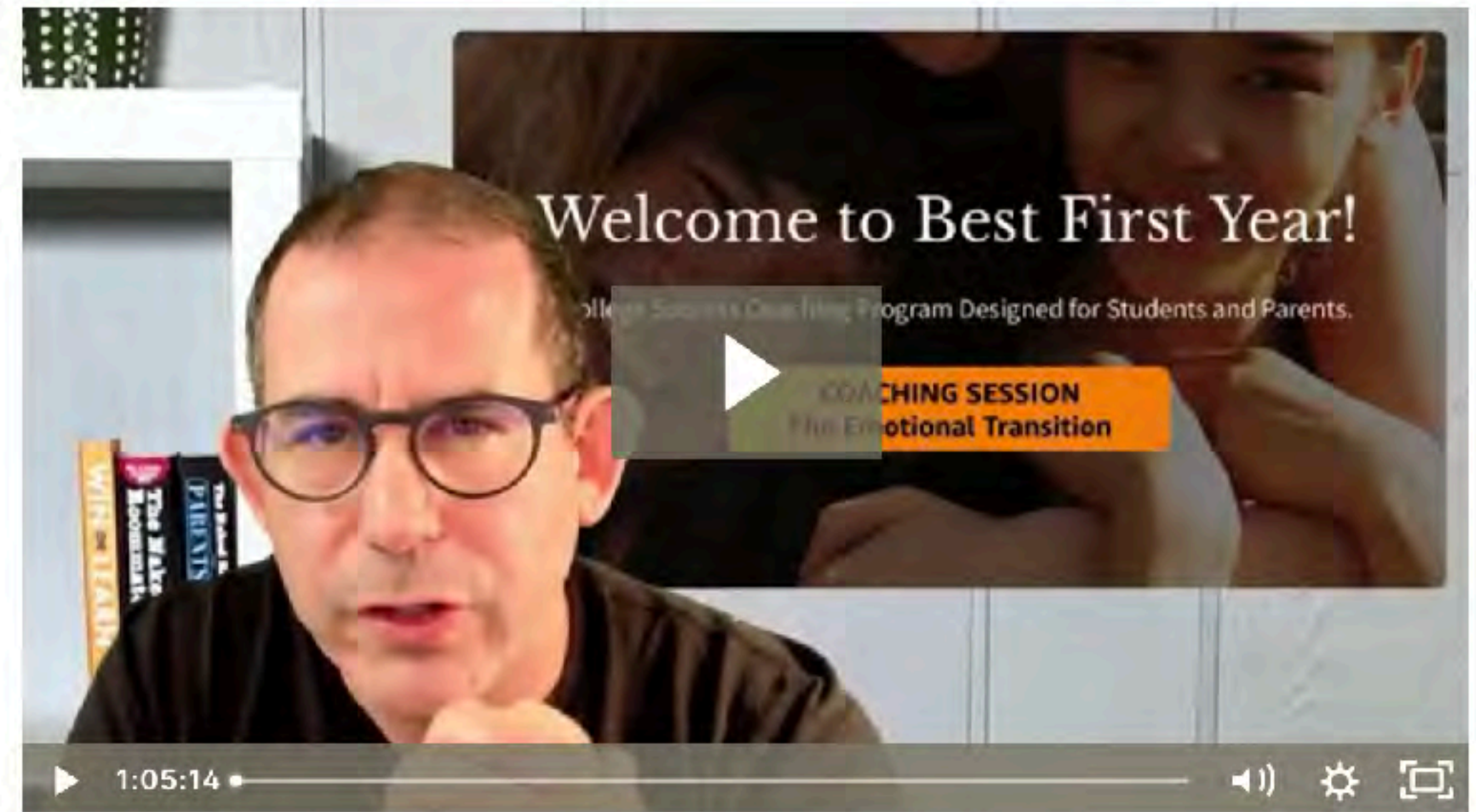
BONUS! No Mental Health Transition Plan

The image shows a YouTube video player interface. The main video features a woman with headphones speaking in a room with bookshelves. The video title is "Harlan Cohen's College Mental Health Transition Plan". Below the video, the channel name "Harlan Cohen" and "1.44K subscribers" are visible, along with "Analytics" and "Edit video" buttons. The video has 1 like. To the right, a list of recommended videos is shown, including "BREAK FREE FROM THE ILLUSION", "Cozy Winter Season Ambience", "Greta Gerwig and Margot Robbie discuss Barbie's...", "The Harlan Cohen Podcast: People, Places, and Patience...", "What Representing Men in Divorce Taught Me About...", and "MrBeast Shares His Best YouTube Advice".

<https://www.youtube.com/watch?v=M--Pjp5HB5A>

WHAT'S A MENTAL HEALTH TRANSITION PLAN?

1. List the changes and challenges that make you uncomfortable about life in college.
2. Identify 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...



Topic: Creating Your Emotional Transition Plan Lesson

In this session, Harlan covers how to navigate the emotional transition to college life and create a plan for success. He shares tools and strategies to help you manage homesickness, social anxiety, academic stress, and other mental health challenges you might encounter.

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

TIME TO TELL YOUR STORY...



Tell Your Story As If...

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



13 Mistakes High School Students Make When Choosing a College

1. FOCUS ON BEING WANTED
2. TAKE REJECTION PERSONALLY
3. LET RANKINGS RULE & LABELS WIN
4. DON'T PLAN FOR THE UNCOMFORTABLE
5. EXPECT INSTANT ACCESS
6. DON'T ANTICIPATE ACADEMIC OBSTACLES

7. DON'T APPLY FOR FINANCIAL AID
8. DON'T DO THE MATH
9. DON'T ASK FOR MORE MONEY
10. TAKE OUT TOO MUCH IN LOANS
11. MISS DEADLINES
12. FOLLOW PEOPLE TO CAMPUS
13. ASSUME EVERYONE GRADUATES

BONUS: MENTAL HEALTH TRANSITION PLAN



Group by Harlan Cohen

Year 13 For Parents

Private group · 602 members



+ Invite

Share

Joined



<https://www.facebook.com/groups/year13forparents/>

Giving Away 1-Year Membership to Best First Year

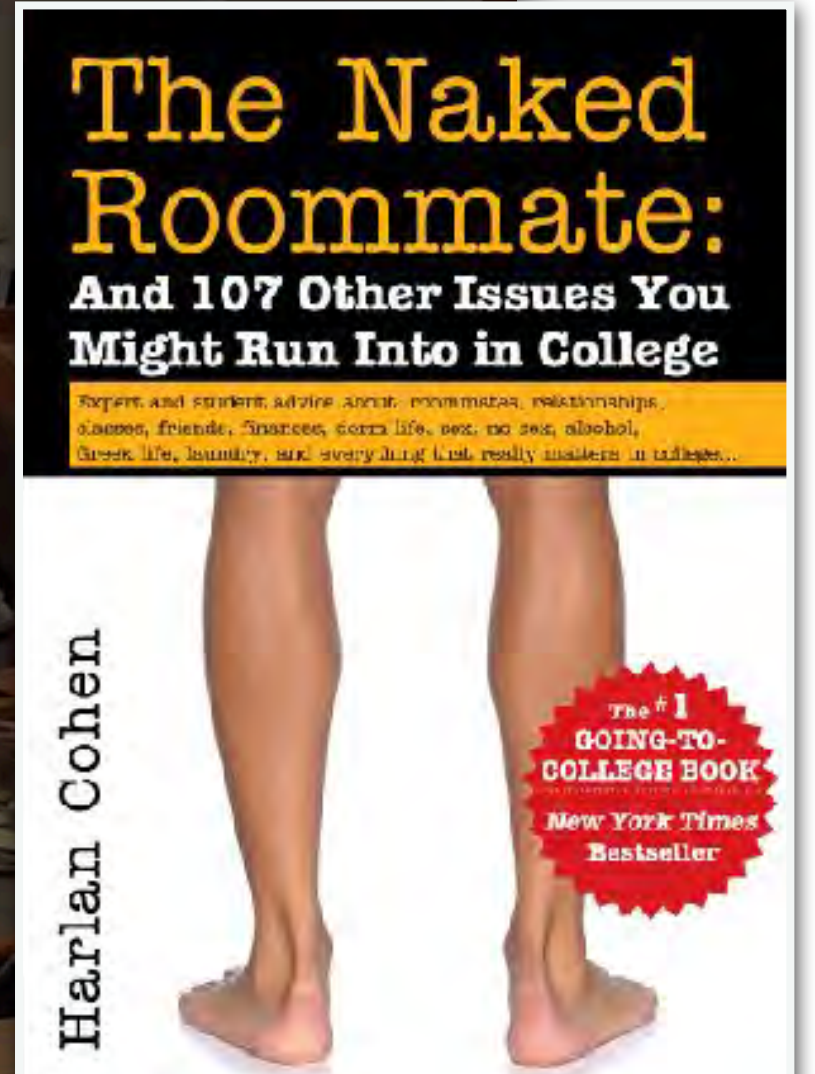
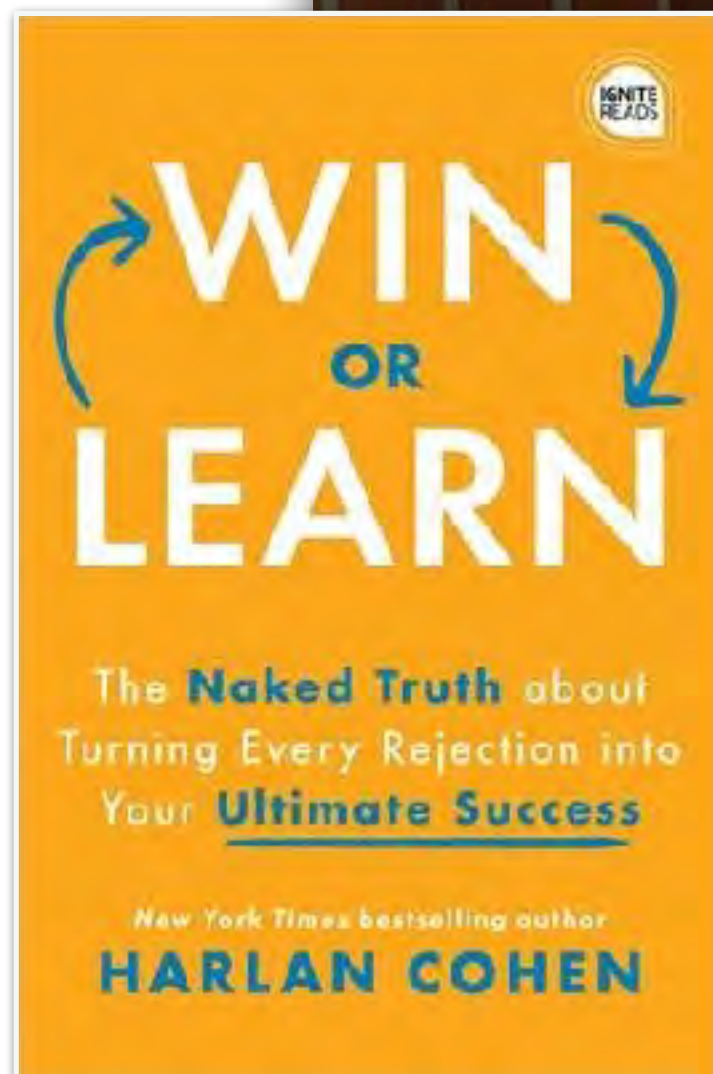


All Courses Sign In

Get started now

Harlan Cohen's BEST FIRST YEAR

LIVE Q&A | Group Coaching | Special Events | College Success Video Library



2025 Special Events

I'm hosting monthly programs for Best First Year families. As a member, you get access to ALL recordings.

- ✓ JANUARY: Getting in. Not getting in. Getting waitlisted, deferred, and other outcomes.
- ✓ FEBRUARY: 7 Money Must Dos for High School Grads and Their Parents
- ✓ MARCH: 5 Simple Rules for Parents: Help your student navigate the transition to life in college
- ✓ APRIL: Committing to College Checklist. Make sure you check all the right boxes.
- ✓ MAY: 17 Things You NEED to Do Before Going to College (for students and parents)

COACHING SESSIONS EVERY OTHER WEEK

- Live Q&A with me
- Videos resource library
- 24/7 access to replays
- Access for 2 members

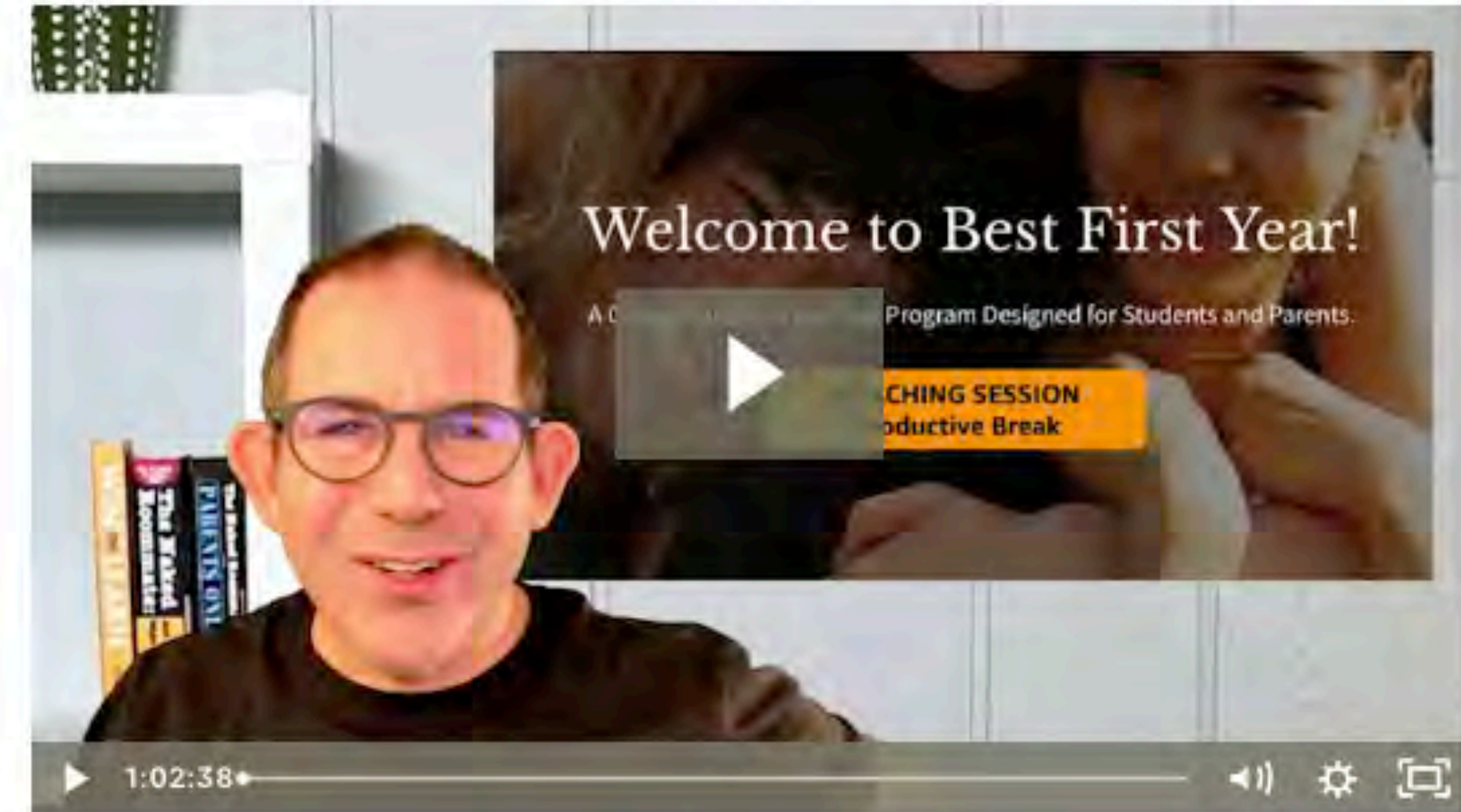
Best First Year In College

0% complete

Search by lesson title

- Welcome New Members! 0/1
- 2024 College Coaching Sessions 0/33

- (UPCOMING December 18th) Celebrating Our Wins
TEXT
- (December 10th REPLAY) Being Productive Over Winter Break
TEXT
- (December 3rd REPLAY) Preparing for Final Exams (managing time, planning, study in a group)
TEXT
- Thanksgiving - No coaching session. Happy Thanksgiving!
TEXT
- (November 21st REPLAY) Home for Thanksgiving
TEXT



TOPIC: Being Productive Over Winter Break

Finals are done, and winter break is almost here! After some time to recover from the semester's hard work and enjoy the holidays, what's next? How can you prepare for the upcoming semester and set yourself up for success? Harlan will share tips to help you make the most of your time off.

Chapters:

- 00:00 Intro and News
- 12:15 Winter Break
- 35:37 Q&A

COMPLETE & CONTINUE →



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+ 6 MONTH BONUS
YOU + ONE FAMILY MEMBER
(All-Access-Guarantee)

OFFER EXPIRES ON 12/31/24

USE COUPON CODE
“TAKE50”



Best First Year In College

Welcome to Best First Year! I created this program with one thing in mind – YOU. The goal of Best First Year is to... [see more](#)

One-time payment \$297.00

Quantity - 1 +

Coupon: 13 Mistakes Class of 2025 ➔ -\$50.00

Subtotal \$247.00

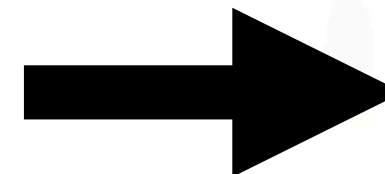
Estimated tax ⓘ Enter your billing info

Total USD **\$247.00**

Need help placing your order? [Contact us](#)



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Last name *

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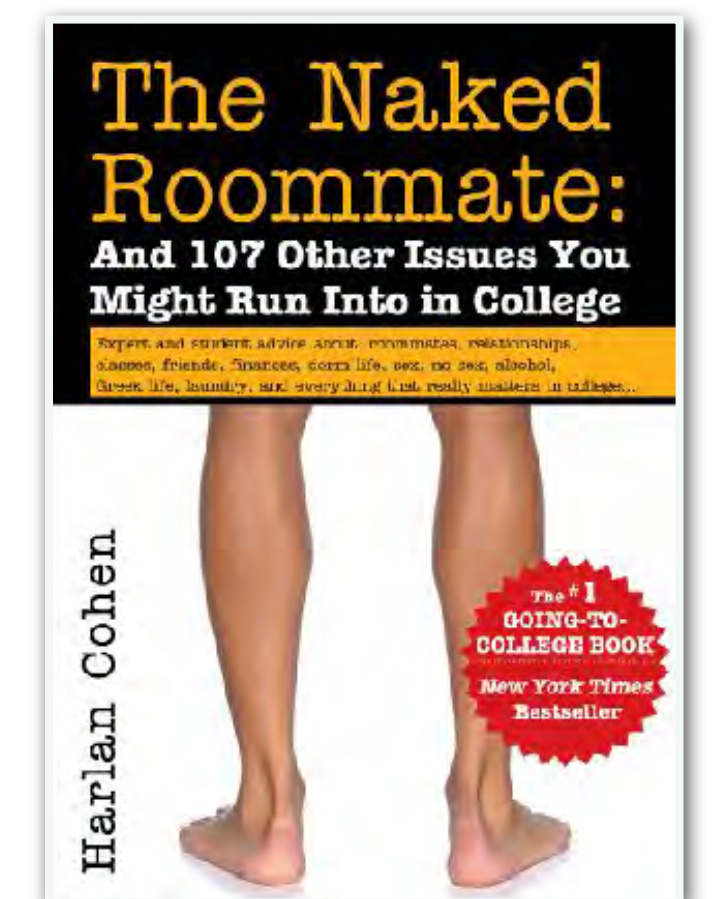
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BULK SALES & FUNDRAISING

- **Independent Educational Consultants**
- **College Access Programs**
- **College Counselors Resources**
- **International Student Programs**
- **School Fundraisers (portion goes back to school)**



3 College Parents Membership

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The logo for College Parents of America is centered at the top. The word "College" is in orange, "Parents" is in blue, and "OF AMERICA" is in a smaller, blue, sans-serif font below it. The background is white with scattered confetti in shades of blue, orange, pink, and yellow, along with some pink and blue streamers.

College Parents
OF AMERICA

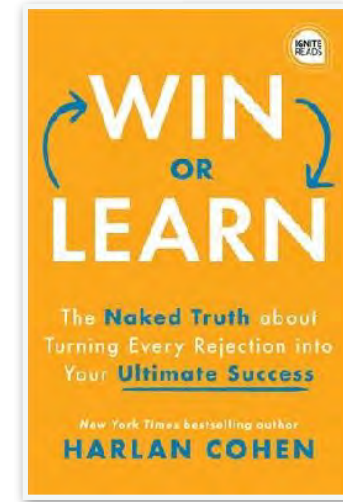
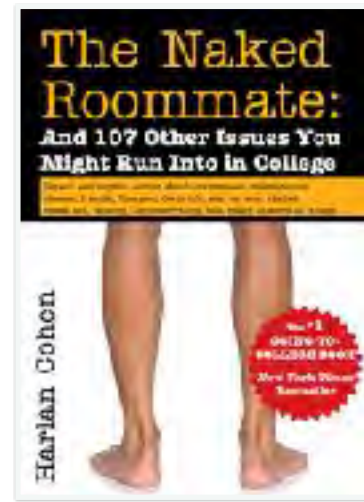
WINNERS:

Aili H.

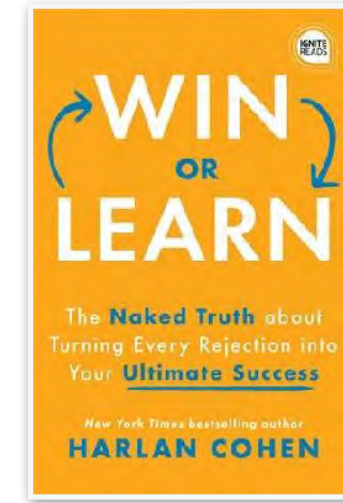
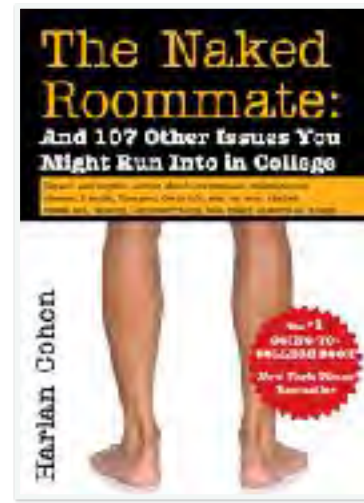
Vanessa P.

Pamela W.

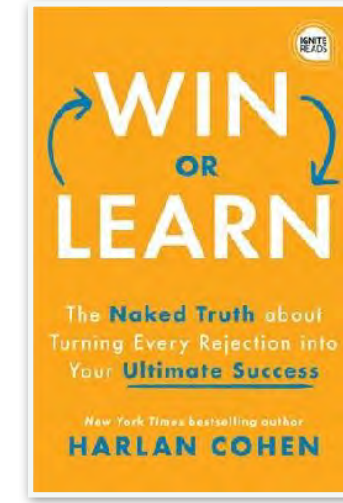
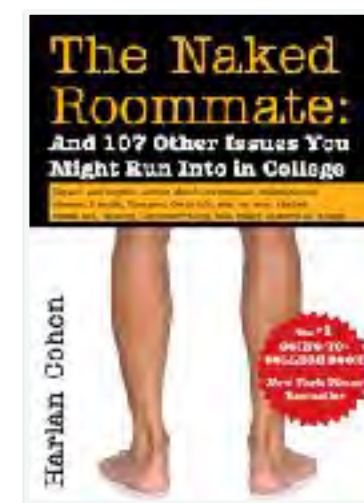
3 Sets of Books



KAFIA S.



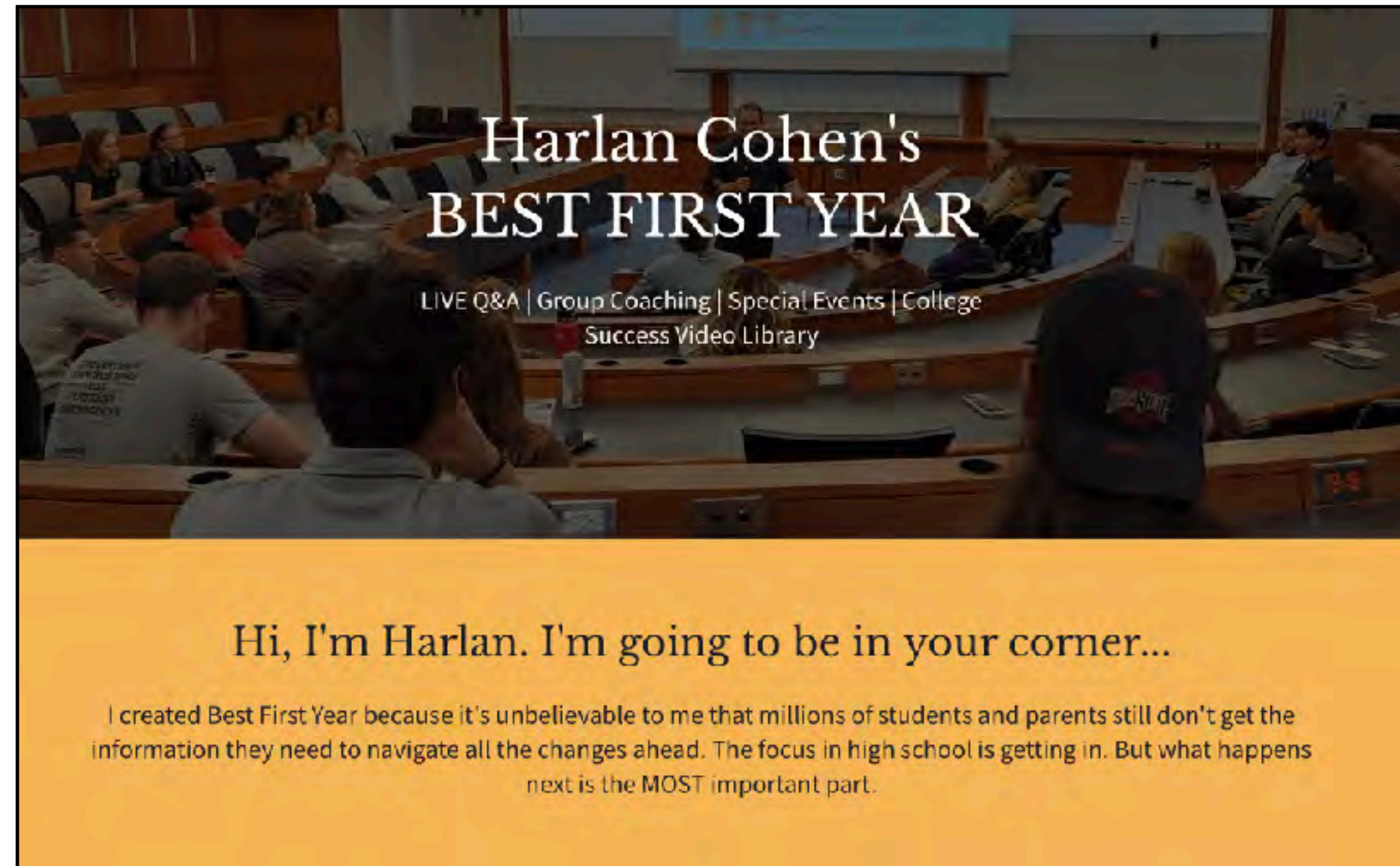
BETSY H.



AMANDA S.

*No purchase necessary to enter or win.

WINNERS



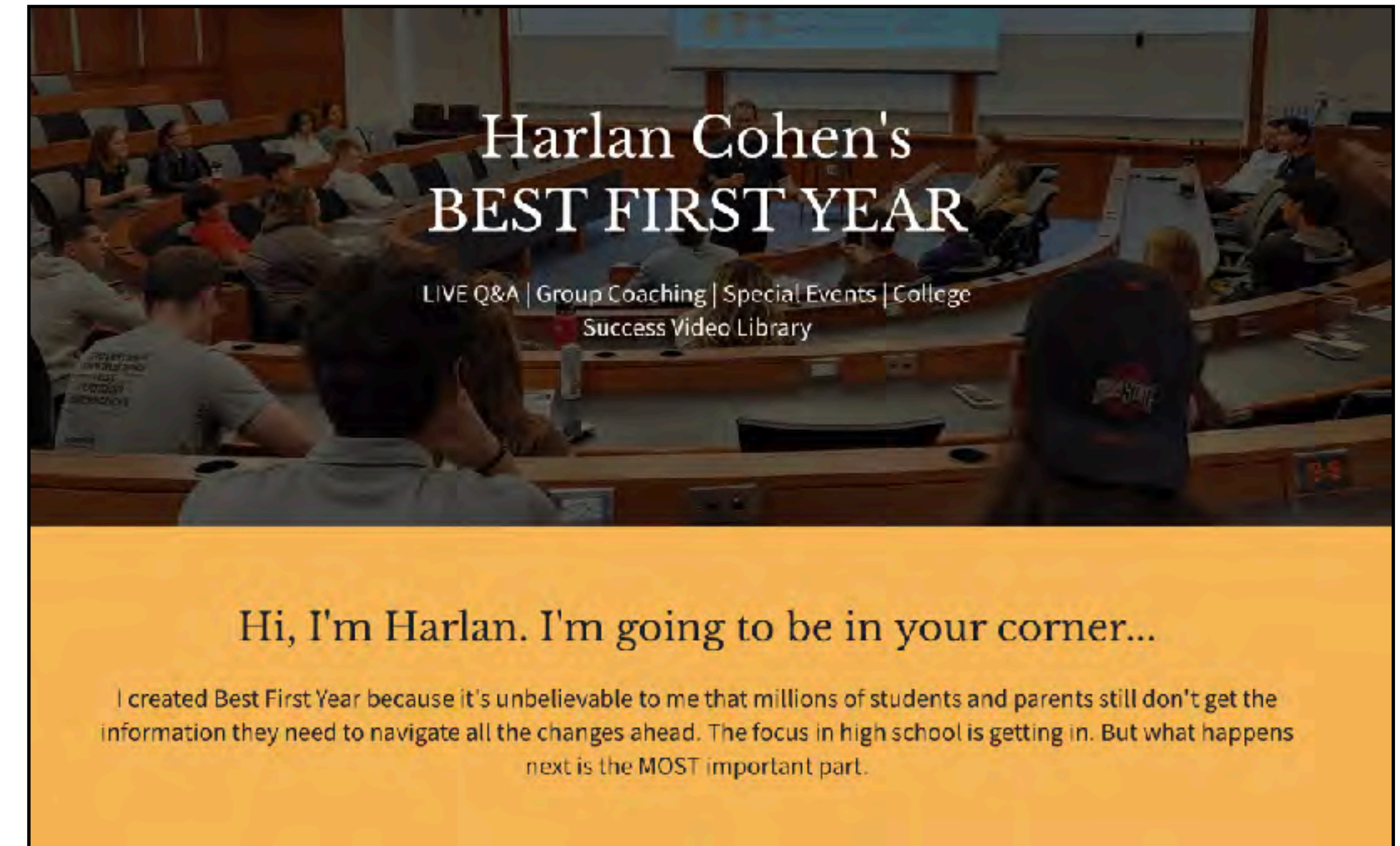
Harlan Cohen's
BEST FIRST YEAR

LIVE Q&A | Group Coaching | Special Events | College
Success Video Library

Hi, I'm Harlan. I'm going to be in your corner...

I created Best First Year because it's unbelievable to me that millions of students and parents still don't get the information they need to navigate all the changes ahead. The focus in high school is getting in. But what happens next is the MOST important part.

KERI K.



Harlan Cohen's
BEST FIRST YEAR

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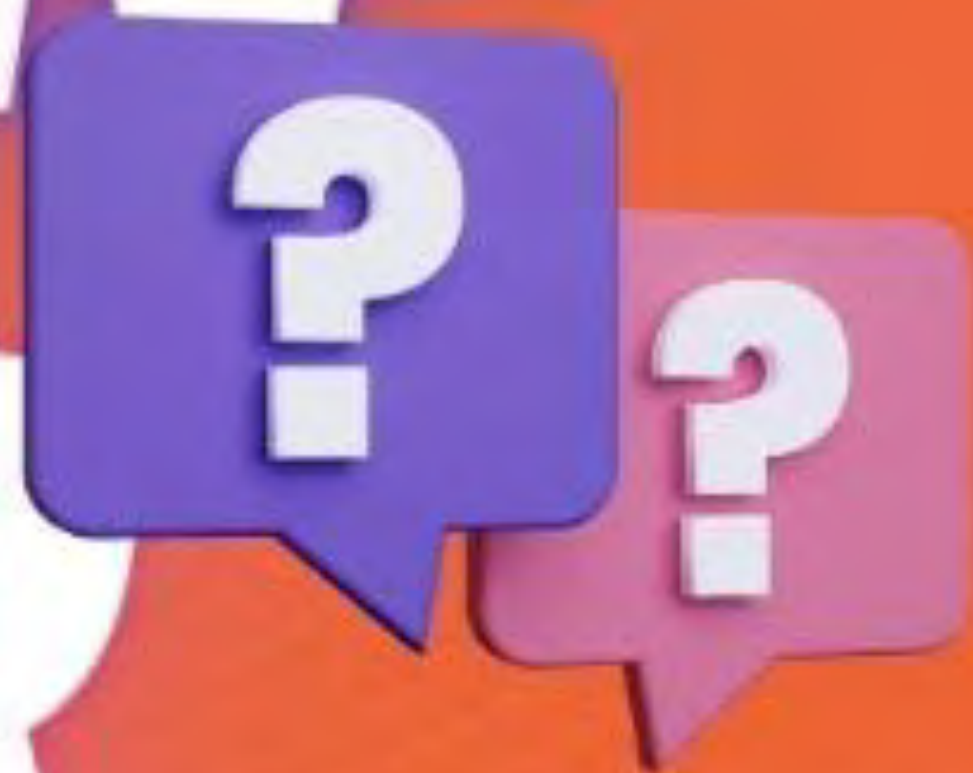
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CARYN D.

courses.bestfirstyear.com

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QUESTION ANSWER

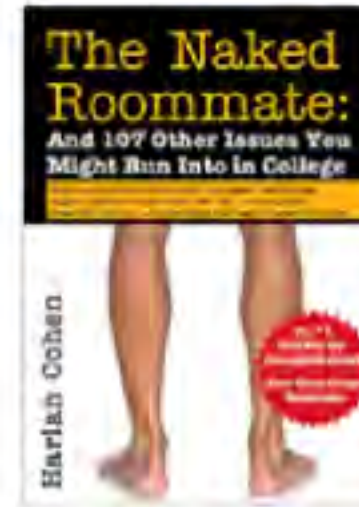


With Harlan Cohen

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13 Mistakes High School Students Make When Choosing a College

FOR STUDENTS, PARENTS
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