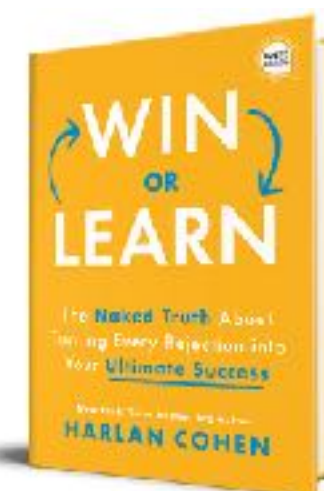
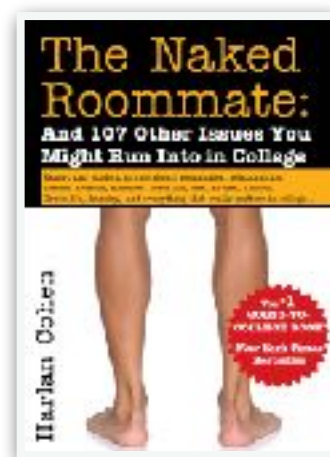




WEBINAR

Happy, Healthy, Almost Stress-Free College Planning with Harlan Cohen



Text Me: 321-345-9070
HARLAN COHEN
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I am a ... ▾

First Name

Last Name

Email Address

Phone Number

☐ I certify that I have read and agree to the [Rules and Regulations](#) of this contest and [Privacy Policy](#). I also grant College Ave Student Loans permission to contact me via email.

SUBMIT

Chat

How excited are you about college search and selection?

**Include a number and a few words
describing your response**

Use a scale of 1-10

- 10 = BEYOND Excited**
- 9 = Incredibly Excited**
- 8 = Very Excited**
- 7 = Excited**
- 6 = Getting Excited**
- 5 = Kind of Excited**
- 4 = Not Excited**
- 3 = Indifferent**
- 2 = In denial**
- 1 = Dreading it ALL**

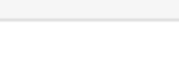


Live!



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

The Latest...



WBZ

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EDUCATION



College enrollment plummeted during the pandemic. This fall, it's even worse


October 26, 2021 · 5:07 AM ET

Heard on [Morning Edition](#)





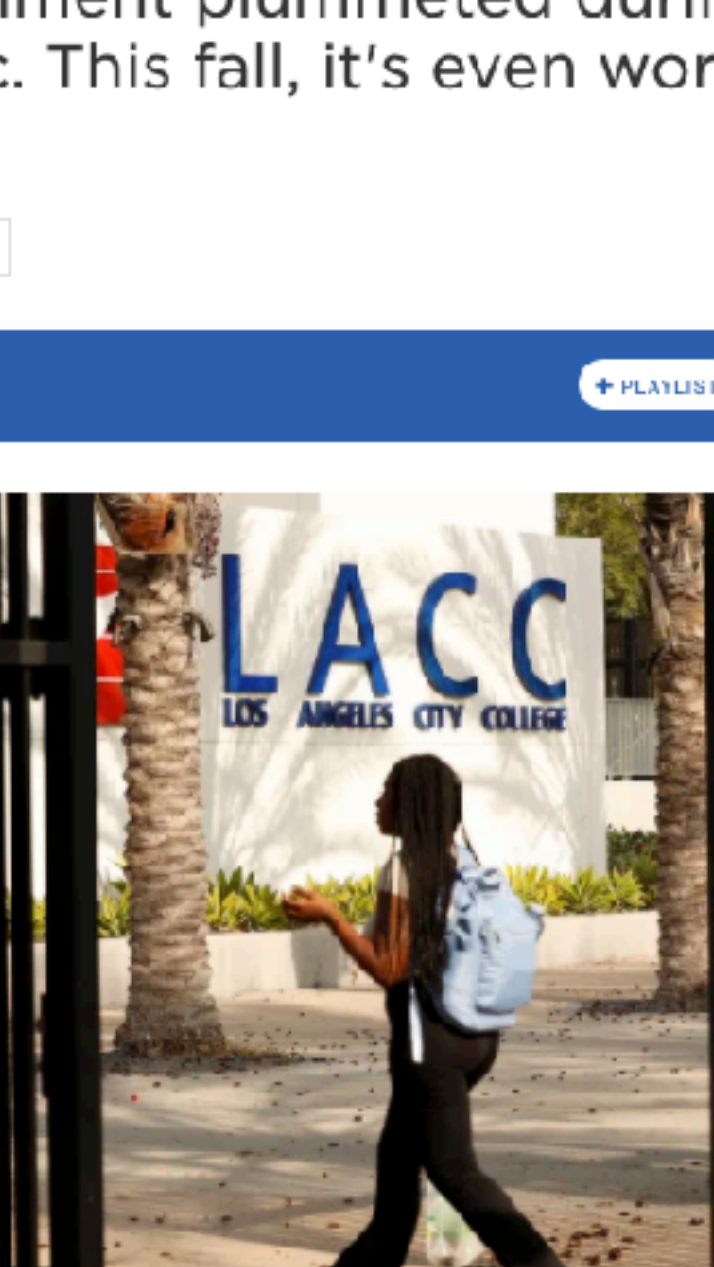
ELISSA NADWORNÝ



1-Minute Listen

[+ PLAYLIST](#)





Arraopity of students at Los Angeles City College, the United States' largest community college district, are continuing with online classes for this fall semester in Los Angeles.

Al Solis/Los Angeles Times via Getty Images

Enrollment at U.S. colleges and universities is on track to fall by another nearly 500,000 undergraduate students this fall, continuing the historic drops that began with the start of the coronavirus pandemic, according to new data out Tuesday.

The decline of 3.2% in undergraduate enrollment this fall follows a similar drop of 3.4% the previous year, the first fall of the pandemic, according to the research from the National Student Clearinghouse Research Center.

The numbers are from a preliminary data set representing 8.4 million undergrad and graduate students from about 50% of U.S. colleges. The numbers show there are now 240,000 fewer undergraduates enrolled this fall compared with the same time last year, and if that rate of decline holds up for the rest of the colleges, that could translate into almost a half-million fewer undergraduate students.

The Latest...

Record 1,785+ Schools Are Test-Optional For Fall 2022

Submitted by fairtest on October 5, 2021 - 4:36pm [optional](#) [university](#) [whats new](#)

for further information, contact:

Bob Schaeffer(239) 395-6773

mobile (239) 399-0468

for immediate release Wednesday, October 6, 2021

RECORD 1,785+ SCHOOLS ARE TEST-OPTIONAL FOR FALL 2022;

MORE THAN 3/4 OF ALL U.S. COLLEGES, UNIVERSITIES

WILL NOT REQUIRE ACT/SAT SCORES FROM CURRENT H.S. SENIORS;

MOST COMMITTED TO EXTENDING POLICIES THROUGH FALL 2023

At least 1,785 U.S. colleges and universities will not require ACT or SAT scores from applicants seeking to enroll in fall 2022 according to an [updated list](#) released today by the National Center for Fair & Open Testing (FairTest). More than 76% of all U.S. bachelor-degree granting institutions now practice test-optional or test-blind admissions, an all-time high.

"The record number of admissions offices waiving testing mandates reflects widespread satisfaction with those policies," FairTest Executive Director Bob Schaeffer explained. "Schools that did not mandate ACT/SAT submission last year generally received more applicants, better academically qualified applicants, and a more diverse pool of applicants."

Schaeffer continued, "Evaluating applications without regard to test scores has become the new normal in undergraduate admissions. More than half of all colleges and universities in the nation have already [committed to remaining test-optional or test-blind for fall 2023 applicants](#). We expect the final percentage to be much higher."

FairTest has been the leader of the U.S. test-optional admissions movement since the late 1980s when the non-profit organization published "Beyond Standardized Tests: Admissions Alternatives that Work." At that time, fewer than three dozen colleges and universities did not mandate ACT or SAT score submission from applicants.

The U.S. Department of Education's National Center for Education Statistics currently recognizes about [2,330 bachelor-degree granting colleges and universities which enroll first-year students](#).

-- 3 0 --

- FairTest's frequently updated directory of test optional, 4-year schools is available free online at <https://www.fairtest.org/university/optional> -- sort geographically by clicking on "State".

- A chronology of schools dropping ACT/SAT requirements with details about the duration of those policies is at: <http://www.fairtest.org/sites/default/files/Optional-Growth-Chronology.pdf>

1,785+ Accredited, 4-Year Colleges & Universities with ACT/SAT-Optional Testing Policies for Fall, 2022 Admissions

[See the searchable database of schools.](#)

[Find out why and how schools go "Test Optional."](#)

What's New at FairTest

- [New Tool to Combat College Board/ETS Testing Screw Ups](#)
- [Record 1,785+ Schools Are Test-Optional For Fall 2022](#)
- [Two-Thirds of Bachelor-degree Granting U.S. Colleges and Universities Will Not Require ACT/SAT Scores From Fall 2022 Applicants](#)

[Read more](#)

Members of the Media:

Contact Robert Schaeffer at (239) 395-6773 or FairTest at (617) 477-9792

Social Media:

Visit FairTest on [Facebook](#) and [Twitter](#)



CAMPUS HEALTH

Biden’s Vaccine Order Is Broad. These Campuses Are Trying to Apply It Narrowly.

Public colleges in particular are caught between the wishes of different employees, state politicians, and the federal government.



Some Colleges Have Begun to Comply With Biden’s Order



The Dystopian Delta University



Here’s a List of Colleges That Require Covid Vaccinations

THE LATEST

LIVE CORONAVIRUS UPDATES

As Vaccination Deadline Nears, at Least 2 Dozen Colleges Have Yet to Respond to Biden’s Order

DATA

Undergraduate Enrollment Continues Its Slide, Dipping 3.2 Percent From Last Year

SEXUAL MISCONDUCT

Does the ‘Liberty Way’ Discourage Students From Reporting Sexual Assault?

THE REVIEW

The Triumph of the Money Managers

RETAINING STUDENTS

How Time-Management and Other Tools Can Help Students With Mental Illnesses Stay Enrolled

ADVICE

Resist the Triage Approach to Academic Writing

ADMISSIONS

America’s Standardized-Testing Giants Are Losing Money Fast

TEACHING AND LEARNING

IDEAS

College Admissions Are Still Unfair

But when fancy schools like Amherst kill legacy preferences, they do get a little fairer.

By James S. Murphy



Ilana Panich-Linsman / The New York Times / Redux

This week Amherst College announced that it was ending the use of legacy preferences in its admissions process. Its president, Biddy Martin, acknowledged that providing an advantage to applicants who are the children of alumni “inadvertently limits educational opportunity.” When incredibly wealthy, highly selective colleges such as Amherst (endowment: \$3.7 billion; admission rate: 8 percent) make an announcement like this, it’s tempting to pour a bucket of cold water on the self-congratulatory fireworks they’re lighting for themselves. That should not happen this time.

Still, the temptation is real. Why congratulate a college for doing something it should have done a long time ago? Many large public universities, including the University of California, the University of Texas, and Texas A&M, dropped legacy preferences years ago, as did Johns Hopkins University two years ago and MIT and CalTech before it. Pomona College, a highly ranked liberal-arts college like Amherst, dropped legacy preference in 2017. What’s more, even at those places that give the offspring of alumni an edge, or what admissions offices call a “tip,” legacies usually account for a small share of the enrolled class, and many of those admits would likely have gotten in without the advantage, or so the admissions deans defending the practice of birthright advantage like to say.

The Latest...

EdW

The Coronavirus Spring: The Historic Closing of U.S. Schools (A Timeline)

SCHOOL & DISTRICT MANAGEMENT INTERACTIVE

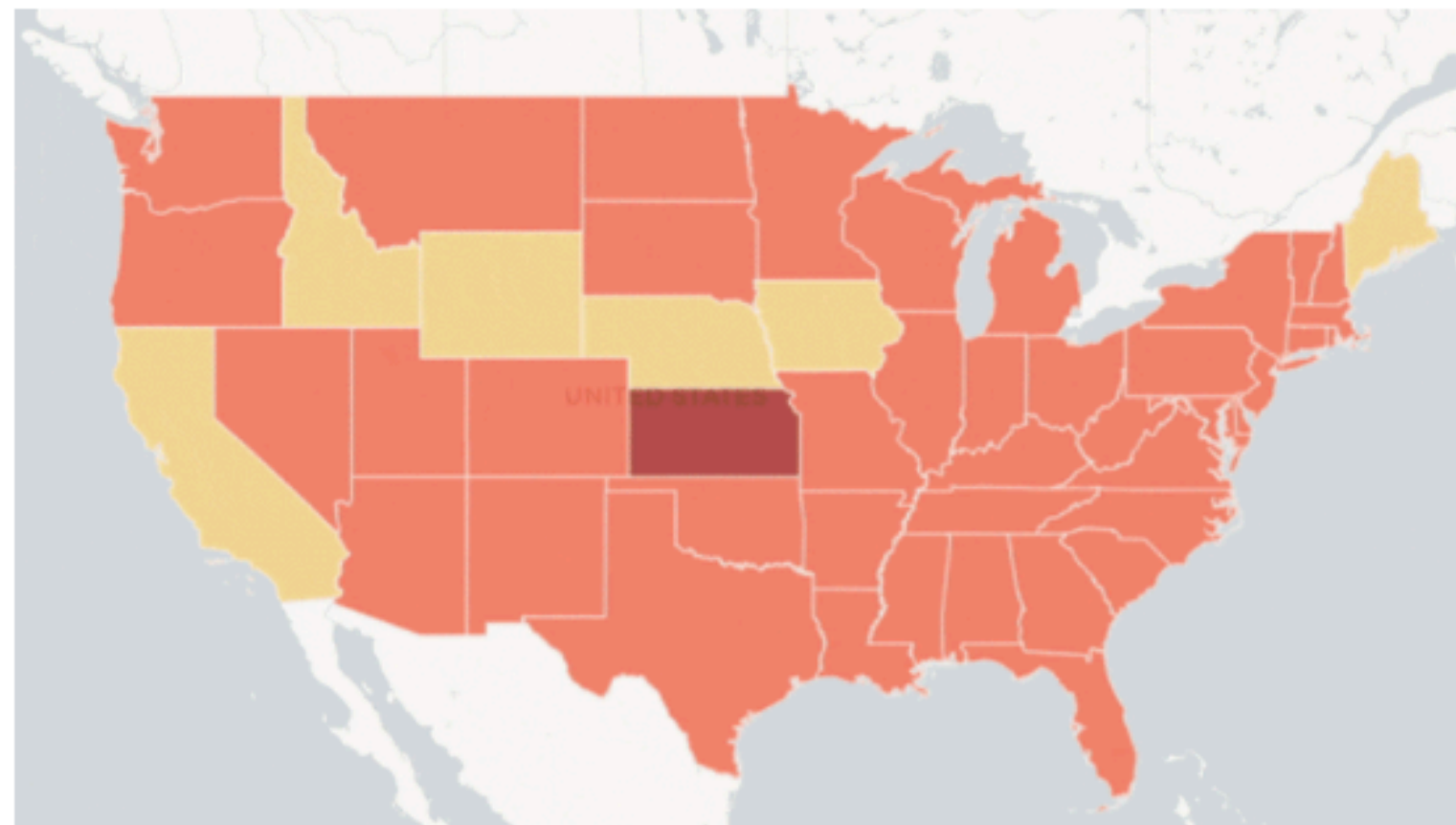
The Coronavirus Spring: The Historic Closing of U.S. Schools (A Timeline)

July 01, 2020 ⌚ 6 min read



The coronavirus created mass disruption of schooling in the spring semester of the 2019-20 school year. Acting to try to stop the virus' spread, principals, superintendents, and then governors closed schools across the nation in a wave that began in late February. Eventually, 48 states, four U.S. territories, the District of Columbia, and the Department of Defense Education Activity ordered or recommended school building closures for the rest of their academic year, affecting at least 50.8 million public school students.

The magnitude and speed of the closures was unprecedented.



CORONAVIRUS AND SCHOOLS

STATES

DATA: State Dashboards on COVID-19 in Schools and Instructional Models



Find publicly reported state data on COVID-19 cases in schools and information on the types of instructional models in use.

November 17, 2020 • 1 min read

STUDENT WELL-BEING

A Highly Effective Vaccine Is Likely on the Way. What Does That Mean for Schools and Kids?



Two infectious disease experts weigh in on how a COVID-19 vaccine that's 90 percent effective, as early results are showing, could change school health and safety protocols.

Catherine Gewertz & Arianna Prothero, November 12, 2020 • 6 min read

SCHOOL & DISTRICT MANAGEMENT

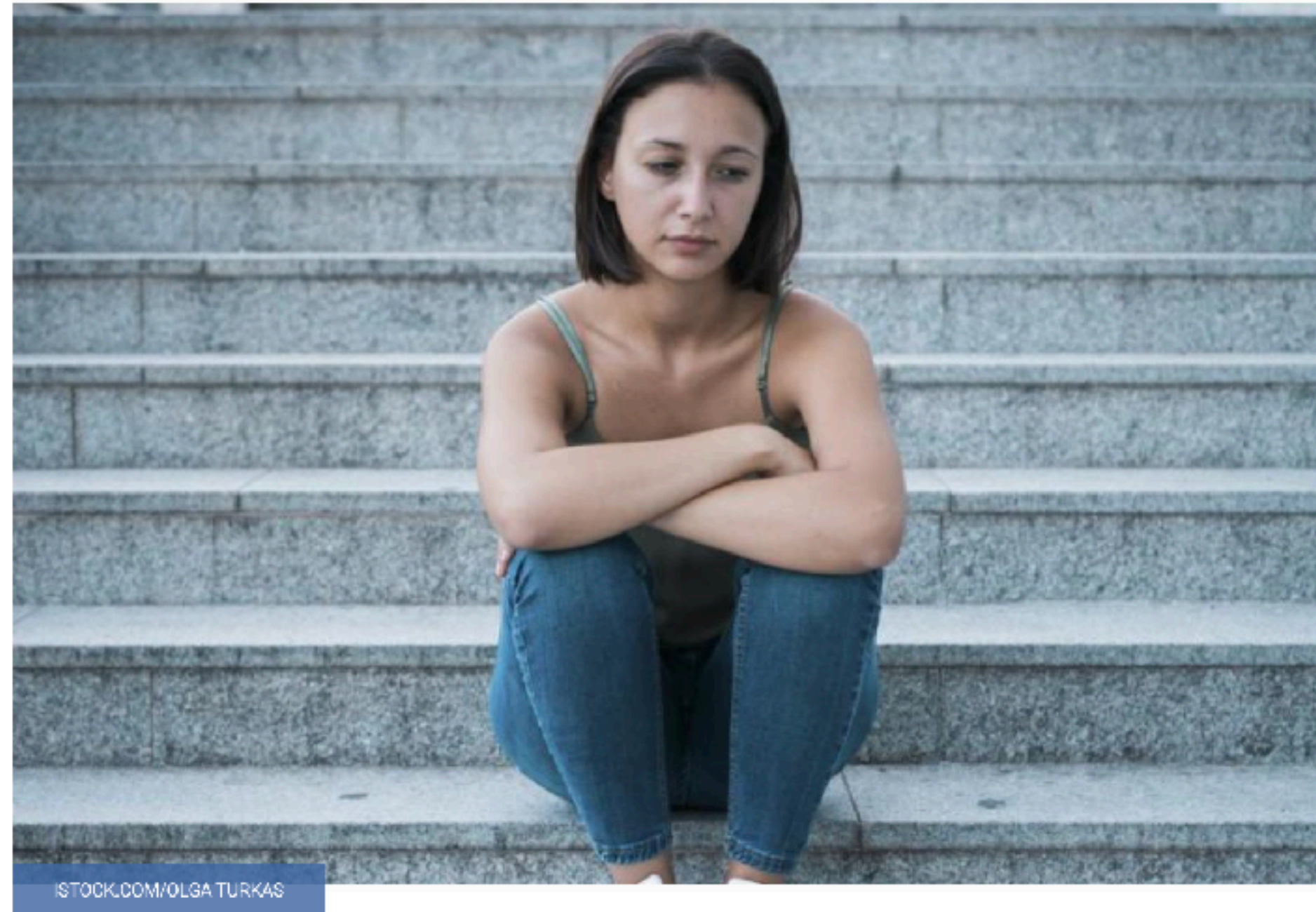


The Latest...

Mental Health Needs Rise With Pandemic

A mountain of troubling data about rising mental health problems has health advocates and providers worried about the need for additional support for struggling students and the ability of colleges to provide it.

By [Greta Anderson](#) // September 11, 2020



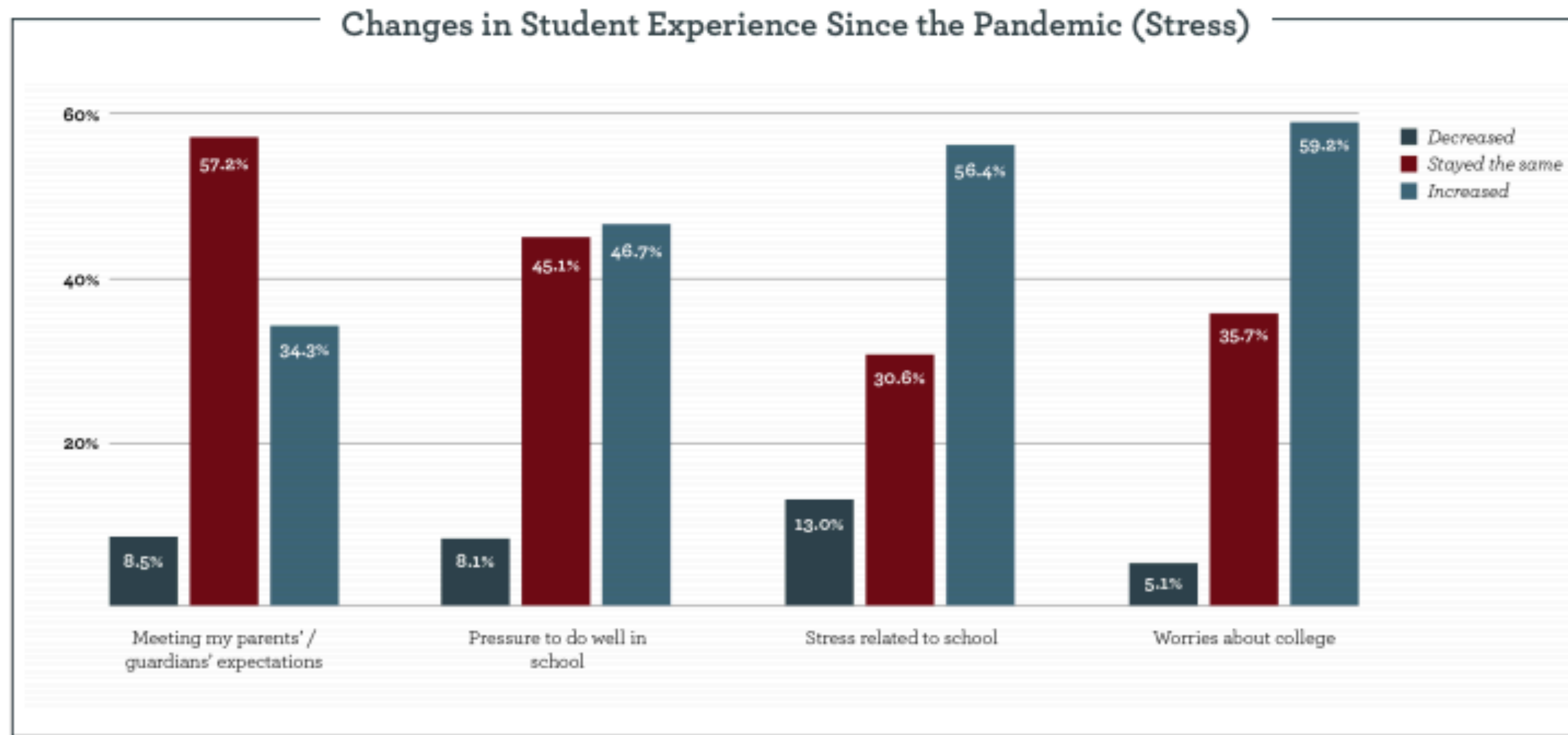
ISTOCK.COM/OLGA TURKAS

While the country continues to battle the coronavirus, college health professionals are also monitoring a growing crisis among young adults struggling with mental health problems, including suicidal ideation, anxiety and depression related to the pandemic.

<https://www.insidehighered.com/news/2020/09/11/students-great-need-mental-health-support-during-pandemic>

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The Latest...



THREE KEY FINDINGS

KEY FINDING 1: Students, especially females and students of color, continue to experience high levels of stress and pressure.

KEY FINDING 2: Students' engagement with learning, which is always a challenge, is especially low now.

KEY FINDING 3: Students' relationships with adults and peers are strong, yet appear strained in recent times.

The Latest...



Students Struggle but Don't Seek Colleges' Help

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

By [Melissa Ezarik](#) // April 14, 2021



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

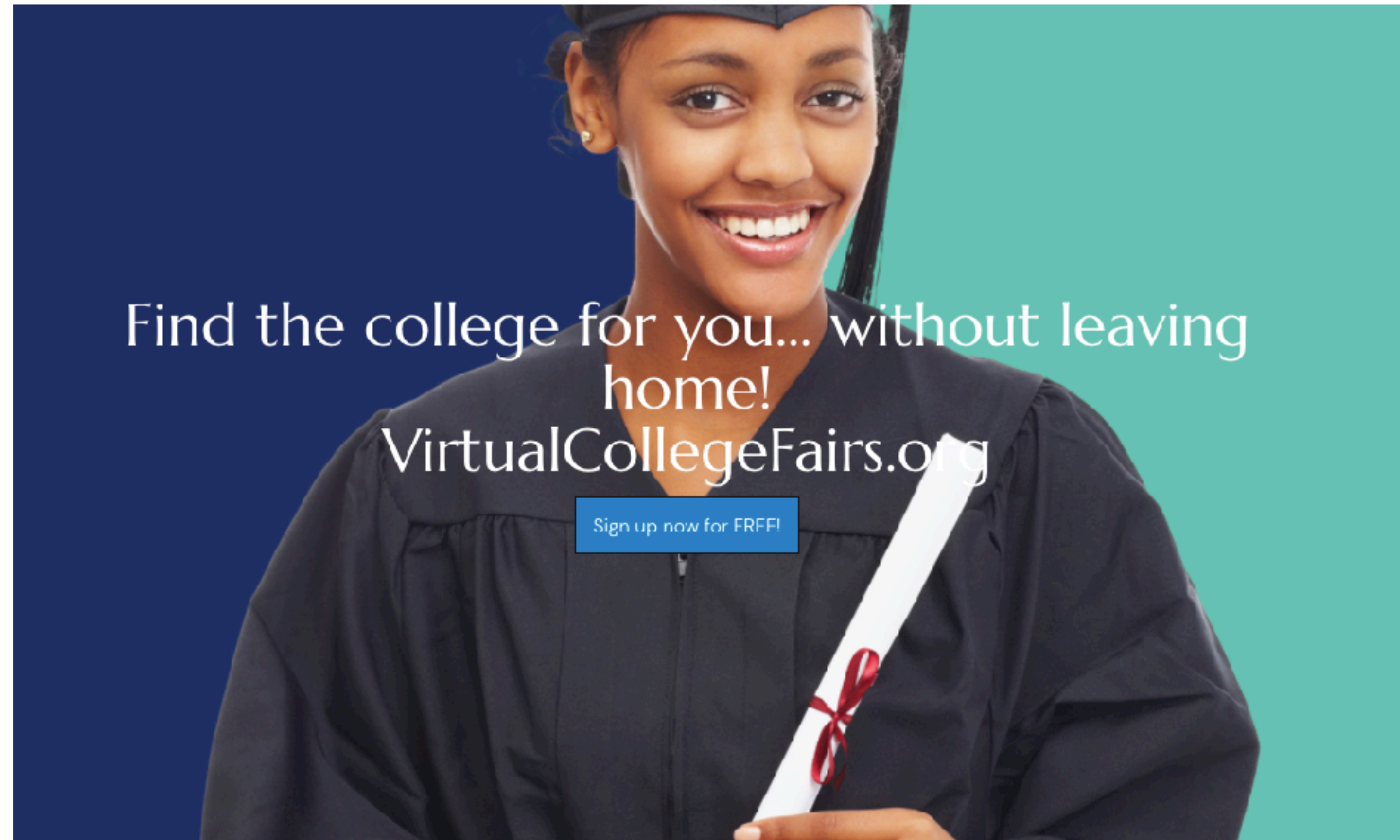
- 65 percent of students report having fair or poor mental health.
- 63 percent of those who say it's poor would grade their college's response to student mental health and wellness services a C or lower (compared to 43 percent of all students).
- 47 percent say they could have used some (28 percent)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

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

The Latest...



Fair Finder




Pick a day. Choose colleges. Go to sessions.

Hundreds of colleges will offer Zoom sessions on each fair date. Just drop in!

<https://nacac-virtual-college-fairs.mailchimpsites.com/>

Virtual College Tours



Admission

VISIT APPLY GIVE

INFO FOR

Search...

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Academics

Admission


Alumni

Arts


Campus Life

Research


Support




Undergraduate Admission
Virtual Visits and Experiences

 / [Admission](#) / [Undergraduate Admission](#) / [Visit Opportunities](#)


Schedule a Virtual Tour
Visit our campus virtually! You and your family have several options to see campus and talk with current students from wherever you are. Click on a link to learn more and register.




CAMPUS TOUR



DEPARTMENT OF DANCE TOUR



DODGE COLLEGE OF FILM AND MEDIA ARTS TOUR



KECK CENTER FOR SCIENCE AND ENGINEERING TOUR

<https://www.chapman.edu/admission/undergraduate/visit/virtual/index.aspx>

MAY 8, 2020 BY HARLAN COHEN

How to Get the Most Out of Virtual College Tours



Are you a high school junior or graduating senior? Are you trying to figure out how to get *that* feeling about college? It's the feeling that tells you YES, this is the one. The Coronavirus pandemic has shut down on-campus tours and newly admitted student days are going virtual. This means juniors and seniors need to figure out how to choose the best college without being able to visit campus. Taking a virtual college tour can help you get a feel for the campus you may call home in the upcoming years.

Here's a guide to help you make the best college choice with the help of virtual campus tours:

College planning is different...



===== The moving walkway is **CLOSED** =====

IT ALL STARTS BY DREAMING



**B
I
G**

What do YOU want?



Forget being wanted...



Focus on what **YOU** want:

Think friends,
relationships,
experiences...

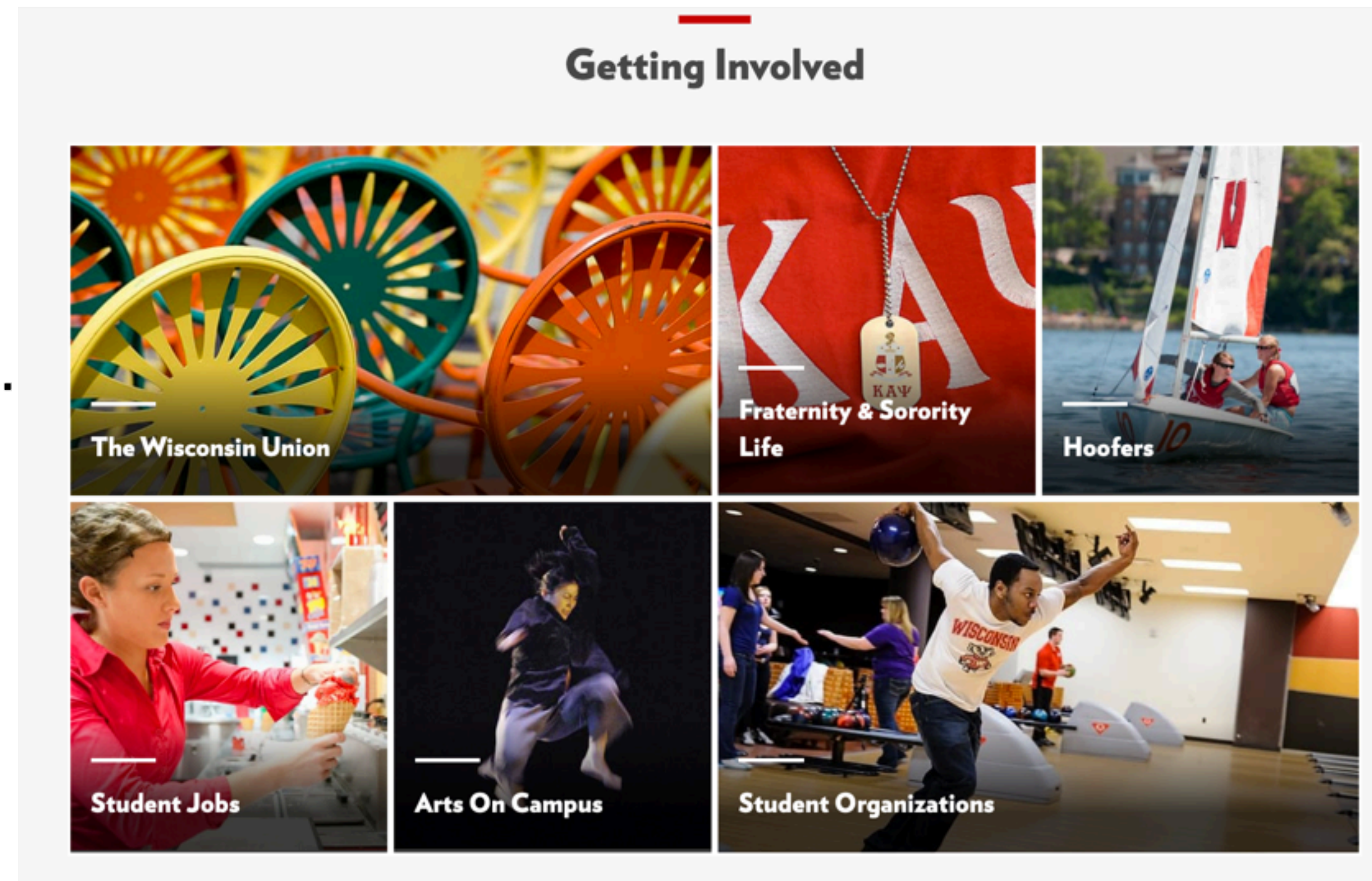
Where will
you spend
your time?

Think finances
campus jobs,
making money...

What would
you love to do
in college?

What did you
love to do in
high school?

Distance?
Weather?
Safety?



Want to graduate in four years?

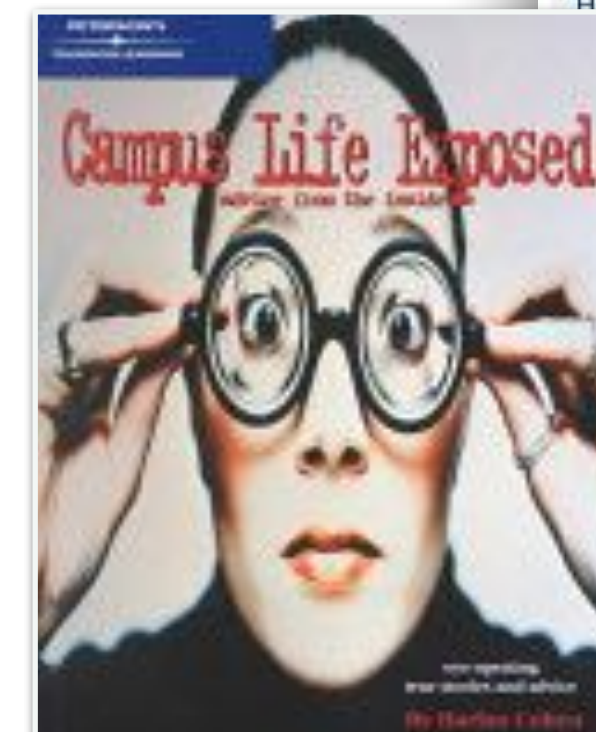
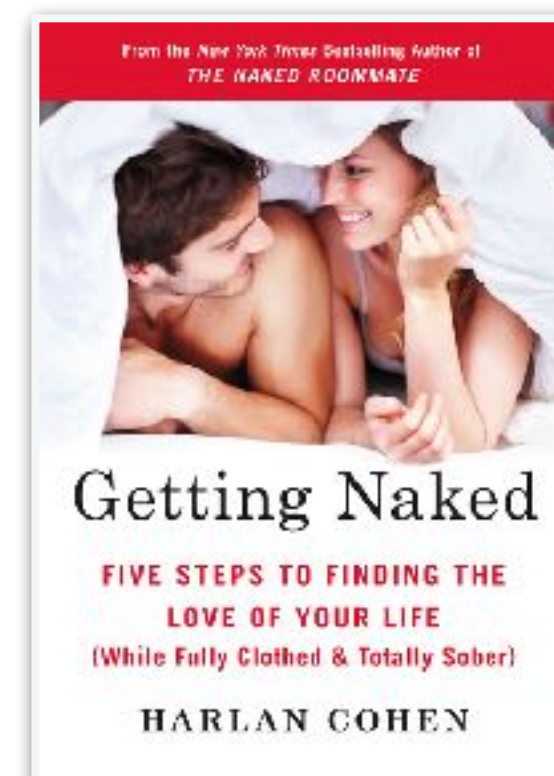
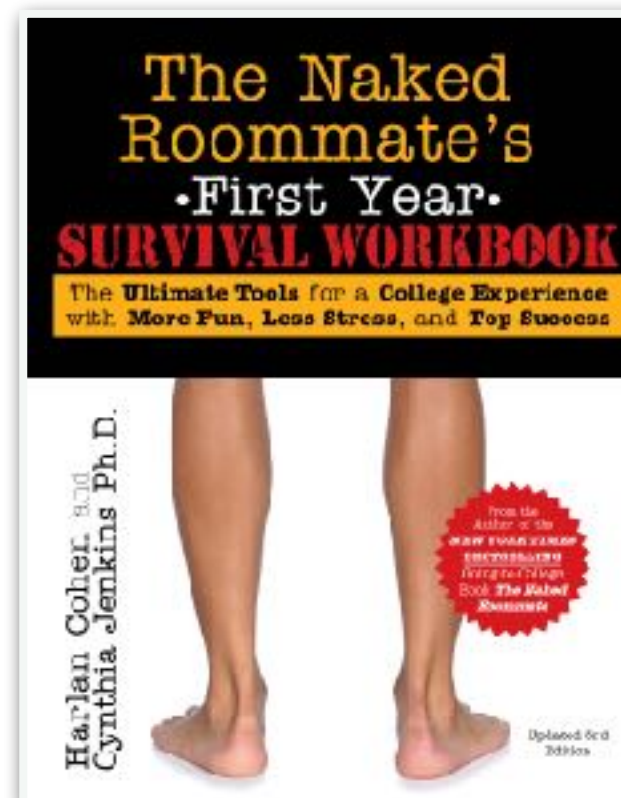
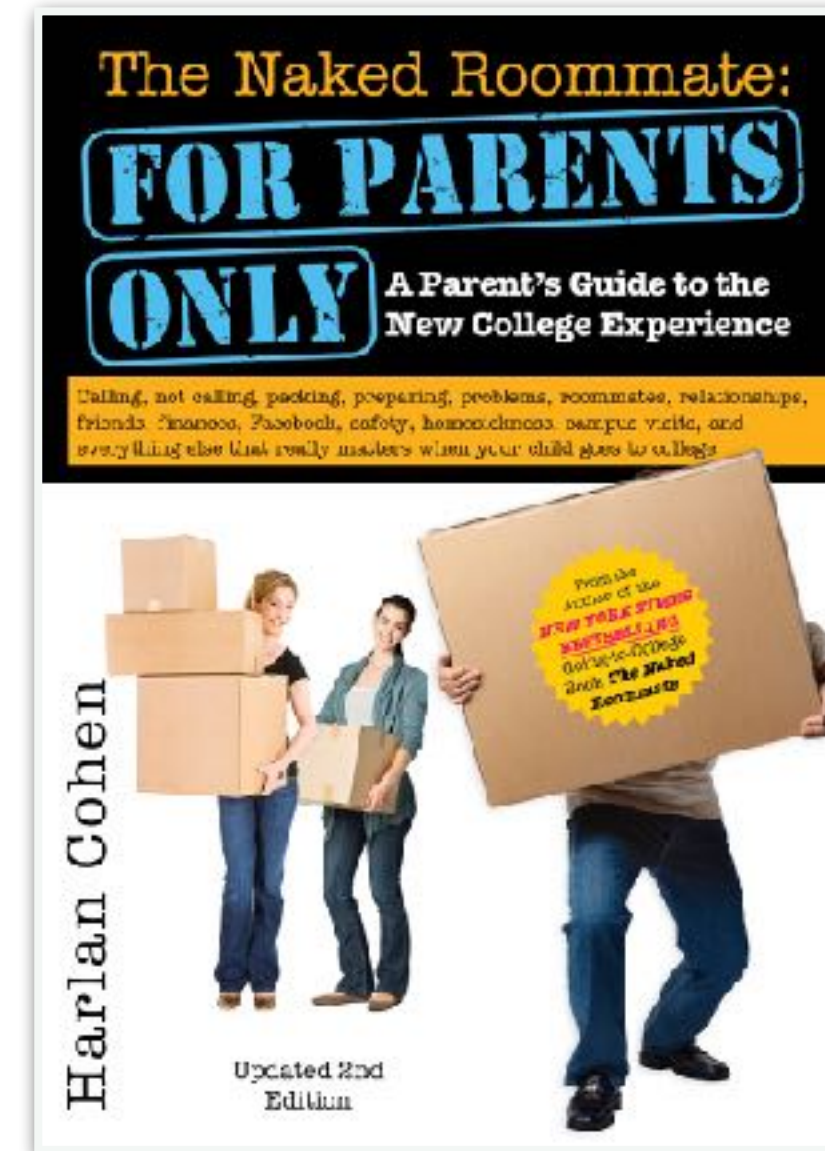
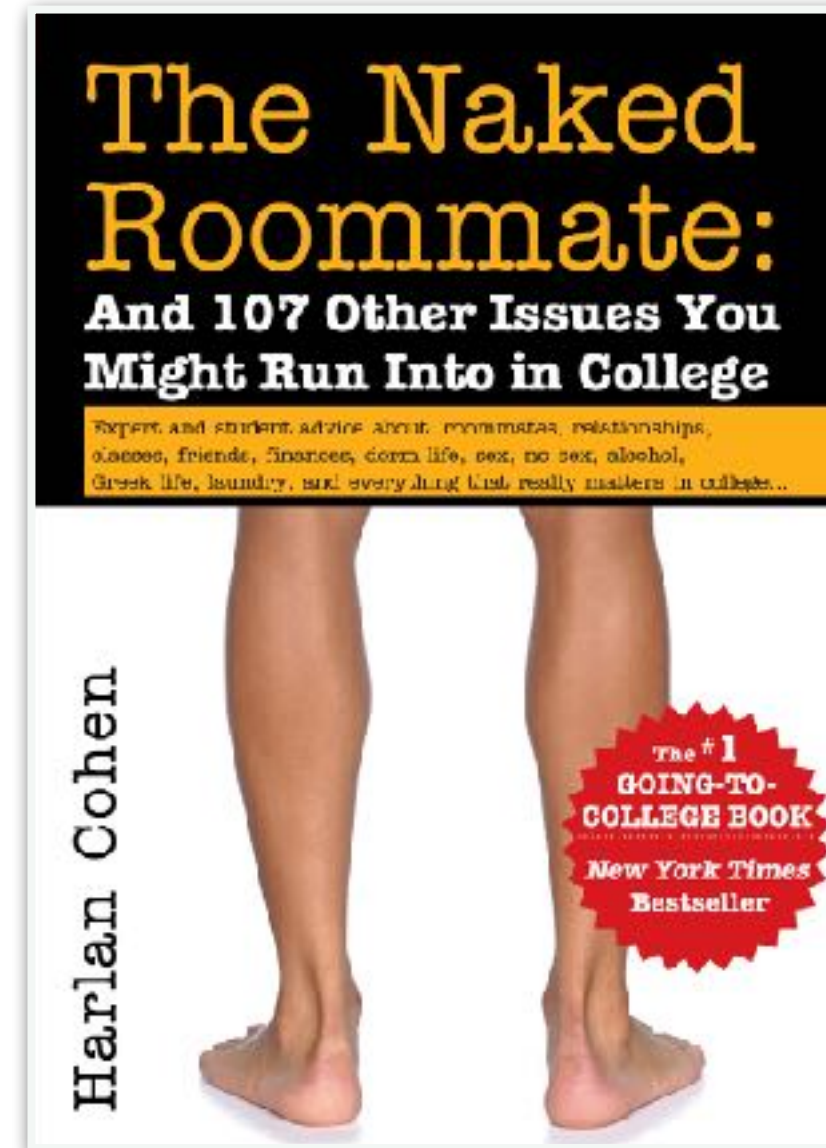
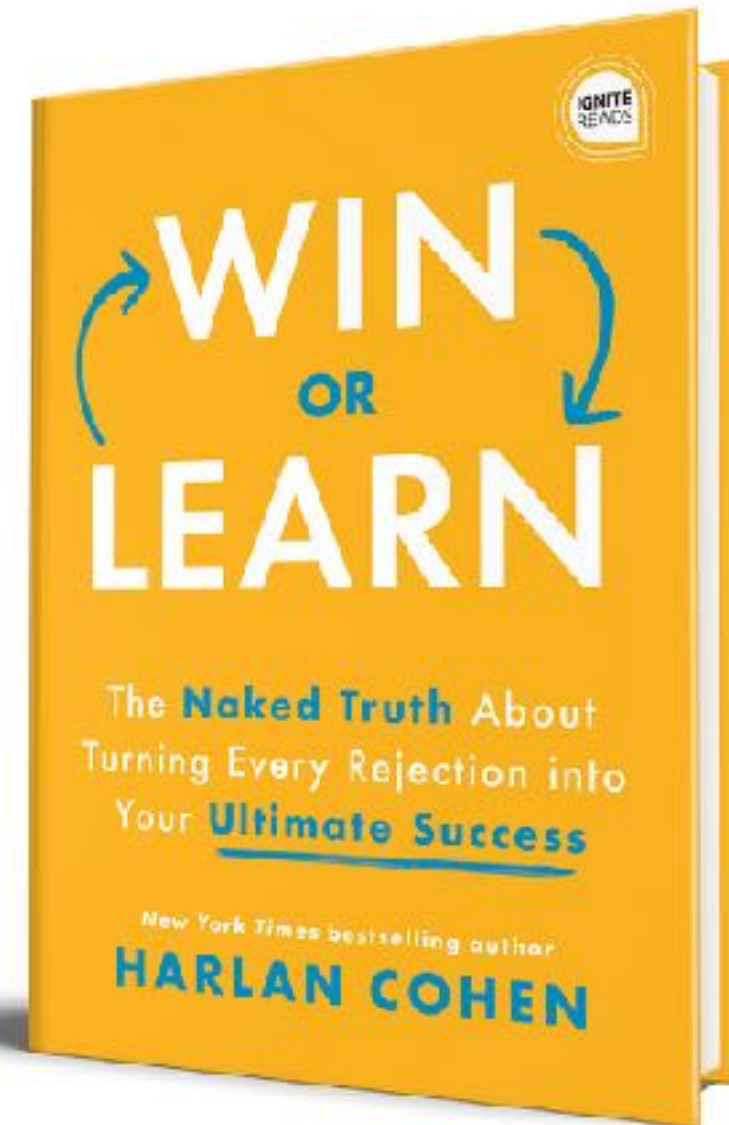


Four-Year Graduation Rates

Listed under the "Grad Rate" column is the percentage of students who completed a bachelor's degree within four years at each institution.

Pennsylvania			
College Name	Grad Rate	College Name	Grad Rate
Saint Joseph's University	72	Waynesburg University	49
Allegheny College	71	Cabrini College	46
Moravian College	71	Cedar Crest College	45
Messiah College	71	Shippensburg University of Pennsylvania	45
University of Scranton	70	Gwynedd-Mercy College	44
Carnegie Mellon University	69	Baptist Bible College of Pennsylvania	43
Elizabethtown College	68	Philadelphia University	43
Washington & Jefferson College	68	Penn State Erie, The Behrend College	42
Lebanon Valley College	67	Bloomsburg University of Pennsylvania	42
St. Vincent College	66	Point Park University	42
Lycoming College	63	Holy Family University	41
DeSales University	62	Penn State Altoona	41
Penn State University Park	62	Delaware Valley College	41
Duquesne University	62	Wilson College	41
King's College	62	Seton Hill University	40
Westminster College	60	West Chester University of Pennsylvania	40
Mercyhurst University	60	Penn State Harrisburg	39
University of Pittsburgh	59	Widener University	39
Misericordia University	59	University of Pittsburgh at Johnstown	39
Rosemont College	59	Alvernia University	38
Eastern University	58	Millersville University of Pennsylvania	37
Arcadia University	56	Temple University	37
Albright College	54	Robert Morris University	36
La Salle University	54	Carlow University	35
Marywood University	51	East Stroudsburg University of Pennsylvania	34
Geneva College	51	Penn State Berks	34
St. Francis University	51	Slippery Rock University of Pennsylvania	34
Chatham University	50	La Roche College	33
Gannon University	50	Neumann University	33
Wilkes University	50	University of Pittsburgh at Greensburg	33
Immaculata University	49	Chestnut Hill College	31

WHAT DO I DO? Research and Write Books



BEST SELLERS> EDUCATION

Best Sellers

June 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	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	Buy
5	THE NAKED ROOMMATE , by Harlan Cohen. (Sourcebooks.) A primer of issues one might typically expect to encounter during college dormitory life. Buy	Buy

OVERVIEW

PRINT & E-BOOKS
Fiction
Nonfiction

HARDCOVER
Fiction
Nonfiction

PAPERBACK
Trade Fiction
Mass-Market Fiction
Nonfiction

E-BOOKS
Fiction
Nonfiction

ADVICE & MISC.
Combined

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Picture Books
Middle Grade
Young Adult
Series

GRAPHIC BOOKS
Hardcover
Paperback
Graphic Novels

WEEKLY LISTS
Fiction
Nonfiction
Children's
Graphic Novels
Comics

WHAT DO I DO? Teach and Listen



WHAT DO I DO? Tell People's Stories



Harlan Cohen, Contributor
Author, Speaker, Syndicated Advice Columnist

15 Things Parents of First-Year College Students Should Never Do

08/13/2015 05:21 pm ET | Updated Dec 06, 2017



1. Get Carried Away in Hysterics: No one wants to be the freshman of the mom who literally couldn't let go, fell, hit her head, and got carried away in an ambulance. On the other hand, hiding your feelings makes you come off as cold and uncaring. Find a middle ground (a few tears, no sobbing on the ground) and get out...fast. Run!

2. Wake-Up Calls: It's not about you getting them up; it's about you knowing where they are in the morning. I know it alarms you to be so far away, but this is not how your child becomes a self-sufficient responsible adult. Besides, sleeping through a quiz is all part of learning.

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HOT TOPICS: Photos: Celebs in St. Paul Photos: Vikings training camp Bookstore for sale Blue moon

Home Columnists Story

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

By Harlan Cohen

POSTED: 07/27/2015 12:01:00 AM CDT | UPDATED: ABOUT 20 HOURS AGO

Dear Harlan: I recently graduated from college and am finding myself with a lot of uncertainty. The whole world is out there for me to take, but I am having trouble finding out where I should start.

I am a writer with the dream of reaching more people than Facebook, WordPress and Twitter now allow. But now that I've moved back in with my parents, I'm feeling overwhelmed by the real world.

I am hungry for all the "newness" that is to come my way. I am ready to take risks, to fail, to succeed and to possibly inspire people in my pursuit of my dream. I do not want to settle. I do not want to look back and find myself muttering the words "I wish," "If only" and "I regret."

I am young, so this is the time for me to start the next chapter of my life -- and the best is yet to come, right?

As a writer yourself, what is your advice for beginning the walking stage, which eventually will lead to running and ultimately, the chasing and then the catching of one's dreams and passions?

Someone once told me that the best way to eat an elephant is one chunk at a time, so I am ready to begin biting into that next chunk, but I'm unsure how to take that first bite.

-- Hungry

YOUR PLACE, YOUR PEOPLE, YOUR PASSION

Before College TV One Of Your People Project RCTV On YouTube

BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION

BEFORE COLLEGE TV: NEWS | EXPERT ADVICE | STUDENT INTERVIEWS

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University of Vermont students talk and teaching us about their schools & Vermont!

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The UNIVERSITY of VERMONT

> Click here for links to stories mentioned

One of Your People Project

Real advice from real students and recent grads living your dream

Watch LIVE Interviews on Facebook. Subscribe to Before College TV on YouTube.

HOW I GOT INTO VANDERBILT

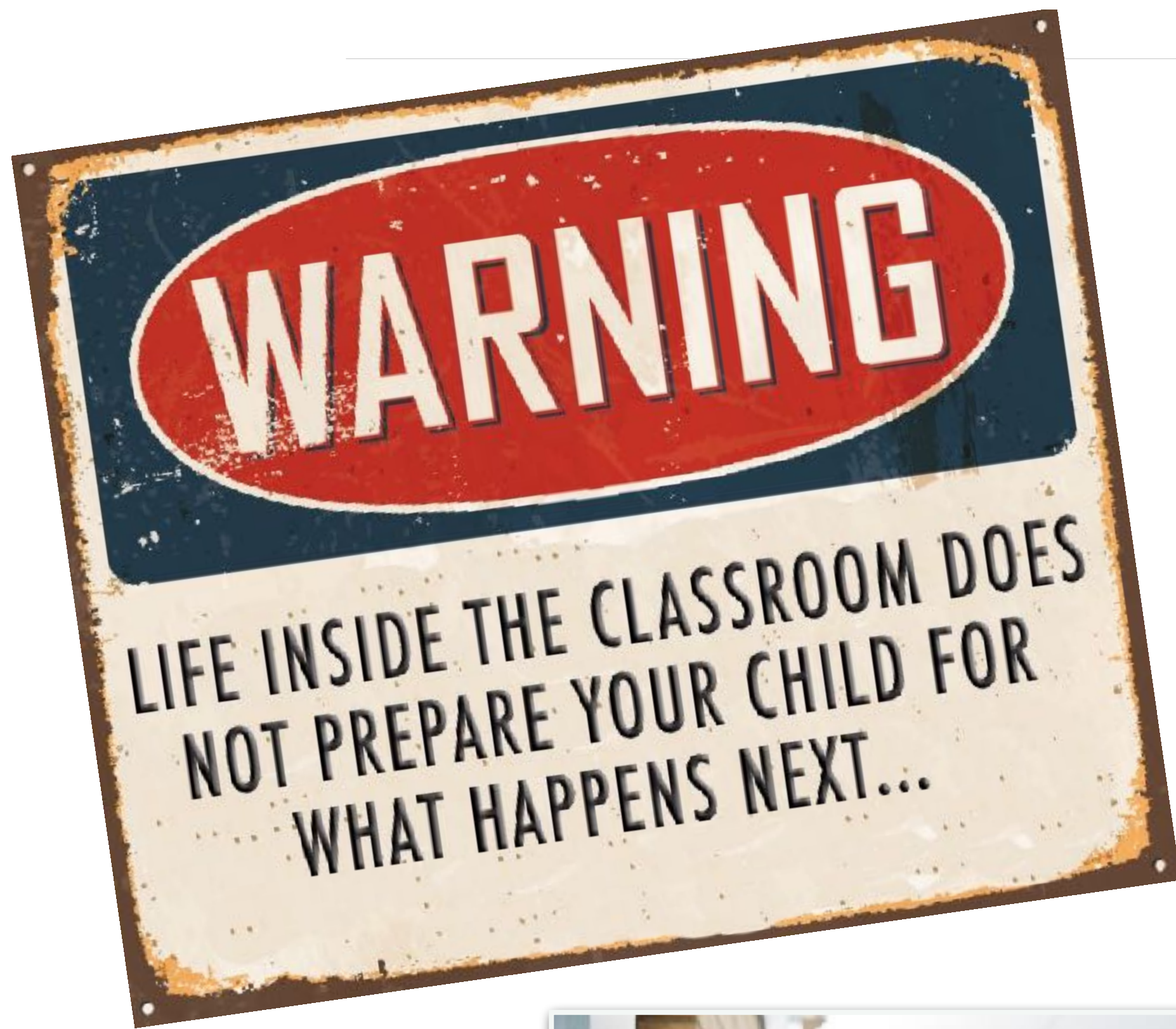
HOW I TURNED HUMILIATION INTO A SCHOLARSHIP

I Visit Colleges... Over 400 Schools



I Help People Navigate Change





***Which part of the college admission's
process makes you the most
uncomfortable?***

PLEASE SHARE IN THE CHAT...



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



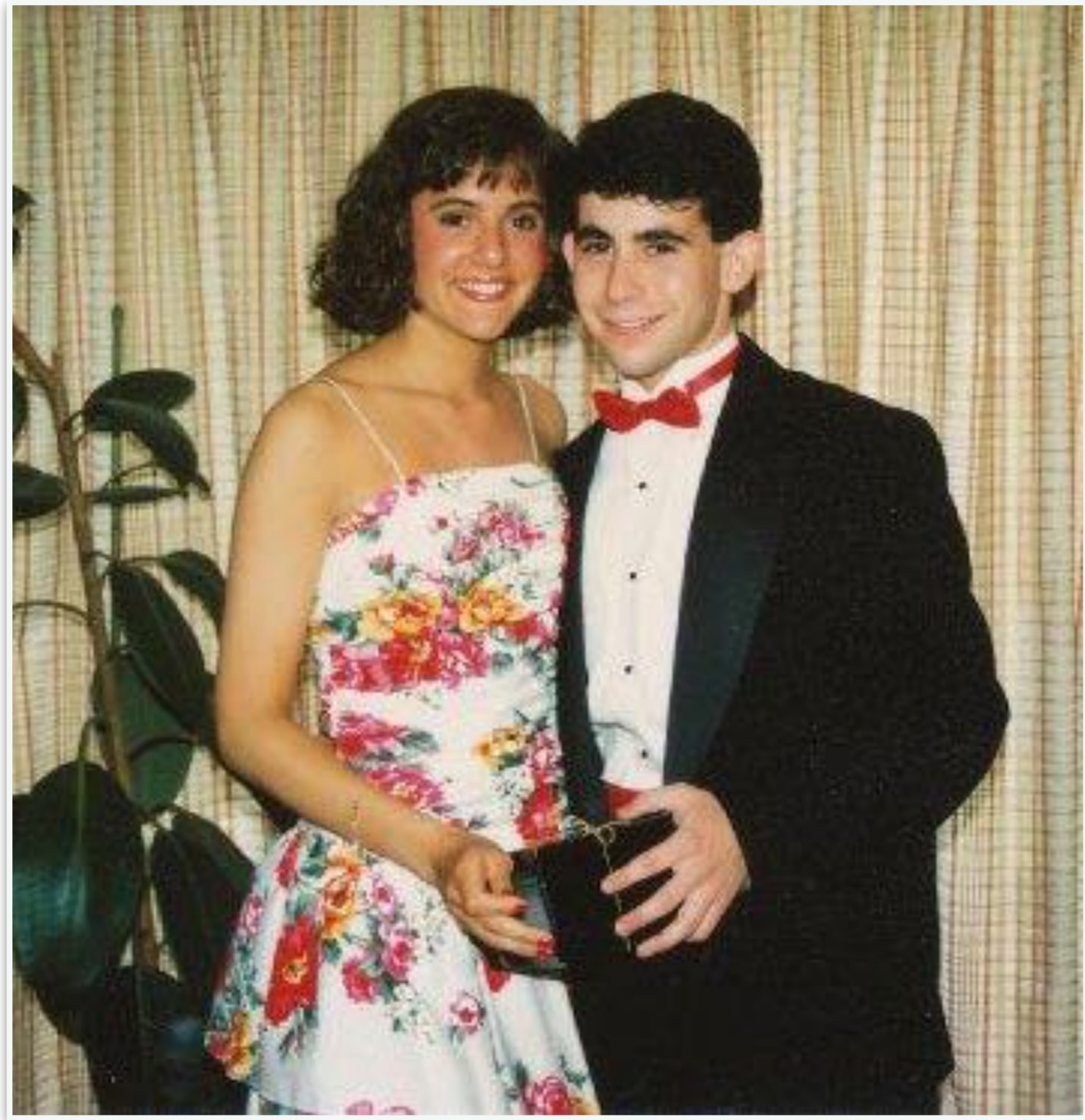
X WANTED my roommate to be my friend



X Didn't get into a fraternity



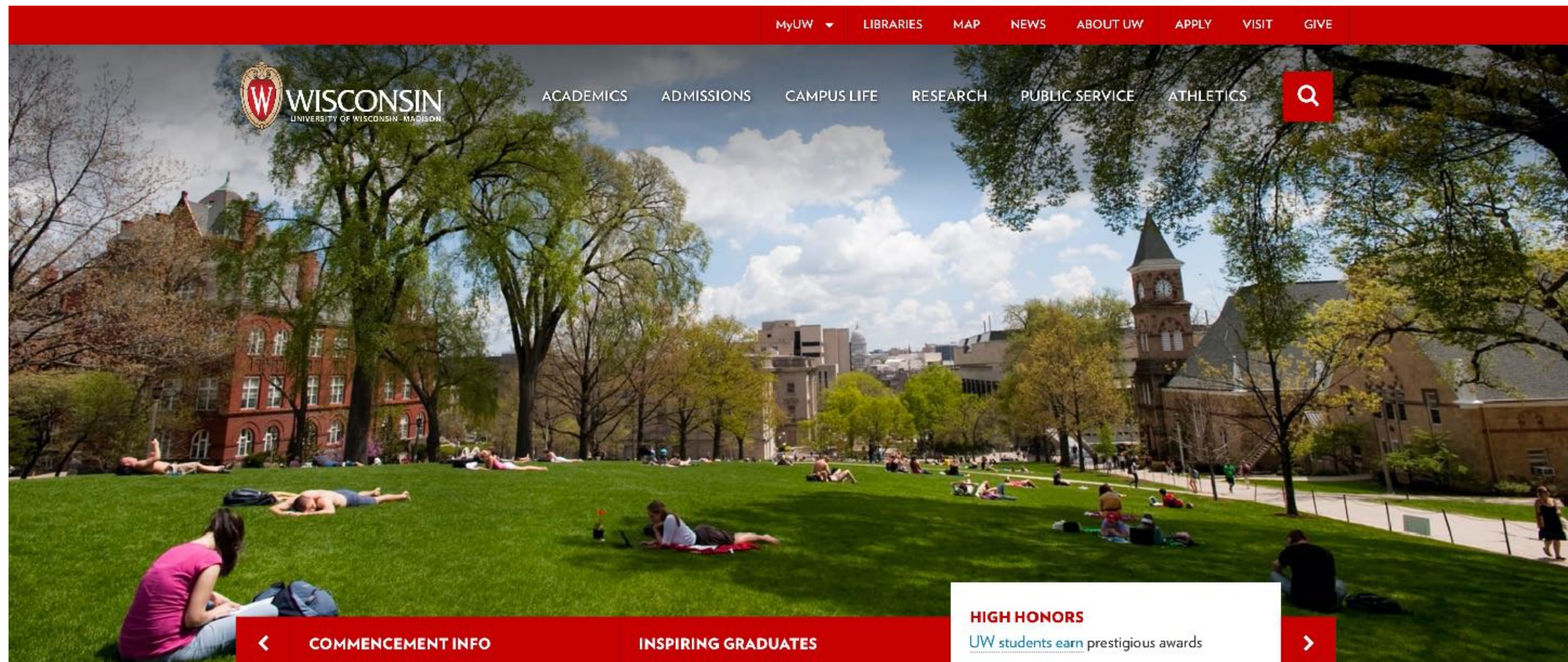
WANTED to stay together



shot the LDR puppy



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





IT CAN STORM IN COLLEGE
There can be... **SOCIAL,**
EMOTIONAL, PHYSICAL
FINANCIAL, and ACADEMIC
STORMS.

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





[ABOUT](#)

[ADMISSIONS](#)

[ACADEMICS](#)

[RESEARCH](#)

[HOOSIER LIFE](#)

[YOUR FUTURE](#)

[ALUMNI &](#)

- 
- A young man with dark hair, wearing a grey t-shirt and blue shorts, stands with his back to the camera, looking towards a large, light-colored stone building with many windows. In the foreground, there is a large, dark, abstract sculpture of a fish or whale. The scene is outdoors, with green trees and a clear blue sky.
- My friends from high school went to IU.
 - My brothers went to IU.
 - There was a fraternity that **HAD** to accept me.

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

- I found **PEOPLE**

- I found **PLACES**

- I found **PATIENCE**





1. SEARCH: Time to explore



2. SELECTION: Time to choose



3. TRANSITION: Time to go to college

Step 1.
Start with
Transition



TRANSITION: **FIVE** areas

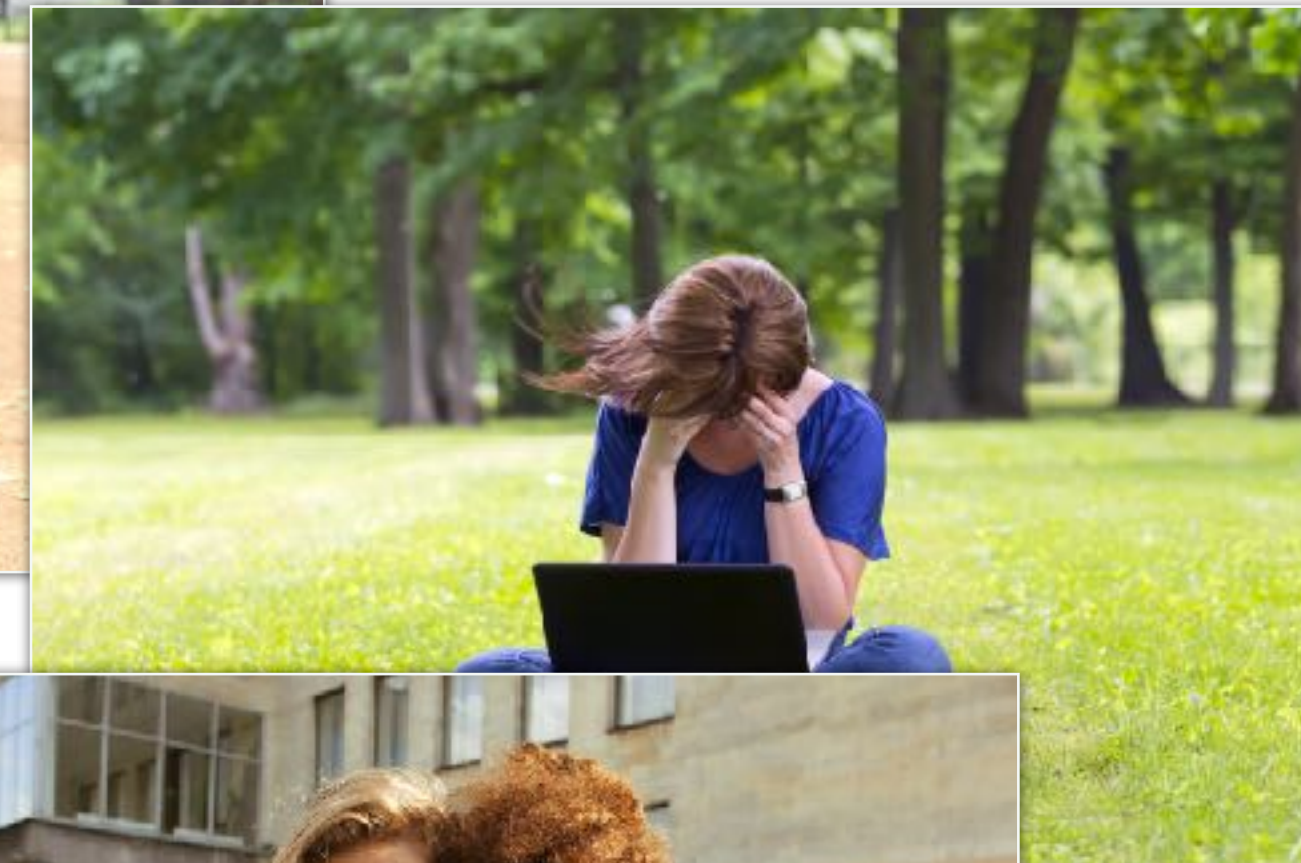
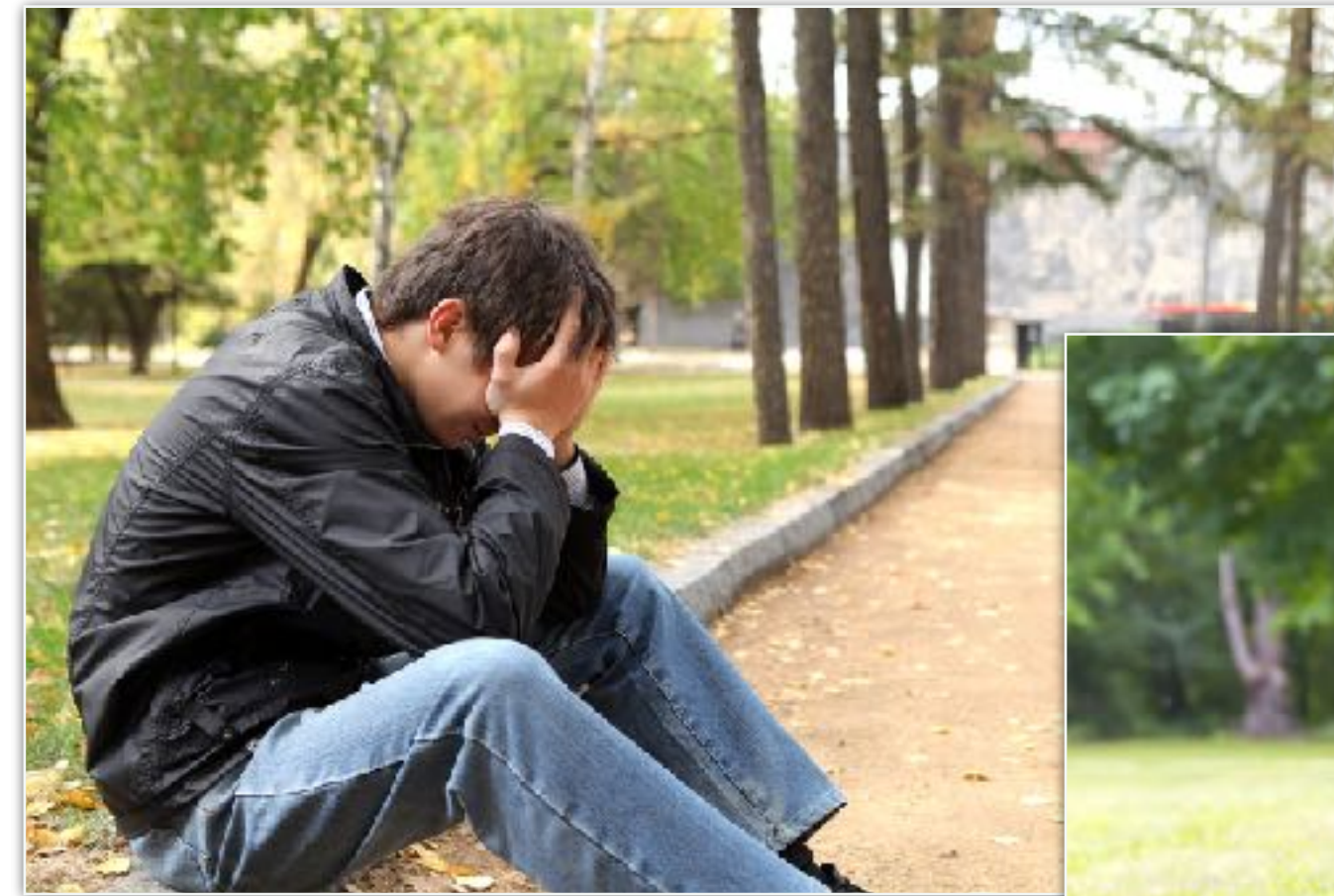
S
ocial

Making friends, creating connections, and building relationships inside & outside the classroom



TRANSITION: **FIVE** areas

E
motional

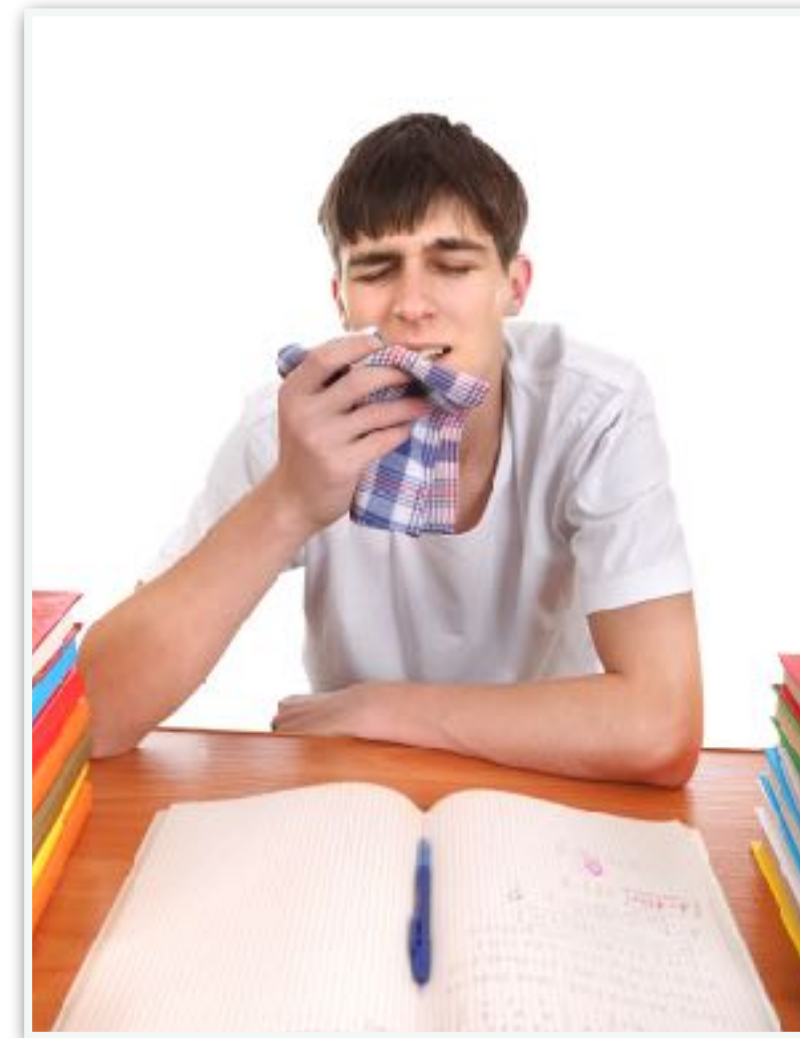


Balancing the
highs, lows and
everything in
between during a
time of change...



TRANSITION: **FIVE** areas

Physical



Everything involving your
personal living space and
physical health



TRANSITION: **FIVE** areas

F
inancial



Making money, spending money, managing money and everything involving paying for college

TRANSITION: **FIVE** areas

A
cademic



Passing class, choosing a major, managing time, studying, graduating....



SEPPFA

Social

Emotional

Physical

Financial

Academic

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

The background of the entire slide is a photograph of a campus. In the foreground, a paved path leads from the bottom center towards a large, multi-story brick building in the background. The building has many windows and is partially obscured by trees. Some trees have green leaves, while others have yellow and orange autumn foliage. A person is walking on the grass to the left of the path. A blue signpost is visible on the right side of the path. The sky is clear and blue.

Which transition is the most important for you?

Answer Poll

**SOCIAL
EMOTIONAL
PHYSICAL
FINANCIAL
ACADEMIC**

Please include a few words
to describe your answer in chat



High school gets you into college, but what happens once you arrive on campus is rarely addressed during college planning....

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

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

**APPROXIMATELY
1 IN 4
1ST YEAR STUDENTS
WILL TRANSFER**
SOURCE: ACT INC

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

2011

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

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

Felt exhausted (not from physical activity)

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

Felt overwhelmed by all you had to do

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

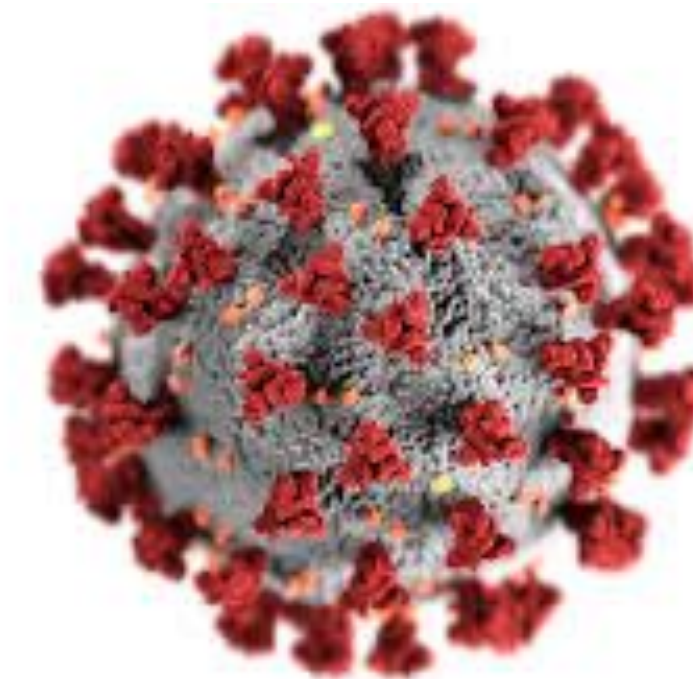
Felt very lonely

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

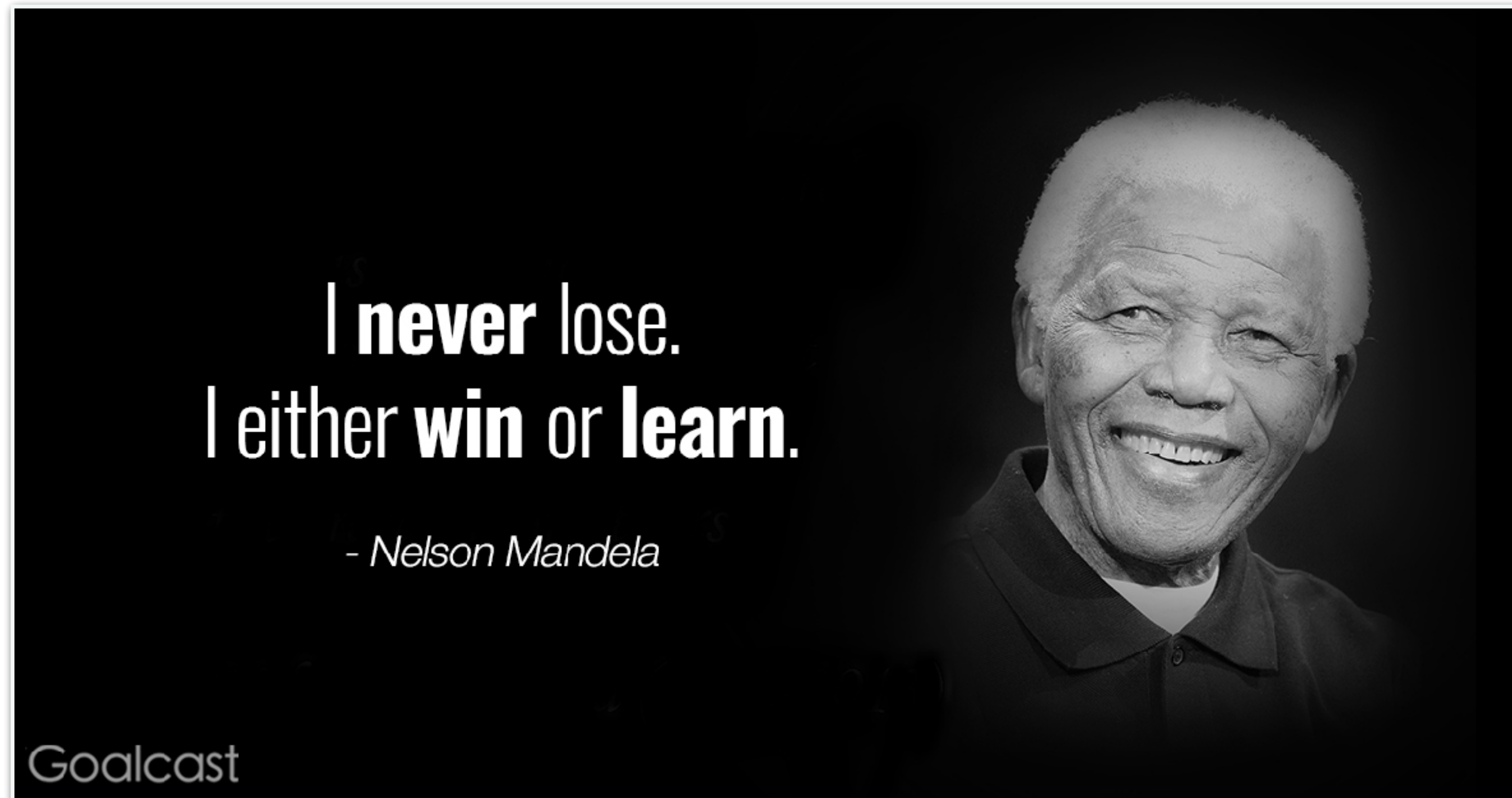
Universal Rejection Truth



The **URT** is a law of nature that says that not everyone and everything will always respond to you the way you want. Rejection is as normal and natural as breathing. It's an unavoidable part of life.



Experiment with WANTING



GIVE YOURSELF PERMISSION TO WANT...

Two Types of People:

**People who fight the
uncomfortable**

**Hate, hide, attack, blame
when faced with face with discomfort**

Two Types of People:

**People who face
the uncomfortable**

**Look inward, look
outward, and move
forward**



Step 2.
Rank 5 Areas of Transition
(SEPFA)



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



Tell Your Story...

It's May 1, 2022 and I had the most incredible year ever!

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.



Rank them 1 to 5

SEPPFA

Social

Emotional

Physical

Financial

Academic

Identify the three most important areas of transition

Rank The Following 1 to 5
(1=most important, 5=least important)

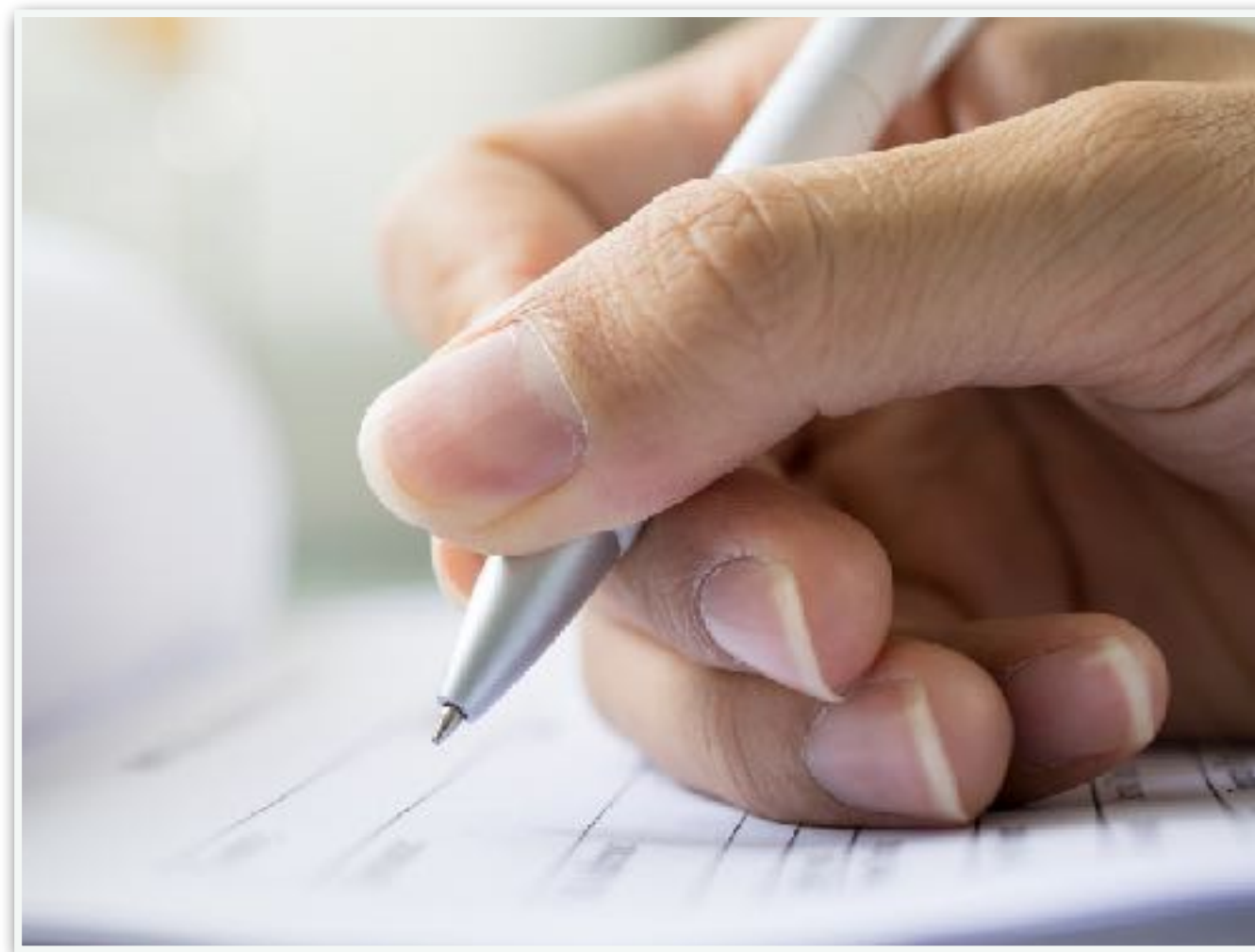
- ___ Social
- ___ Emotional
- ___ Physical
- ___ Financial
- ___ Academic



Most parents will rank Financial and Academic 1 or 2 I'll get to this this later...

Rank The Following 1 to 5 (1=most important, 5=least important)

 3 Social
 Emotional
 Physical
 1 Financial
 2 Academic





**Focus search and selection on
the three top areas**

Step 3.
**Use People, Places,
and Patience to Find
the BEST Fit**



3 PLACES

Think clubs, activities, or organizations were he or she can...

✱ SWEAT

✱ PLAY

✱ PRAY

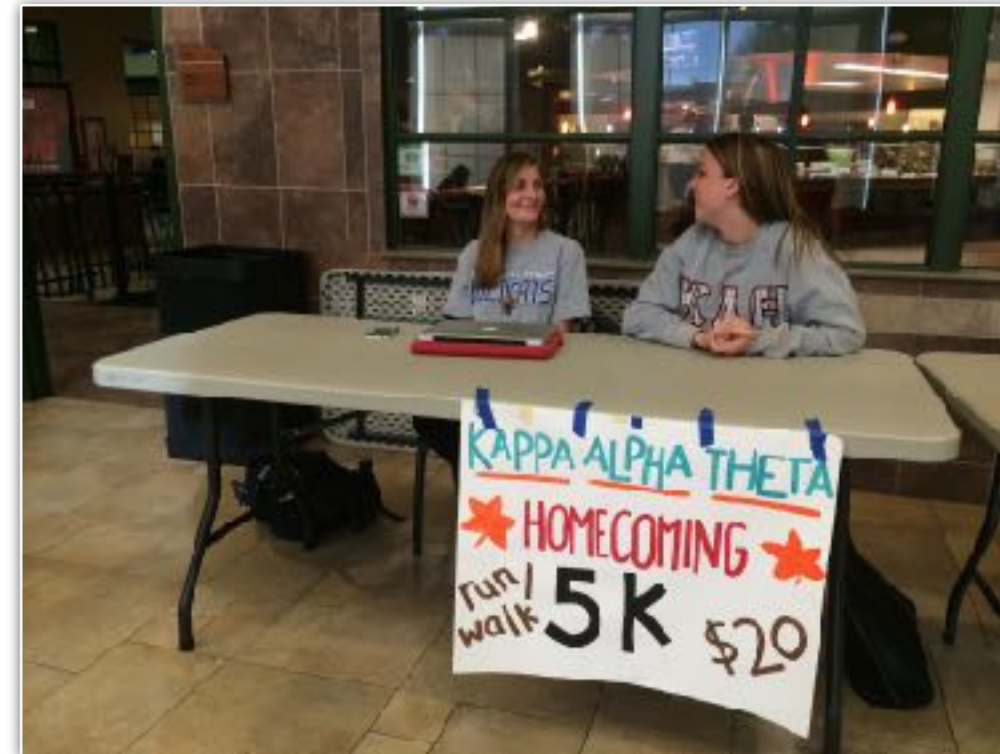
✱ LIVE

✱ LEARN

✱ LEAD

✱ LOVE

✱ WORK



Look at the campus newspaper and website...

PLACES

STUDENT ACTIVITIES

450+ STUDENT GROUPS

It's easy to find people who share your interests. Here's a sampling of just some of our campus organizations. For a complete list and contact information, visit our [Student Activities Office](#) website. And if, against all odds, your favorite activity isn't on our list, you can find out how to start your own organization with as few as four other students.

- Anime Club
- Archaeology Society
- Art History Association
- Beekeepers
- BosTones a Capella Group
- Curling Club
- Deaf Studies Club
- Film Society
- Habitat for Humanity
- International Society
- Knitting Club
- Marine Science Association
- Mock Trial Organization
- Outing Club
- PC Gaming Club
- Photography Club
- Q, BU's Queer Activist Collective
- Shakespeare Society
- Ski & Snowboard Club
- Society of Women Engineers
- Stage Troupe
- UMOJA (BU's Black Student Union)

PROFESSIONAL ORGANIZATIONS

Most of BU's Schools and Colleges offer their students membership in one or more professional organizations. Some are honor societies recognizing high academic achievement. Others provide valuable opportunities—attending professional conferences nationwide, networking with industry professionals and broadening your understanding of their field.

Why BU?

Facts and Rankings

Academics

Academic Profile

Student Life

A Day in the Life

Community Diversity

Housing

Dining

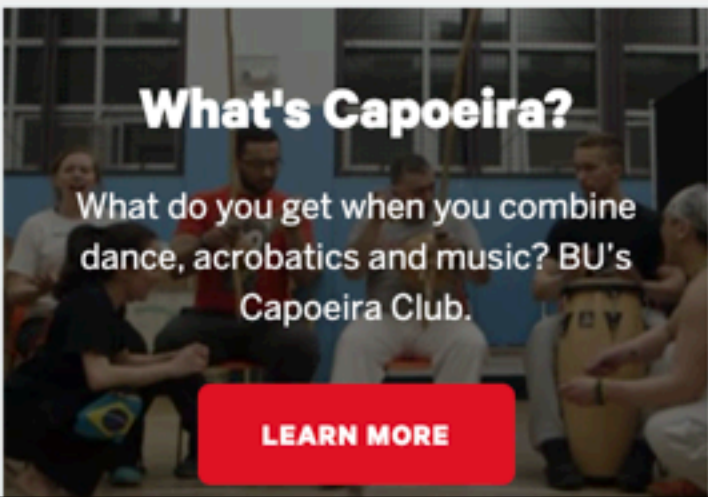
Terrier Traditions

Student Services & Support

Student Activities

Sports & Fitness

Living in Boston



What's Capoeira?

What do you get when you combine dance, acrobatics and music? BU's Capoeira Club.

LEARN MORE

STUDENT SERVICES & SUPPORT

Need help finding a job or setting up your Internet connection? As a BU student, you can turn to an enormous network of support services—cultural, personal and pre-professional.

Campus Resources & Services

- [Disability Services](#)
- [First Generation Connect](#)
- [Residence Life Office](#)
- [Marsh Chapel](#)
- [Sargent Choice Nutrition Center](#)
- [Student Activities Office](#)
- [Student Health Services](#)
- [University Service Center](#)
- [International Students & Scholars](#)

5 PEOPLE

- ☑ People who volunteer to help
- ☑ People who are paid to help
- ☑ People they enlist/ask 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



Three Types of People

People who are paid to help

People who volunteer to help

People you ask or enlist to help

Source: U of Connecticut

PATIENCE

The ability to tolerate the time and discomfort that is part of finding your people and places.



Patience take getting comfortable with the uncomfortable...

Use People, Places, and Patience

Example: #1 Social Transition

1. **Where are the THREE places on campus you can do the things you love to do with people who share similar interests?**

Students identify clubs, organizations, and activities that have been part of high school. What would you like to experience in college? Do they need to be selected? Explore interests based on what you have done in the past and what student would like to explore in the future.

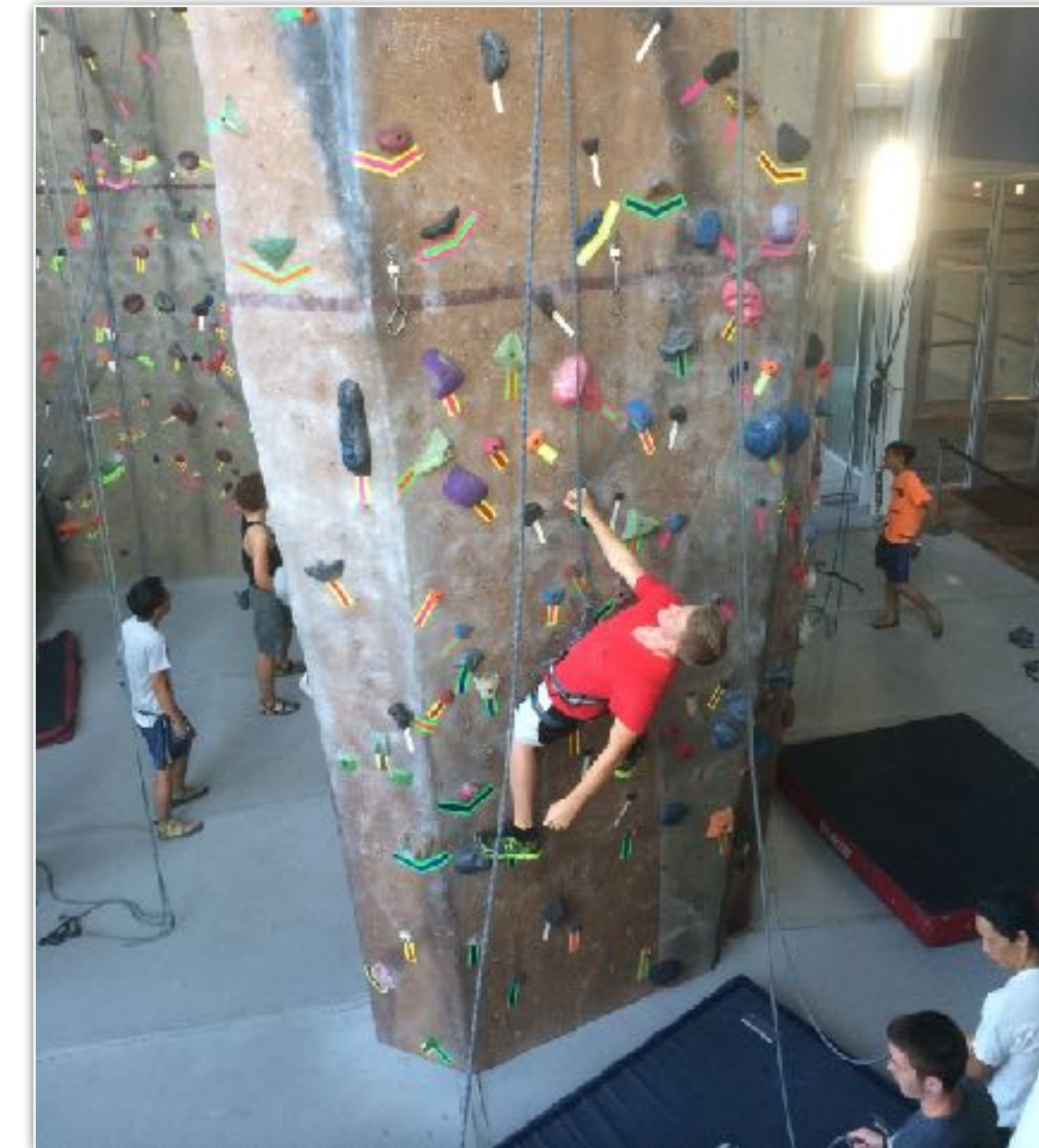
2. **Who are FIVE people in each place who can answer your questions?**

Within each club, activity, or organization students identify people who can answer questions. People fall under three categories.

1) People who are paid to help. 2) People who volunteer to help.
3) People who can be enlisted to help (admissions staff, campus professionals, counselors, leaders of activities and orgs, friends of family, online contacts). Students will contact these people and ask specific questions.

3. **How patient will you need to be while finding your people and places?**

Students ask the five people in their corner how long it took for them to find their people and places. Students create a realistic timeline based in reliable information.



Step 4.
**Use Transition to Ease
Anxiety When Applying
and Committing**



RULES BEFORE APPLYING & COMMITTING:

- ☒ **Apply to schools where you have identified places**
- ☒ **Apply to schools where you have identified people**
- ☒ **Apply to schools where you can be patient**

FINANCIAL TRANSITION TIPS:

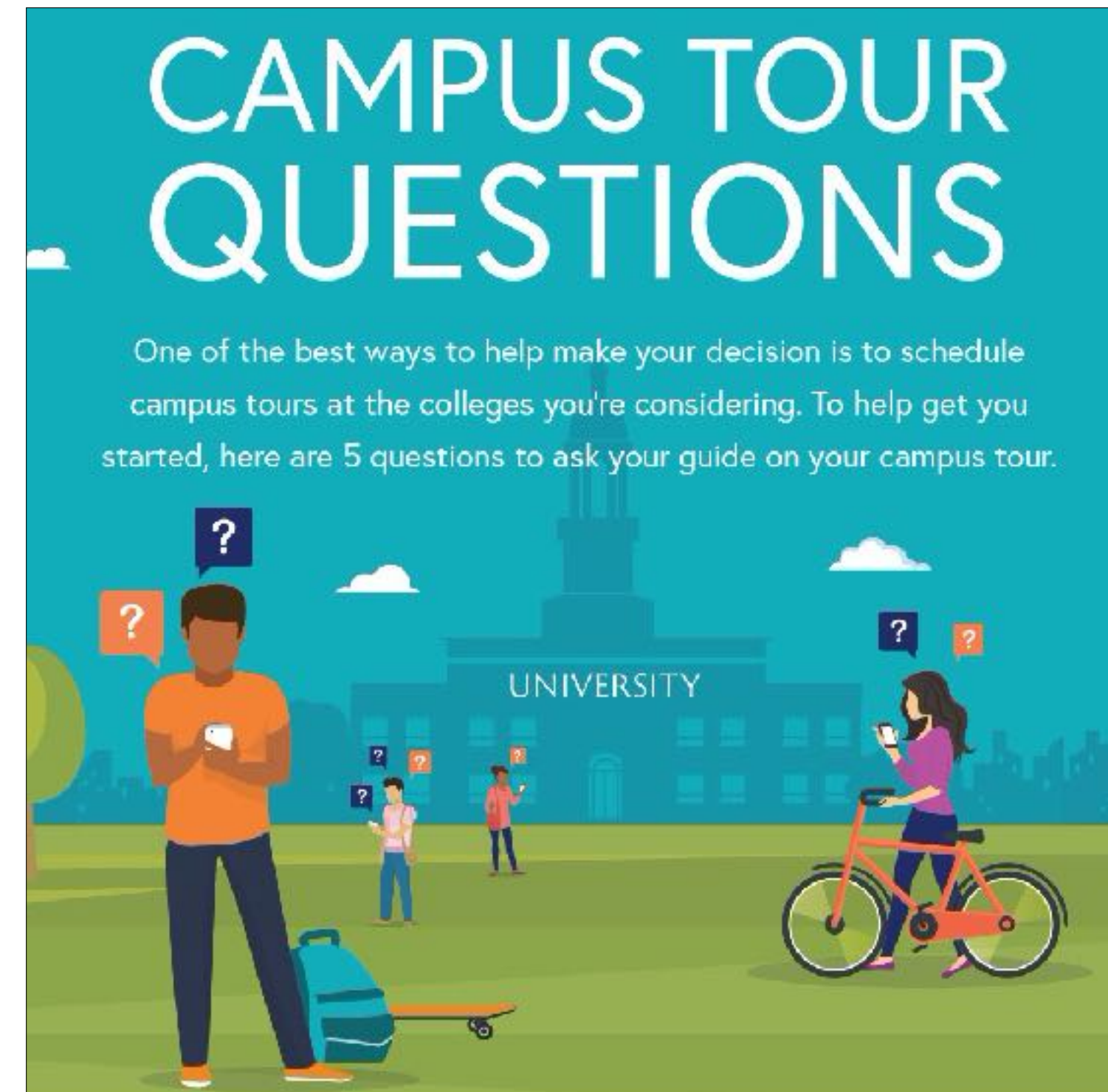
Apply to schools with different price points

In-State vs. Out-of-State

Merit Scholarship and Unique Scholarship (athletic, special talents)

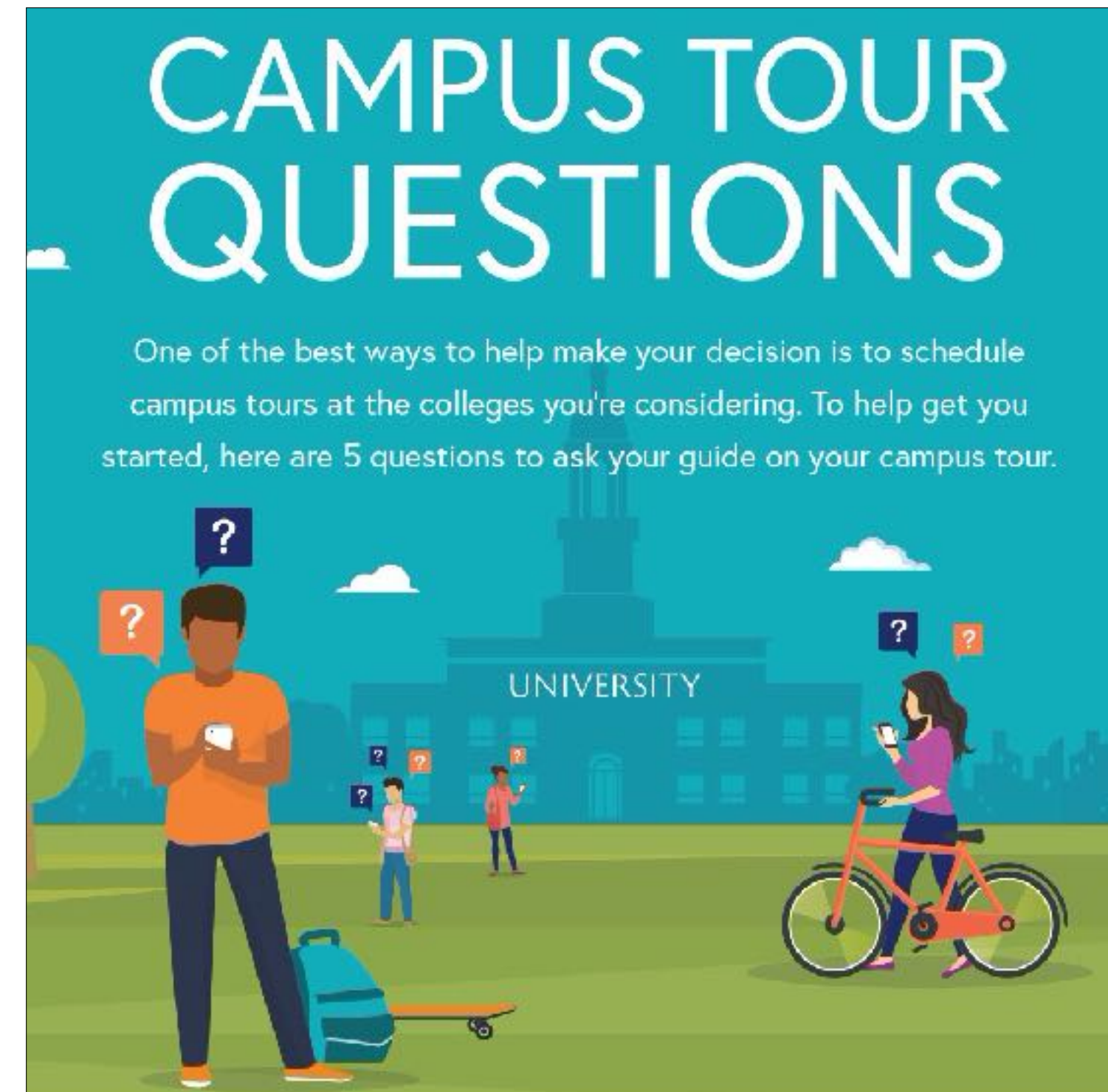
Apply to schools with varying tuition & aid

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



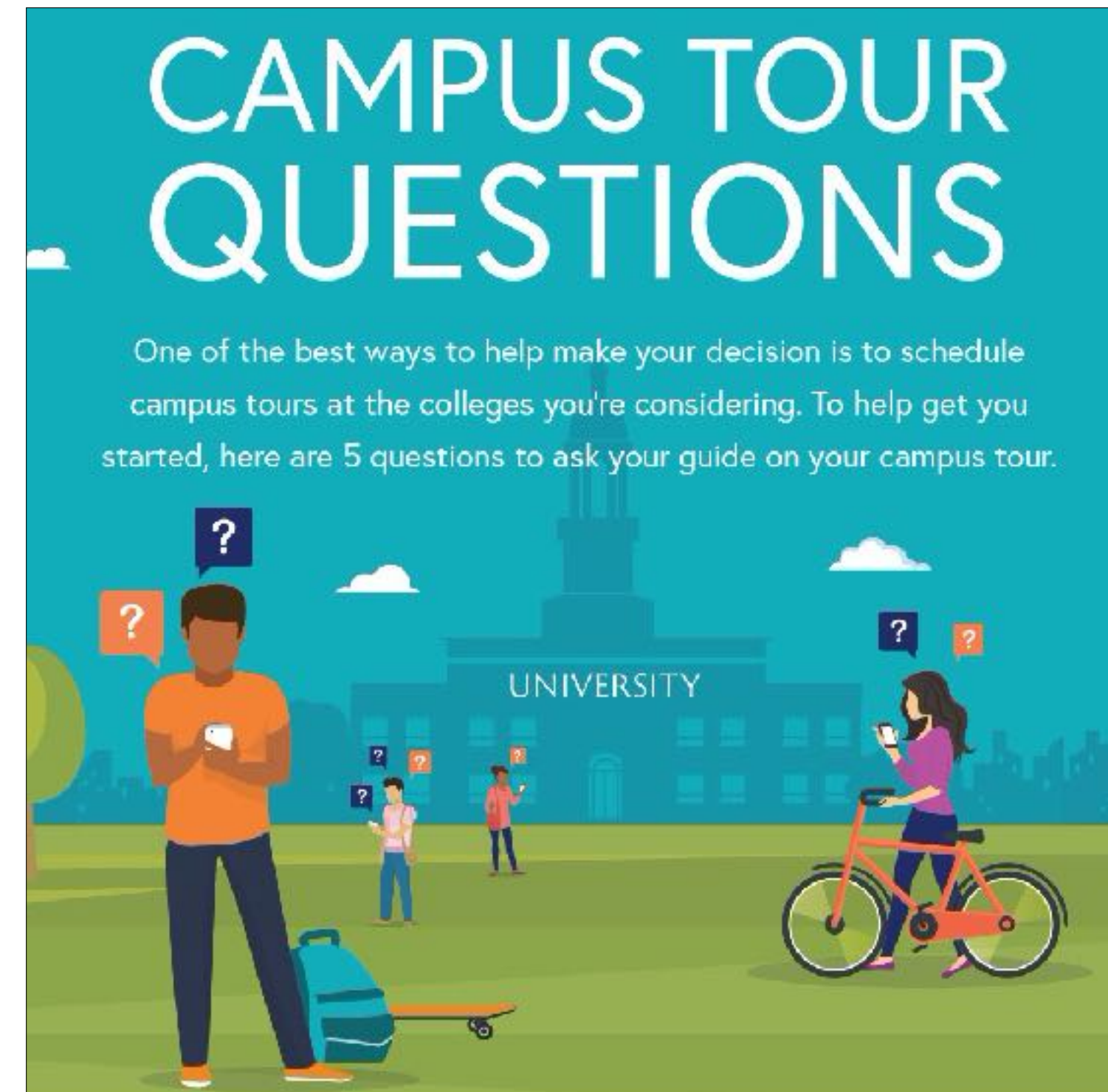
This will help you discover other schools that might not be on your radar...

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



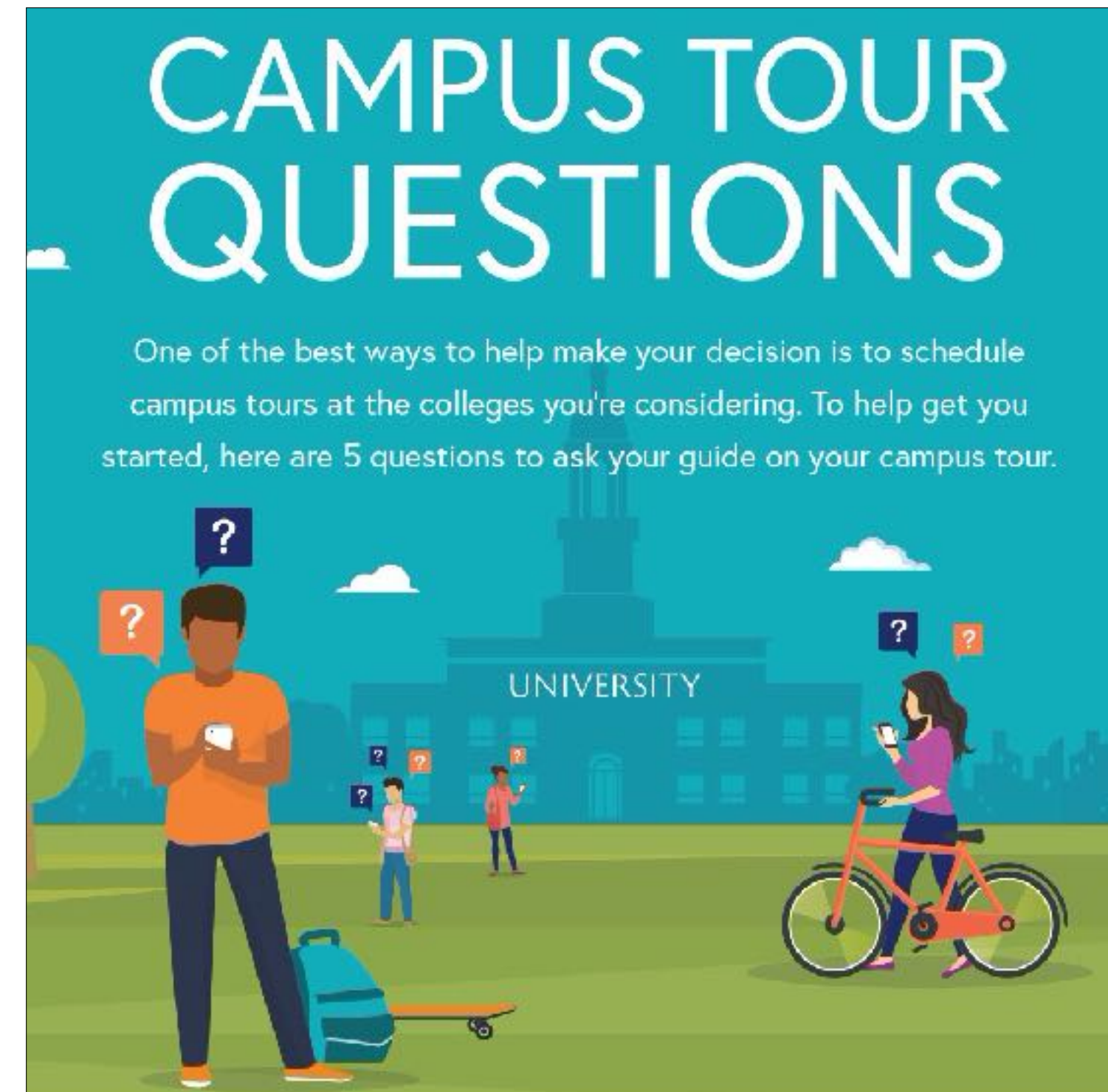
This will help you discover details about the school that might not be as obvious or in the published materials.

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



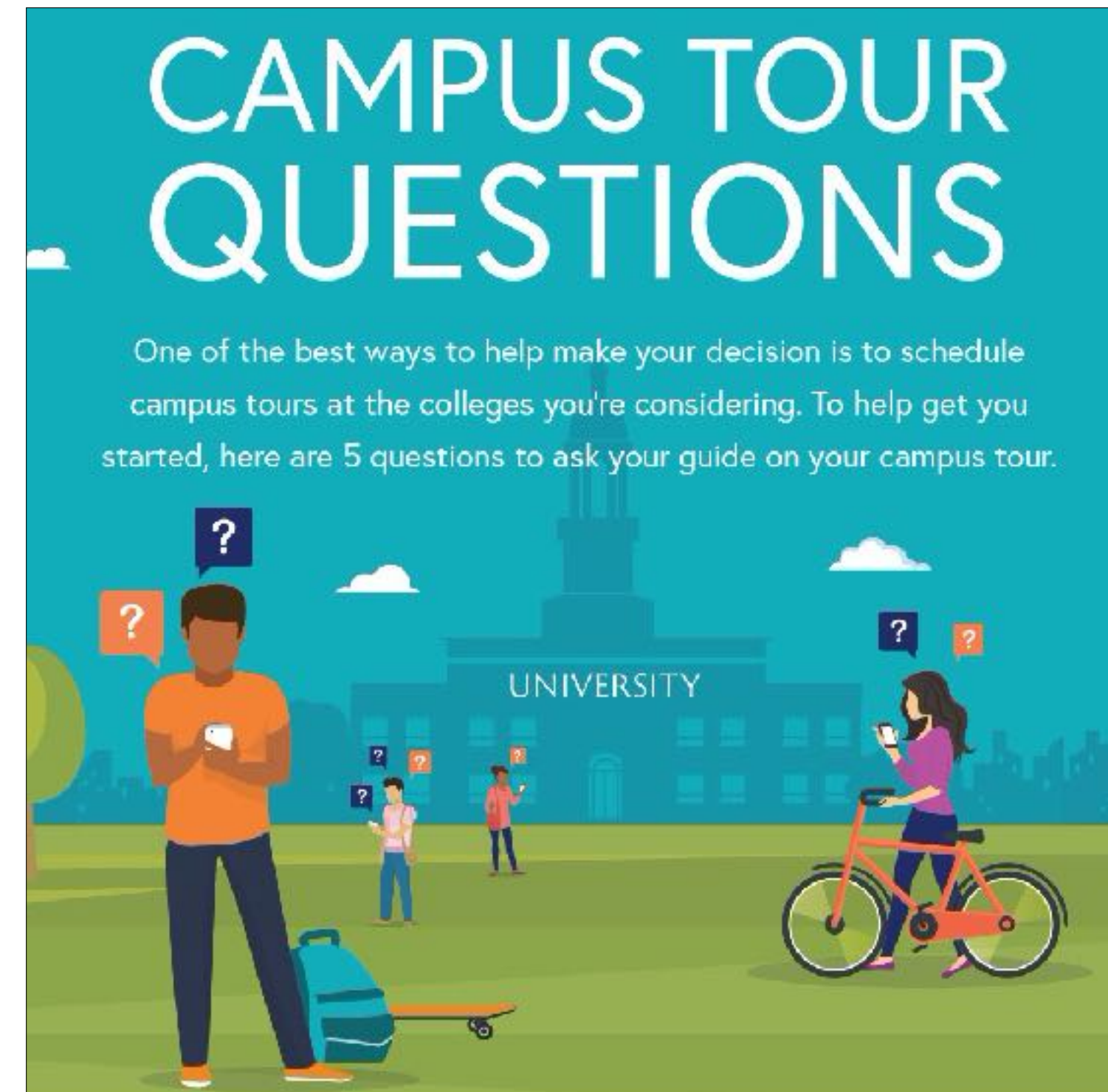
This will help your identify real people and real places on campus...

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



This will help you anticipate obstacles and come up with a strategy to get through them before having to face them.

5. What advice do you have for someone going through college search and selection?



**Get expert advice from the people who have just gone through this experience.
REMEMBER: These people are just you in the future.**

**Can I stay in touch with
you? What's the best way to
stay connected?**



Step 5.
Use Transition to
Determine The VERY
Best School





The best fit will include:

PLACES

Where can you sweat, play, pray, live, learn, lead, love, and work? Let SEPFA guide you.

PEOPLE

Where can you find the people who will help you create connection and community as you navigate change and create a life you love on campus.

PATIENCE

Where can you get comfortable with the uncomfortable while you go after what YOU want? This will help you graduate on time and navigate all the changes ahead.

Brought to you by

College AVE
STUDENT LOANS



**When you find your people
and places at a less expensive
school everyone can save...**

Brought to you by
College AVE
STUDENT LOANS

**When you find your people and
places based on what you want
it becomes the best school.**

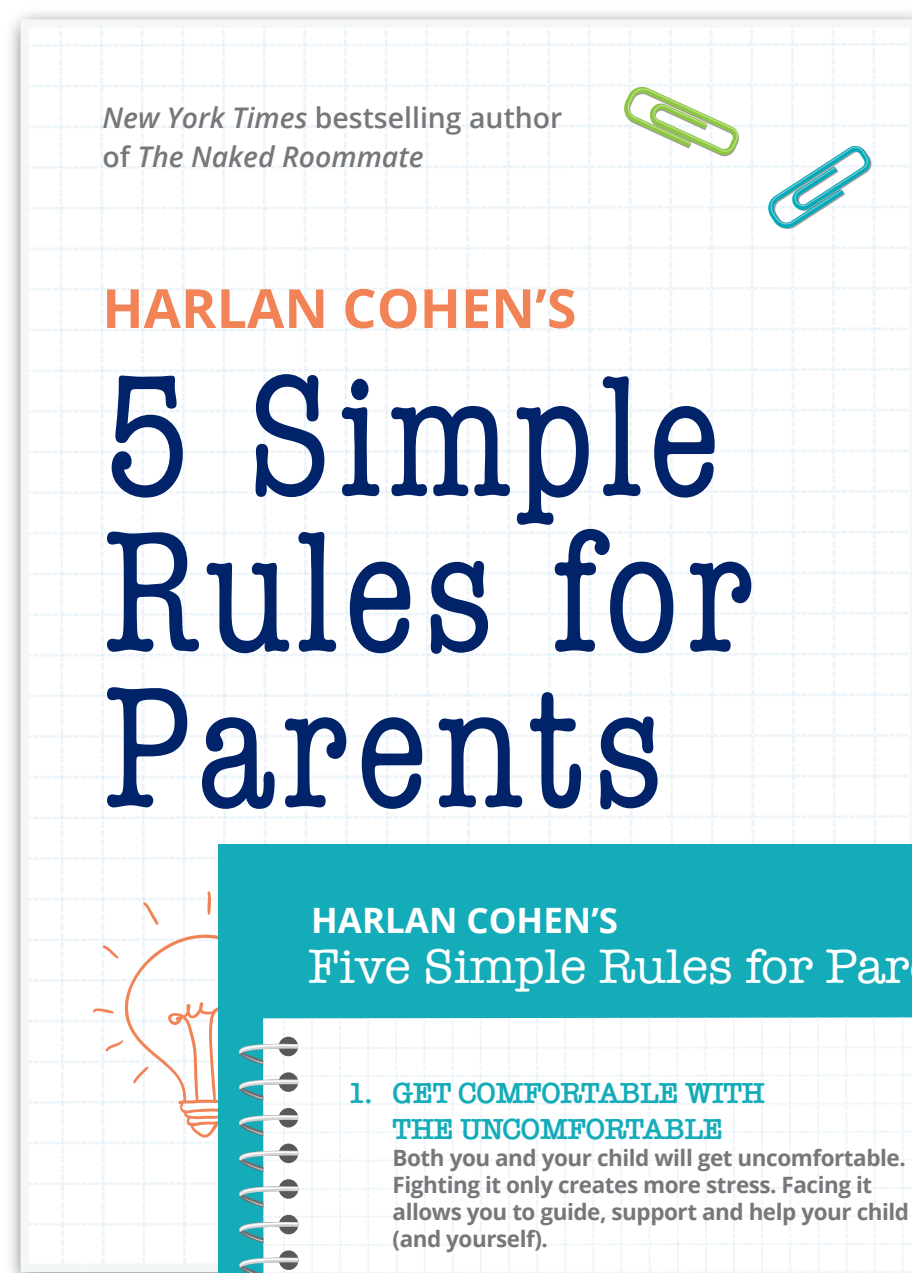


**You are
the creator
of your joy**



To Sum It Up

1. Start with Transition
2. RANK SEPFA (Social, Emotional, Physical, Financial, Academic)
3. Use places, people, and patience
4. Use transition to ease application anxiety
5. Use transition to determine the best school



SCHOOL

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

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

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

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

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

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

BE PREPARED

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

COLLEGE PLANNING
TIMELINE FOR STUDENTS
AND PARENTS GETTING READY FOR COLLEGE



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

FALL SENIOR YEAR

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



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

WINTER SENIOR YEAR

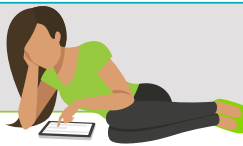
- ☐ **PAY ATTENTION TO YOUR GRADES**
Have your high school counselor send your midyear grades to the schools you applied to.
- ☐ **HAVE YOUR TEST SCORES SENT TO THE SCHOOLS YOU'RE APPLYING TO**
Fill out a request form at the College Board or ACT.



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

SPRING SENIOR YEAR

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



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

SUMMER SENIOR YEAR

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



<https://harlancohen.com/nj2021/>

BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION



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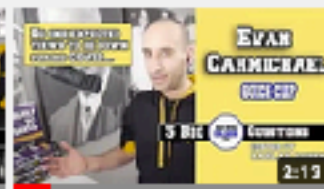
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* SUBSCRIBE TO "BEFORE COLLEGE TV" TO GET THE LATEST * HIT THUMBS UP TO LIKE * TEXT ME: 321 345 9070 * INSTAGRAM: <https://instagram.com/HarlanCohen> * FACEBOOK

Uploads ▶ PLAY ALL



Evan Carmichael, YouTube Creator w/over 2.2 Million...
26 views · 3 days ago



YouTube creator (2.2m subscribers) explains why..
23 views · 5 days ago



Boston College Humbled This Student
13 views · 5 days ago



Why Doug Decided to Go to Boston College
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BOSTON COLLEGE: College Conversation about getting ...
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Residence Hall Association at SUNY Oswego
15 views · 1 week ago

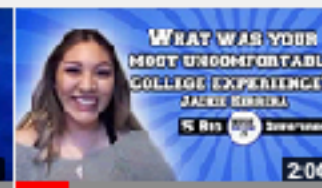
Quick Clips ▶ PLAY ALL



Emory University student goes from SLIPPER shy to ...
BeforeCollegeTV
47 views · 2 weeks ago



YouTube Creator Nicole Refine talks about college..
BeforeCollegeTV
19 views · 5 weeks ago



What was your most uncomfortable college experience?
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Finding control in a world we don't control
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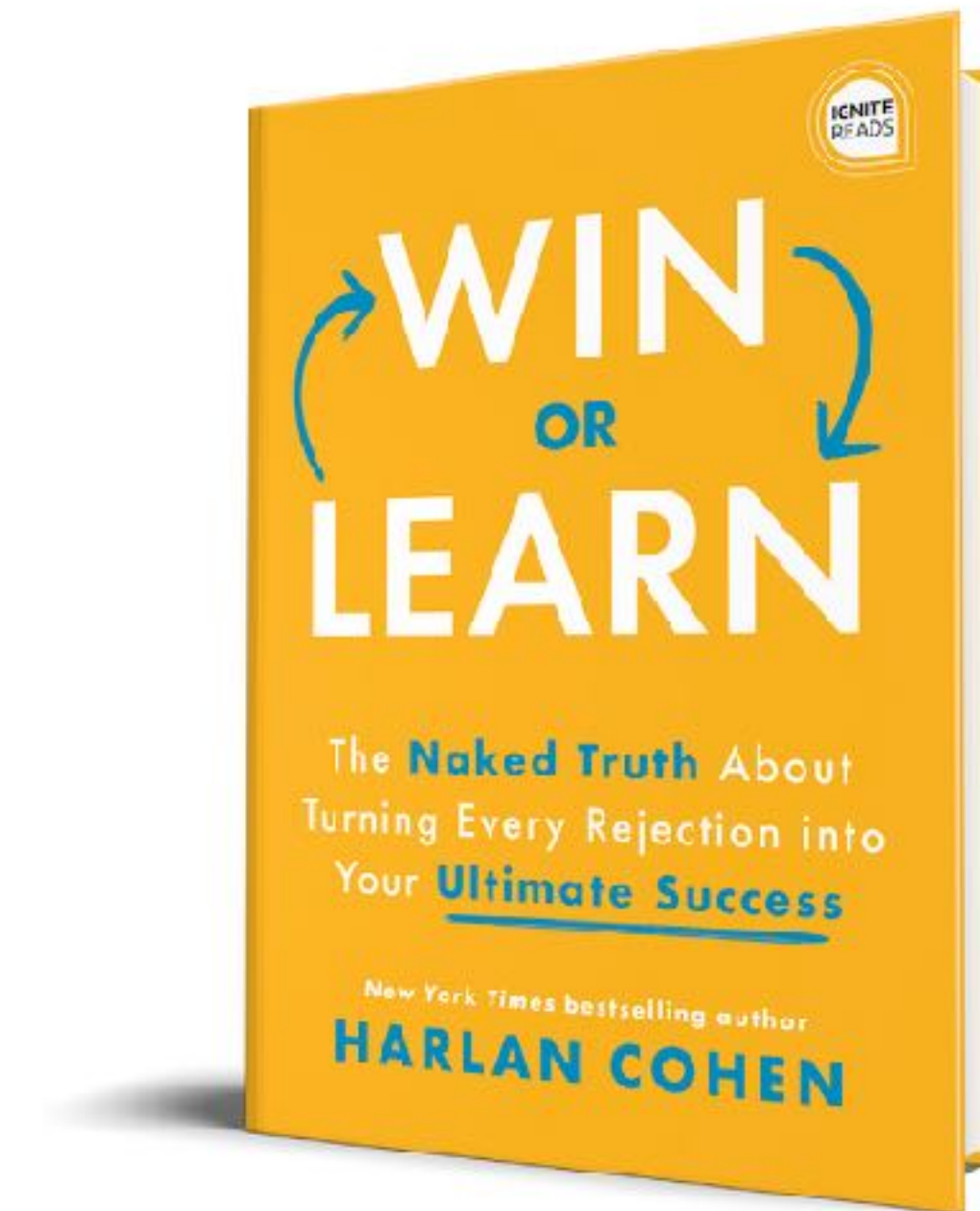


How did you believe you could go to college? - First...
BeforeCollegeTV
17 views · 1 month ago

Quick Tips ▶ PLAY ALL



BeforeCollege.TV



Now Available



WEBINAR

Happy, Healthy, Almost Stress-Free
College Planning with Harlan Cohen

Wednesday, November 10 at 8pm EDT



Win a \$2,500 Scholarship¹
for College

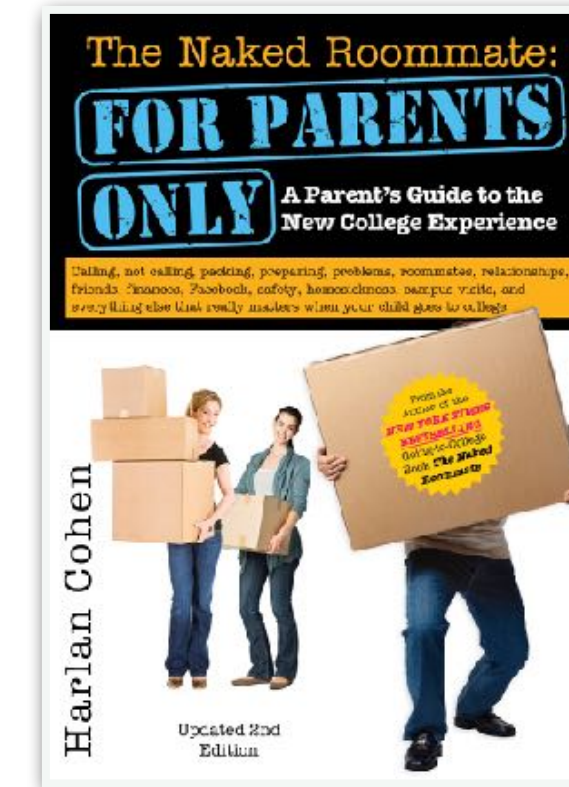
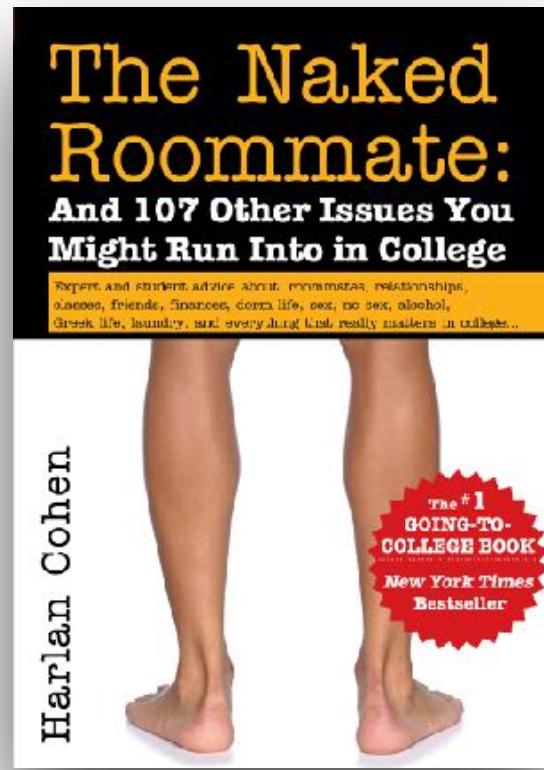
¹ No purchase required to enter or win.
Promotion period ends November 17, 2021.



<https://www.collegeavestudentloans.com/promotions/college-ready-webinars-fall-2021/>

Winners of Gift Cards

\$25 Amazon Gift Card to buy books



Matt D.
Tammy F.
Pam P.

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STUDENT LOANS

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Text Me: 321-345-9070 | HarlanCohen.com/NJ2021



helpmeharlan

Harlan Cohen

464 Following 320.5K Followers 8.8M Likes

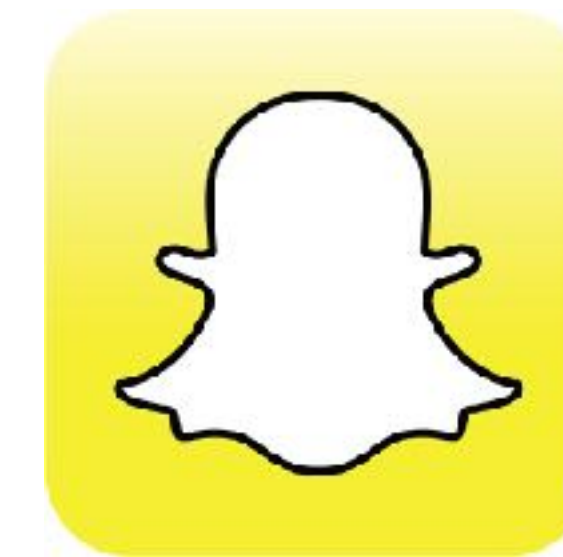
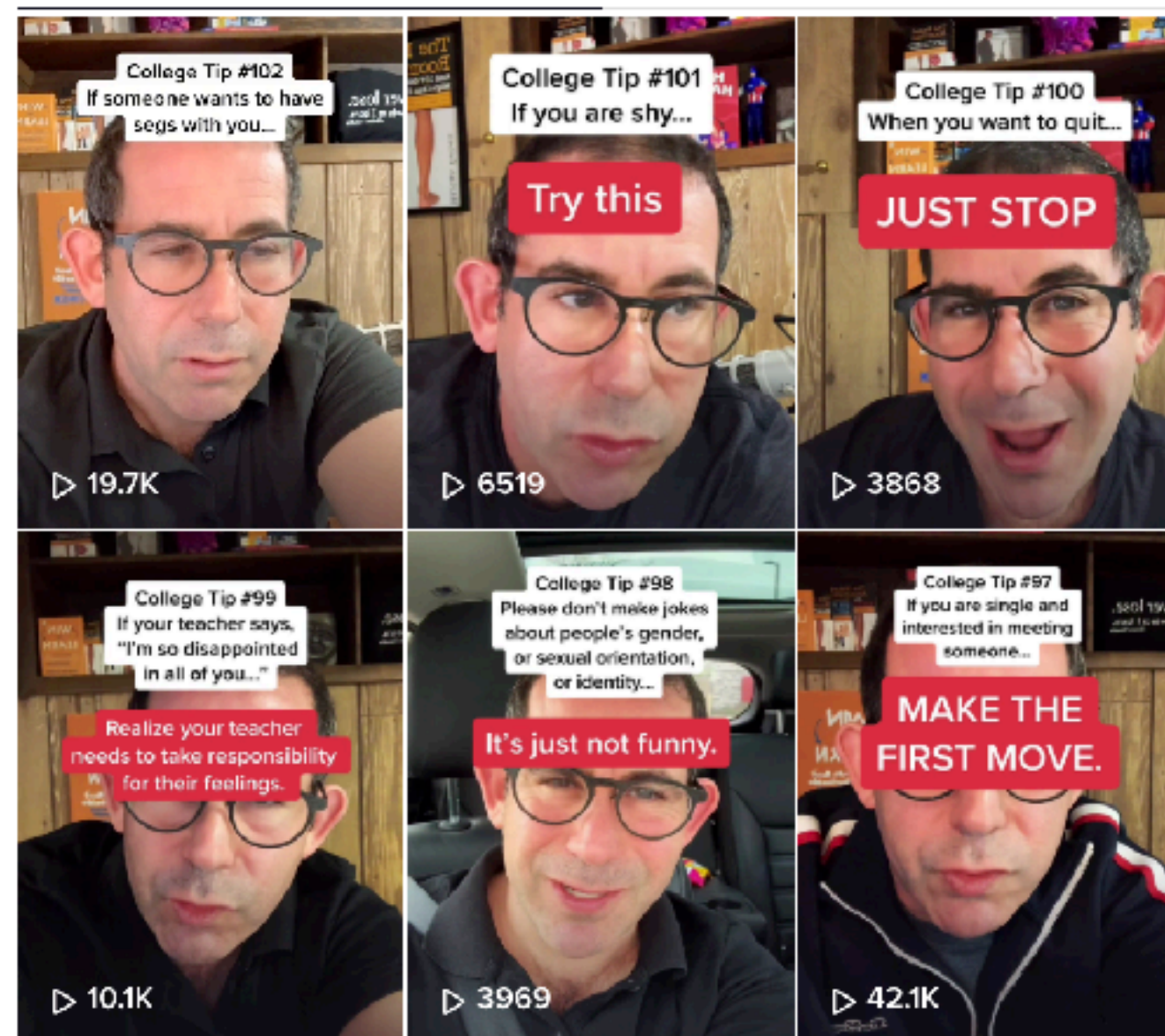
Author #1 College Book NAKED ROOMMATE, NY Times bestselling author,

♥ 2help

🔗 linktr.ee/harlancohen

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/HelpMeHarlan

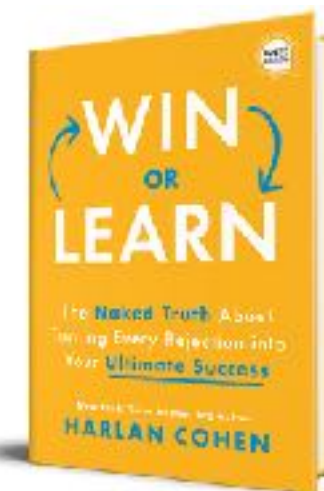
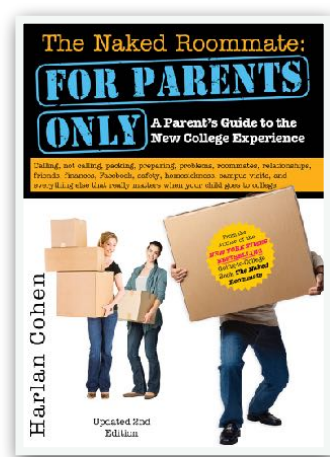
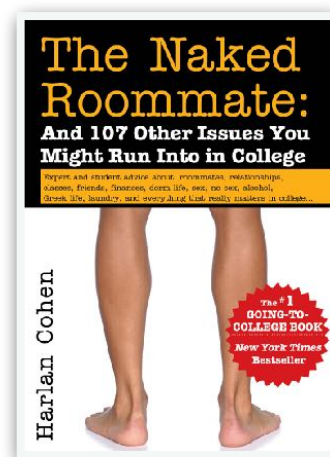


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WEBINAR

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