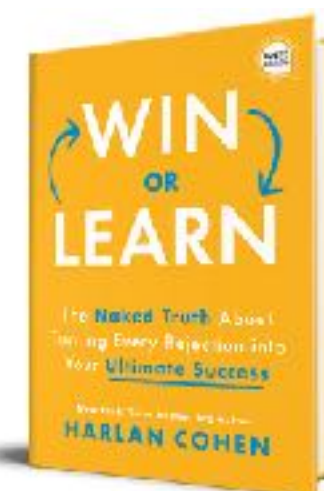
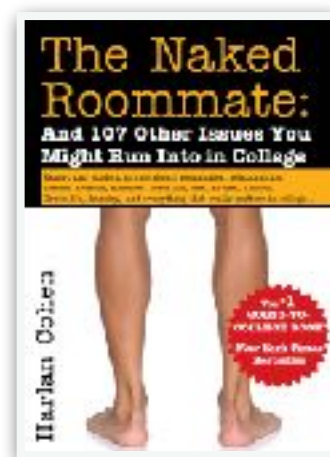




WEBINAR

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



Text Me: 321-345-9070  
**HARLAN COHEN**  
[www.HarlanCohen.com/National21](http://www.HarlanCohen.com/National21)



/HelpMeHarlan



@HarlanCohen

# Giving Away 3 Gift Cards

**\$25 Amazon Gift Card to buy books**



Brought to you by  
**College AVE**  
STUDENT LOANS



# Get College Ready with our \$2,500 Scholarship Sweepstakes<sup>1</sup>

We know the best strategy to financing college is to first look at finding scholarship opportunities. Enter below for a chance to win a \$2,500 scholarship for college. And don't forget to register for our free College Ready Virtual Event Series. We are here to give students and their families the tools and resources to begin a successful college journey.

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...

npr

WBEZ

CHICAGO

SIGN IN

NPR SHOP

DONATE

NEWS

ARTS & LIFE

MUSIC


PODCASTS & SHOWS



SEARCH

EDUCATION

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



October 26, 2021 · 5:07 AM ET  
I heard on [Morning Edition](#)


 ELISSA NADWORNÝ



1-Minute Listen

+ PLAYLIST





A majority 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.

AP Photo/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.

<https://www.npr.org/2021/10/26/1048955023/college-enrollment-down-pandemic-economy>

# 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](#)





THE REVIEW

The College Degree Is in Shambles

It shouldn't be up to students to search for evidence they might get ripped off.



What's a College Degree Worth?



The Crushing Contradictions of the American University



The Ph.D. Isn't Working Right Now

THE LATEST

DIGITAL EQUITY

One College District Brainstorms Internet-Access Solutions — With Help From the Local School System

MAKING AUSTIN EVEN WEIRDER

A Planned University 'Dedicated to Truth' Will Welcome 'Witches Who Refuse to Burn'

CAMPUS SAFETY

Bomb Threats Unsettle Ivy League and Ohio Universities

DATA

How the Onset of the Pandemic Affected the 2020 Admissions Season

THE REVIEW

Political Litmus Tests Are Bad for Higher Education

ADVICE

When, and Why, I'll Retire

ADMISSIONS

FAFSA Verification Can Be a Burden for Students and Colleges. Here Are Some Proposals for Easing It.



## 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

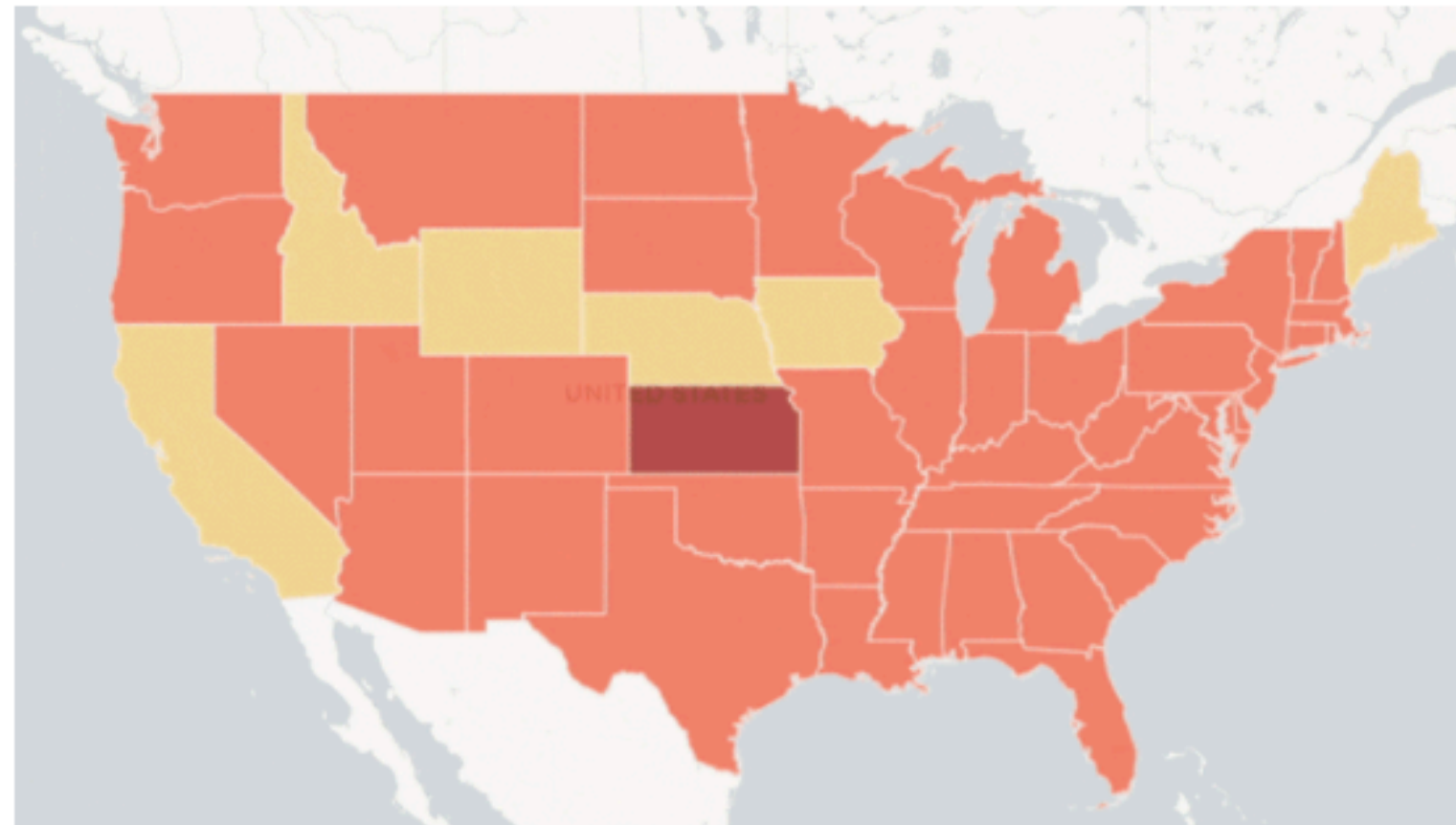
## The Coronavirus Spring: The Historic Closing of U.S. Schools (A Timeline)

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



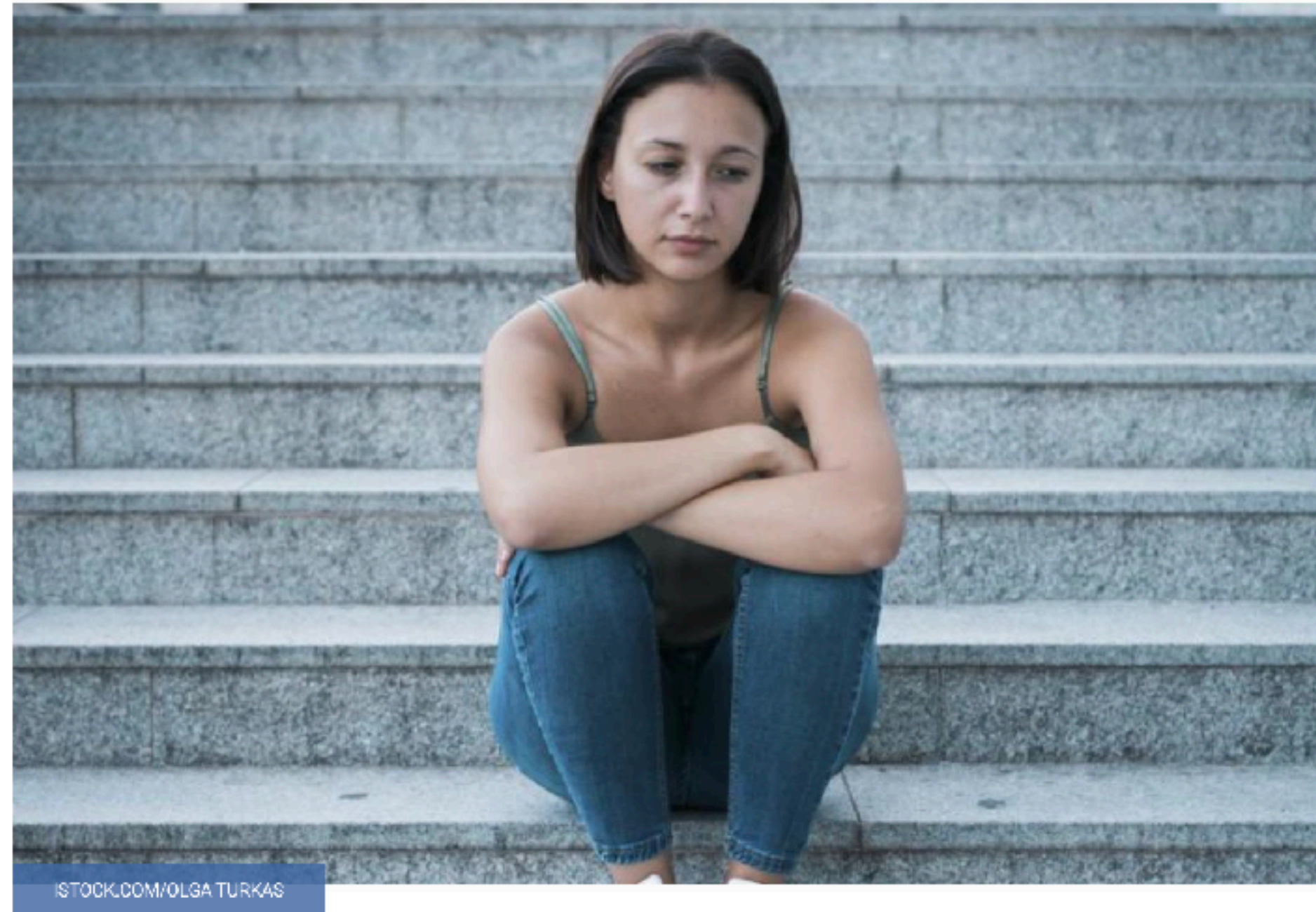


# The Latest...

## 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

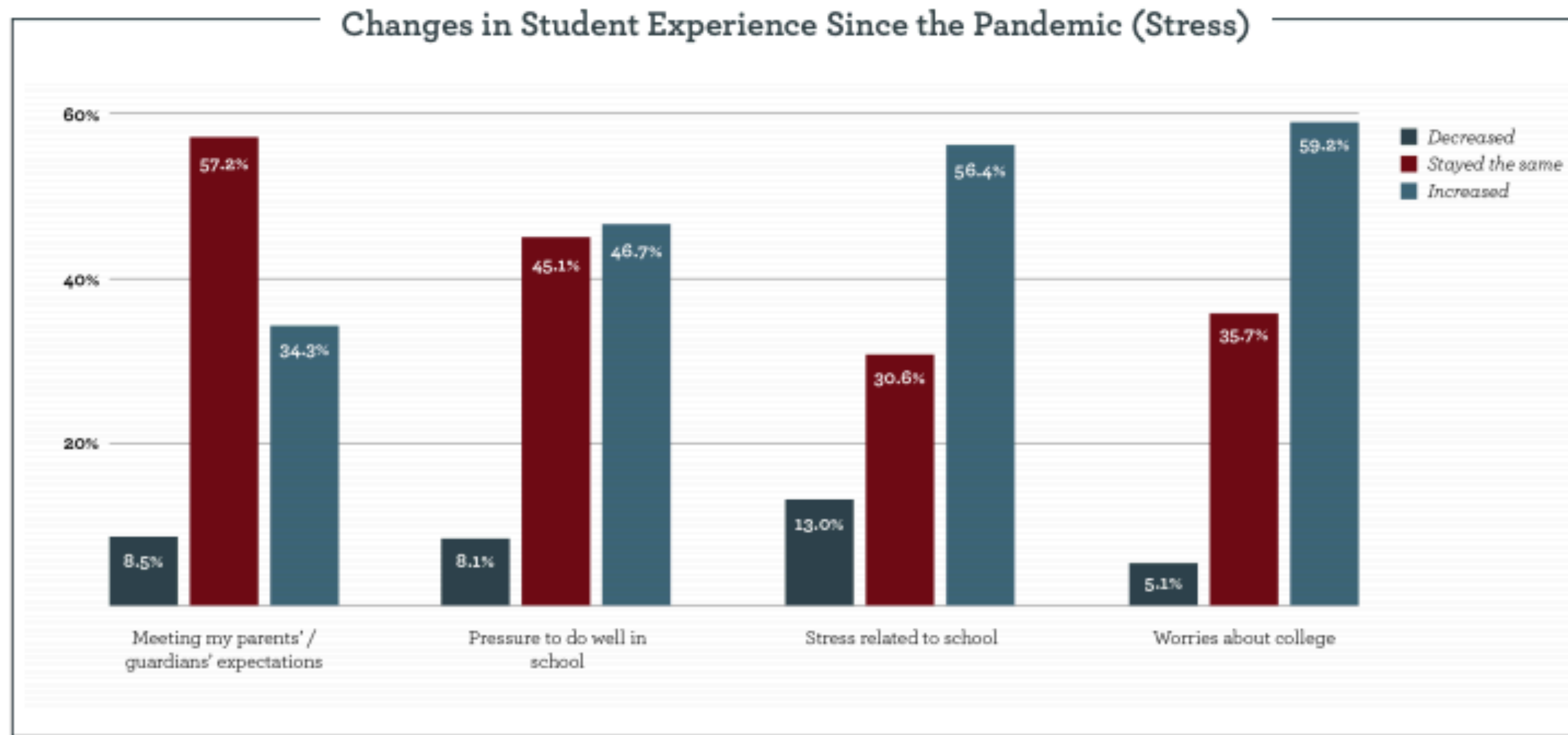
While the country continues to battle the coronavirus, college health professionals are also monitoring a growing crisis among young adults struggling with mental health problems, including suicidal ideation, anxiety and depression related to the pandemic.

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

Brought to you by  
**College AVE**  
STUDENT LOANS



# 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.

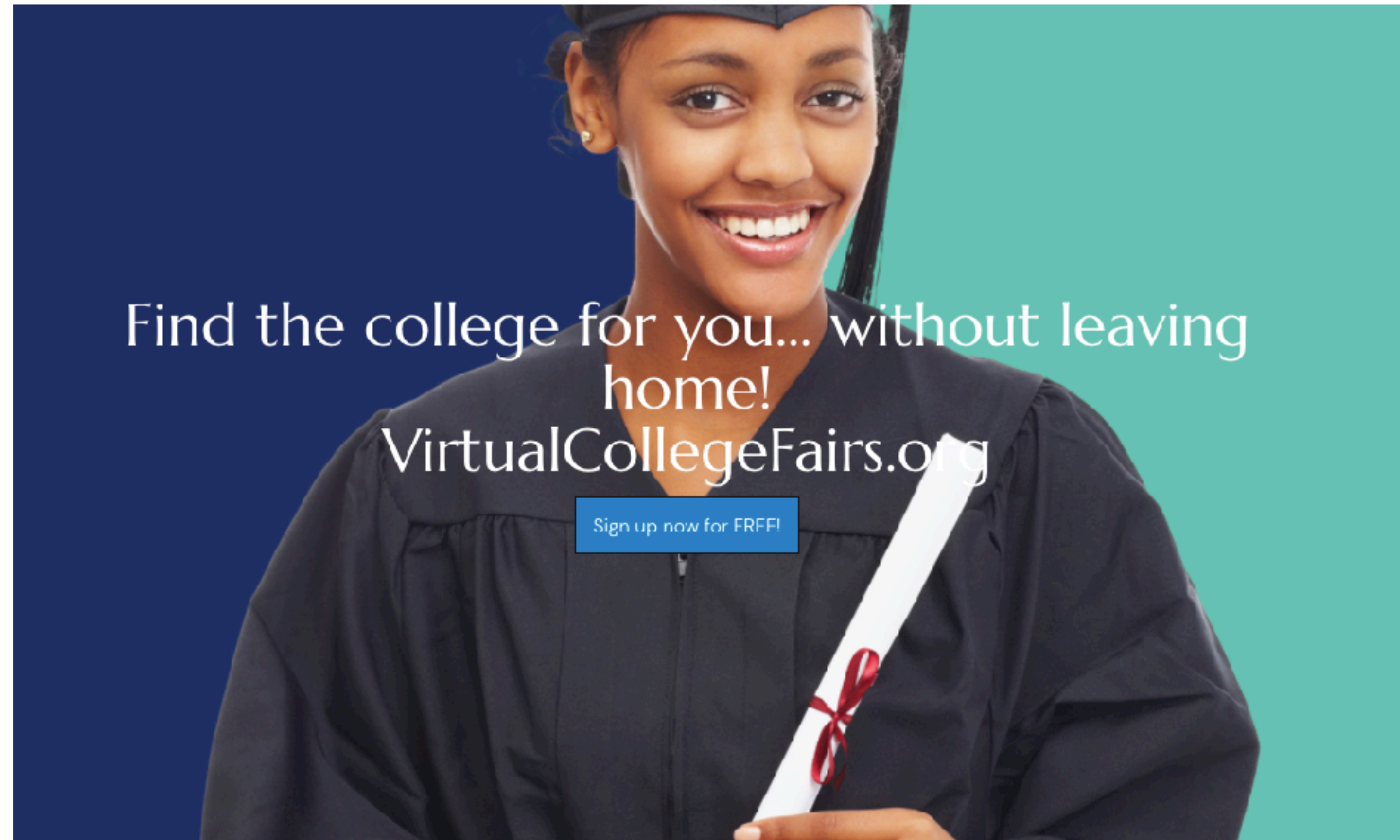
"This should be a wake-up call. Even if it feels like we are starting to move back into a normal phase, students are still suffering," says Lisa Sontag-Padilla, a behavioral and social scientist at the nonprofit RAND Corporation who has written on [helping college students manage COVID's mental health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

 CHAPMAN UNIVERSITY

Admission

VISIT APPLY GIVE

INFO FOR

Search...

Q

PAW

About ▾

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...

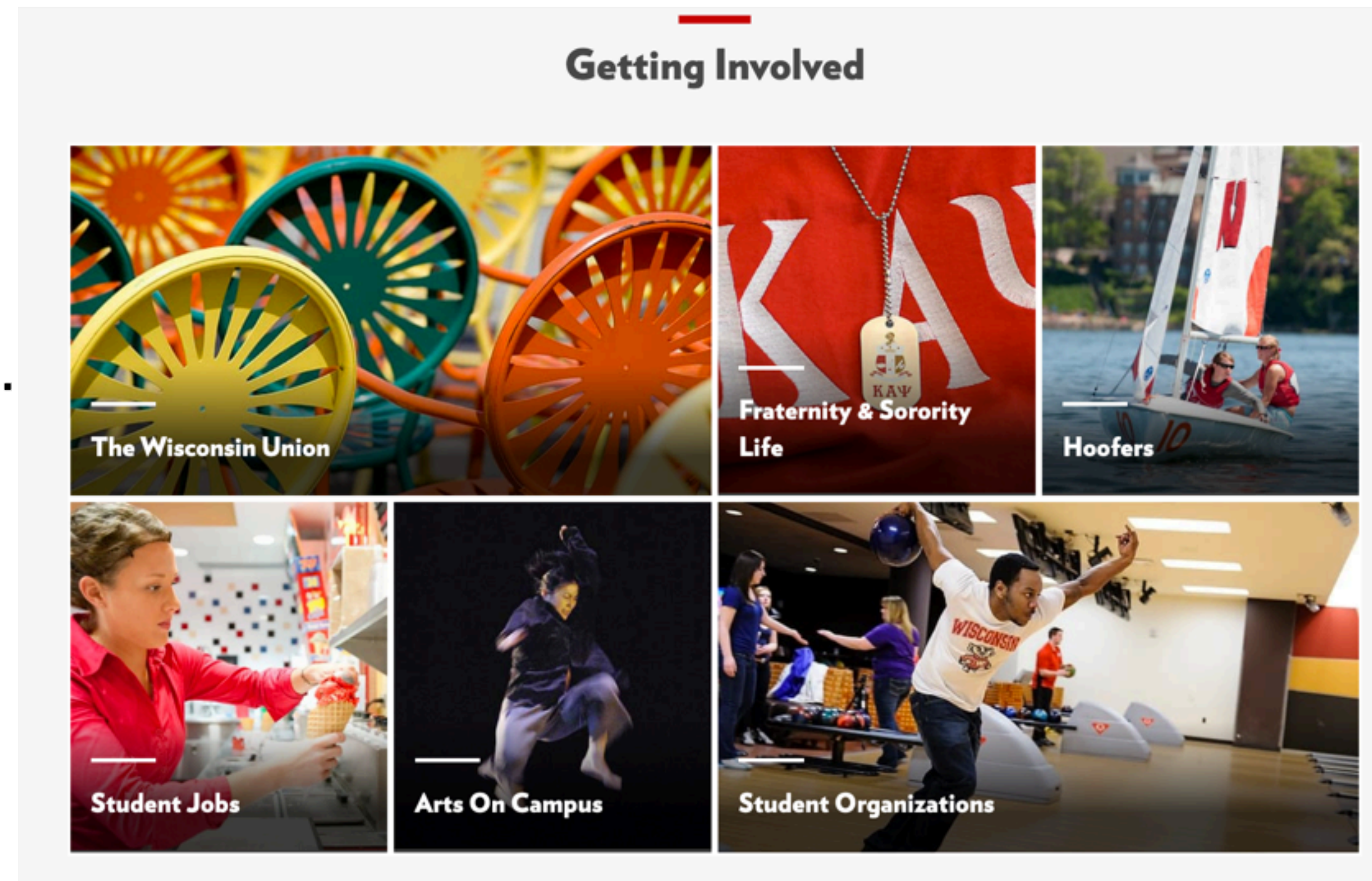
Where will  
you spend  
your time?

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?

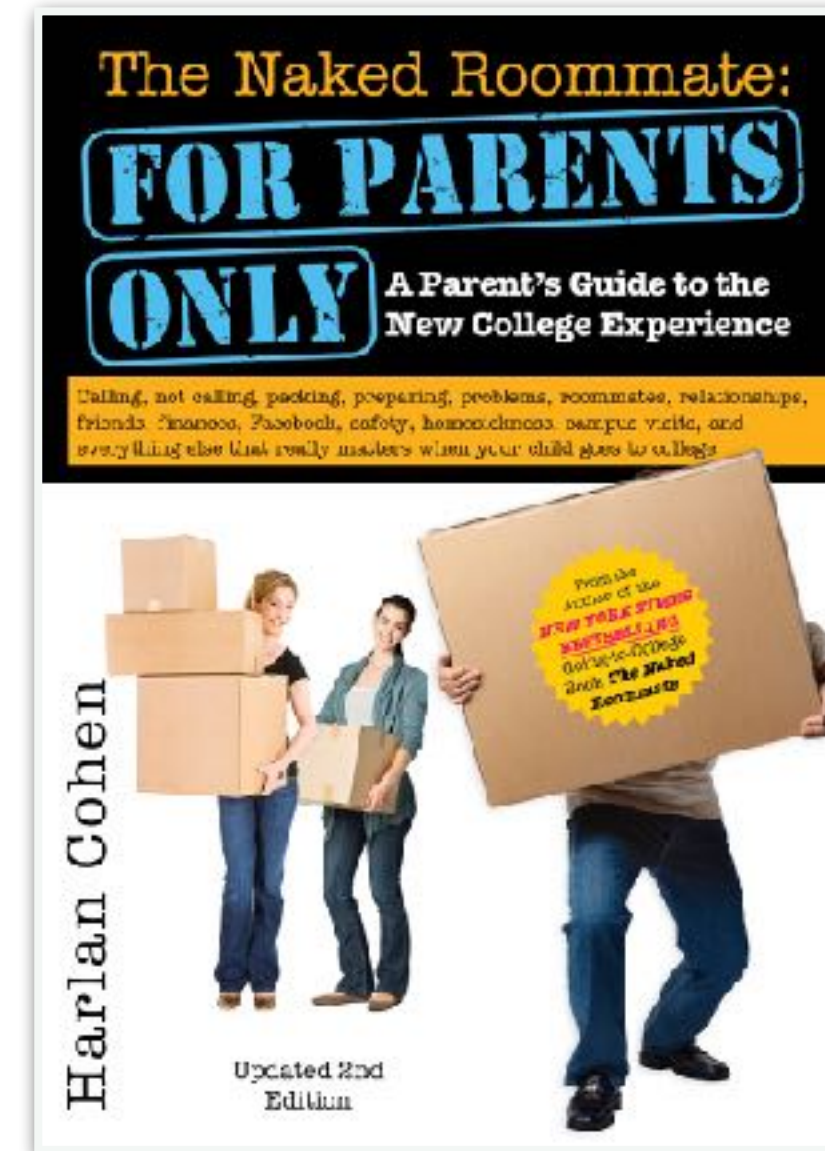
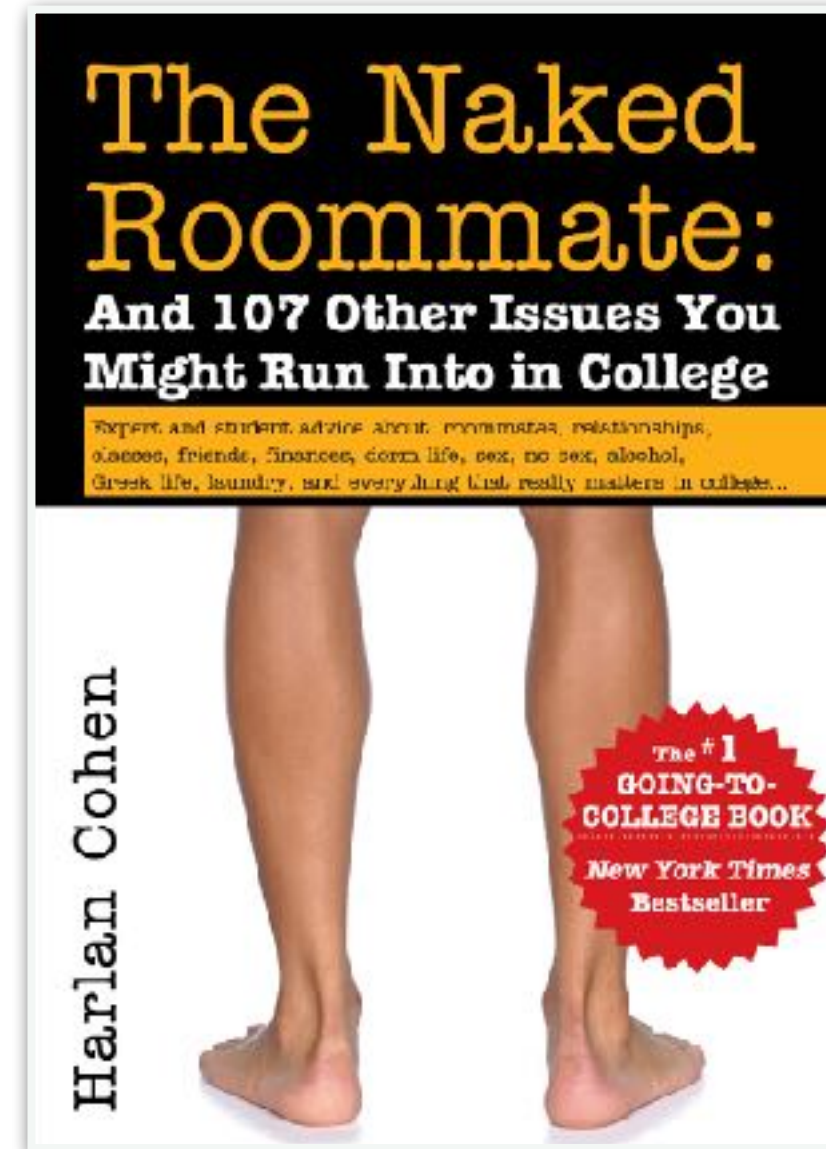
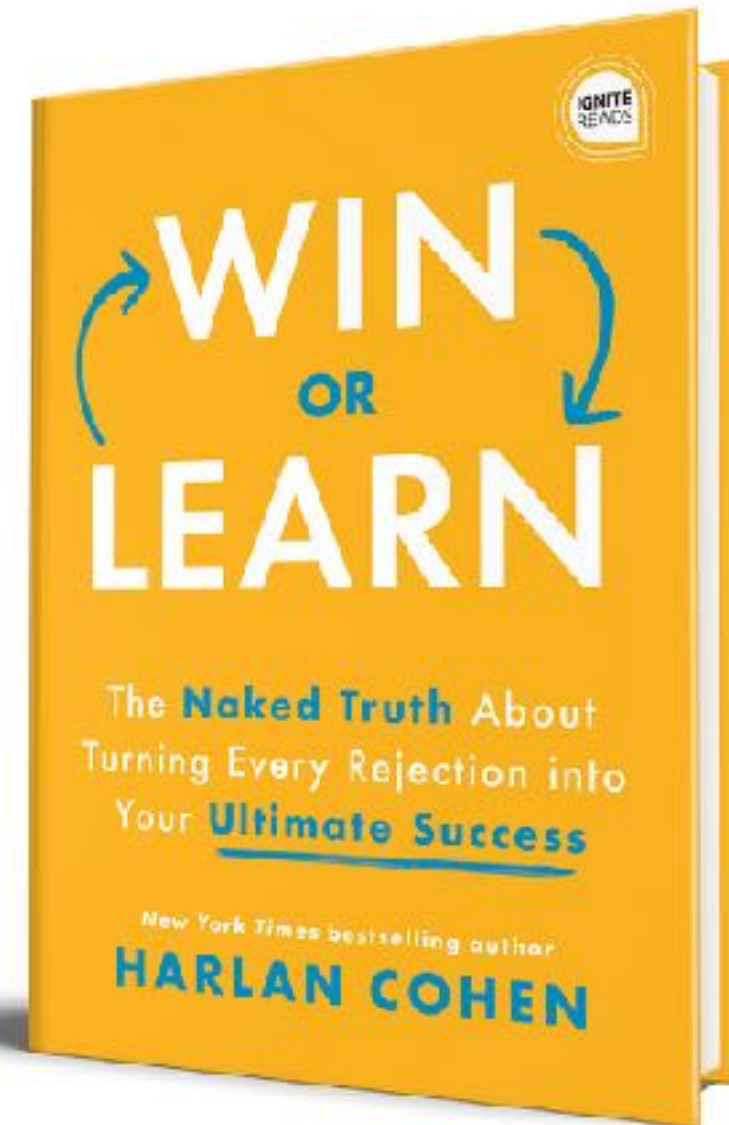


Illinois			
College Name	Grad Rate	College Name	Grad Rate
Northwestern University	86	Olivet Nazarene University	47
University of Chicago	86	DePaul University	46
Wheaton College	79	Illinois State University	43
Illinois Wesleyan University	78	Greenville College	42
Augustana College	71	Trinity International University	40
Knox College	66	Benedictine University	40
Principia College	66	Judson University	40
University of Illinois at Urbana-Champaign	66	McKendree University	40
Lake Forest College	60	Concordia University Chicago	39
Dominican University	58	Lewis University	39
Elmhurst College	54	North Park University	39
North Central College	54	School of the Art Institute of Chicago	39
Bradley University	53	University of St. Francis	38
Millikin University	53	Aurora University	37
Trinity Christian College	53	Shimer College	35
Illinois College	50	Quincy University	34
Loyola University Chicago	50	Illinois Institute of Technology	34
Monmouth College	49	Eureka College	33
University of Illinois: Springfield	48	Western Illinois University	33

Illinois			
College Name	Grad Rate	College Name	Grad Rate
Blackburn College	31	Southern Illinois University Edwardsville	26
Eastern Illinois University	31	Northern Illinois University	25
Saint Xavier University	29	Southern Illinois University Carbondale	25
Roosevelt University	29	University of Illinois at Chicago	24
MacMurray College	28	National-Louis University	9
Rockford College	27	Northeastern Illinois University	4
Columbia College Chicago	27	Chicago State University	3



# WHAT DO I DO? Research and Write Books



BEST SELLERS> EDUCATION

## Best Sellers

June 2015

THIS MONTH

### EDUCATION

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

OVERVIEW

PRINT & E-BOOKS  
Fiction  
Nonfiction

HARDCOVER  
Fiction  
Nonfiction

PAPERBACK  
Trade Fiction  
Mass Market Fiction  
Nonfiction

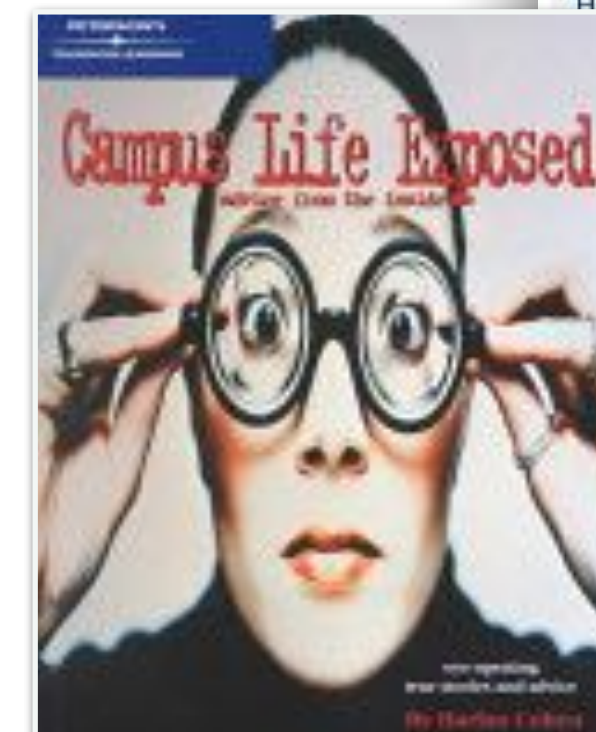
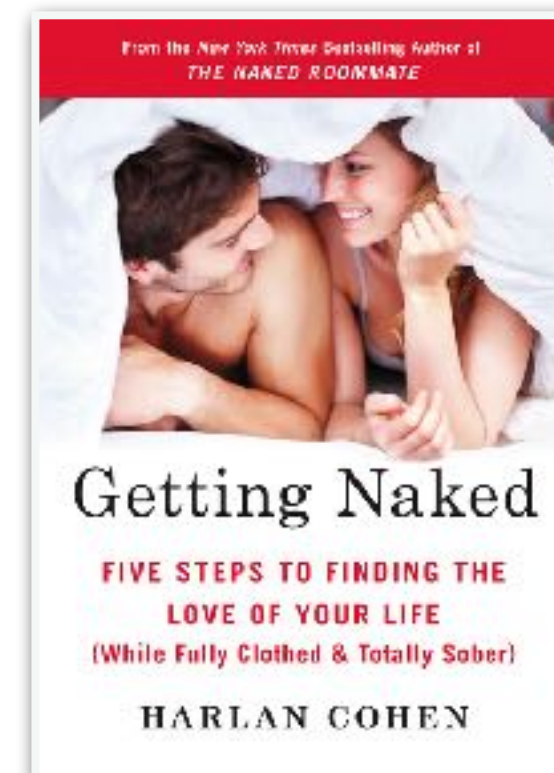
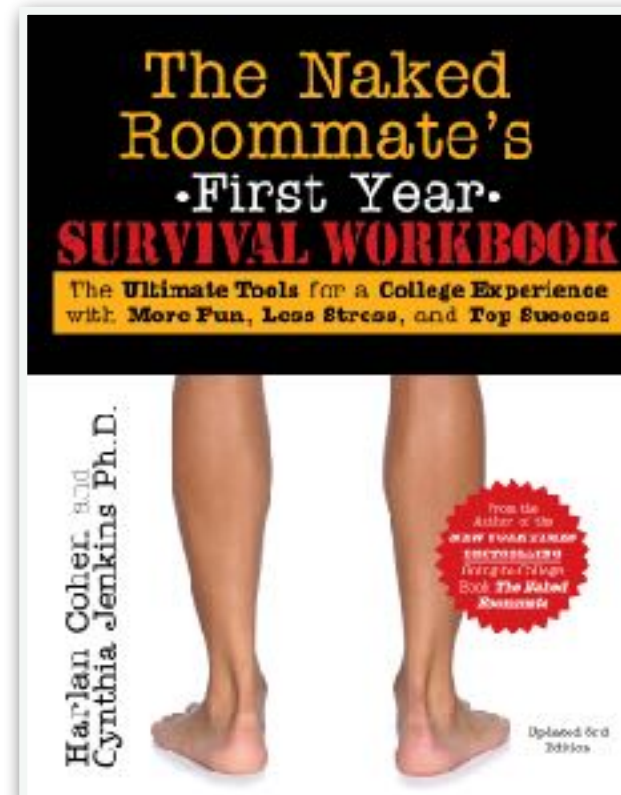
E-BOOKS  
Fiction  
Nonfiction

ADVICE & MISC.  
Combined

CHILDREN'S  
Picture Books  
Middle Grade  
Young Adult  
Series

GRAPHIC BOOKS  
Hardcover  
Paperback  
Graphic Novel

WEEKLY LISTS  
Fiction  
Nonfiction  
Business  
Biographies  
Reference  
Children's





# WHAT DO I DO? Teach and Listen





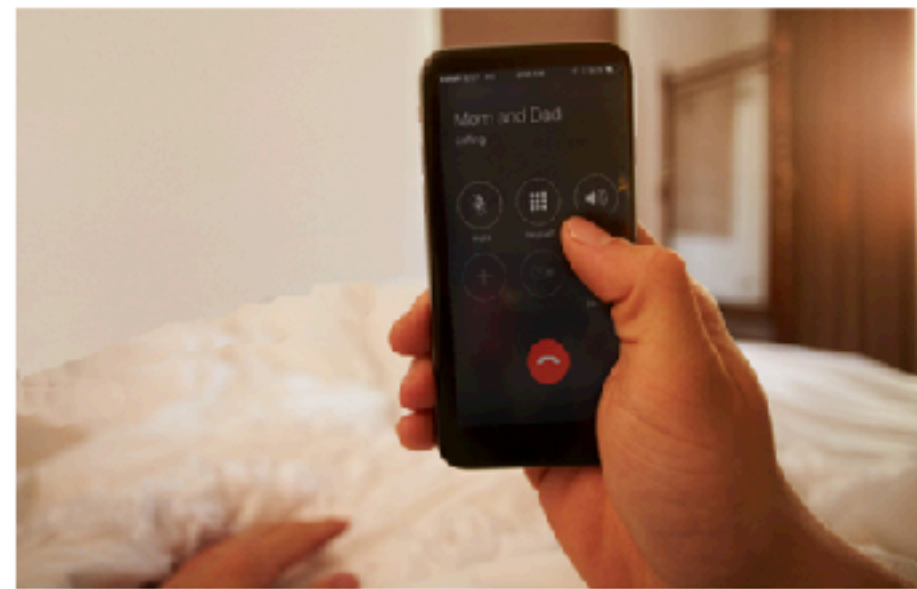
# WHAT DO I DO? Tell People's Stories



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.

TwinCities.com  
BUSINESS PRESS

COLUMNISTS

News ▾ Sports ▾ Business ▾ Entertainment ▾ Lifestyle ▾ Obituaries ▾ Local News ▾ Blog

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

SUBSCRIBE TO BEFORE COLLEGE TV ON YOUTUBE FOR THE LATEST | [SUBSCRIBE HERE](#)

University of Vermont students talk and teaching us about their dreams & Vermont

WHY WE CHOSE

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

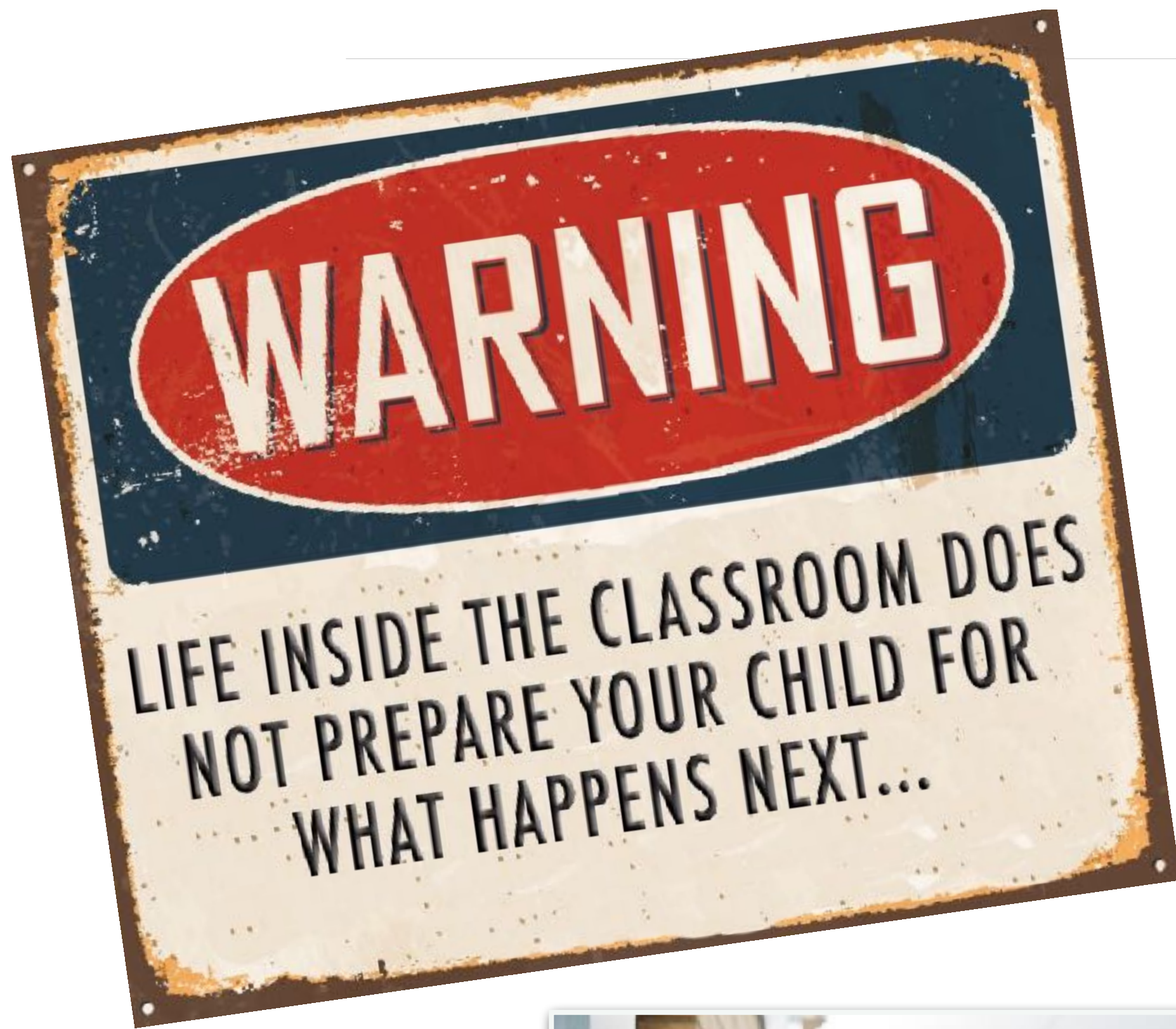




# I Help People Navigate Change









***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**



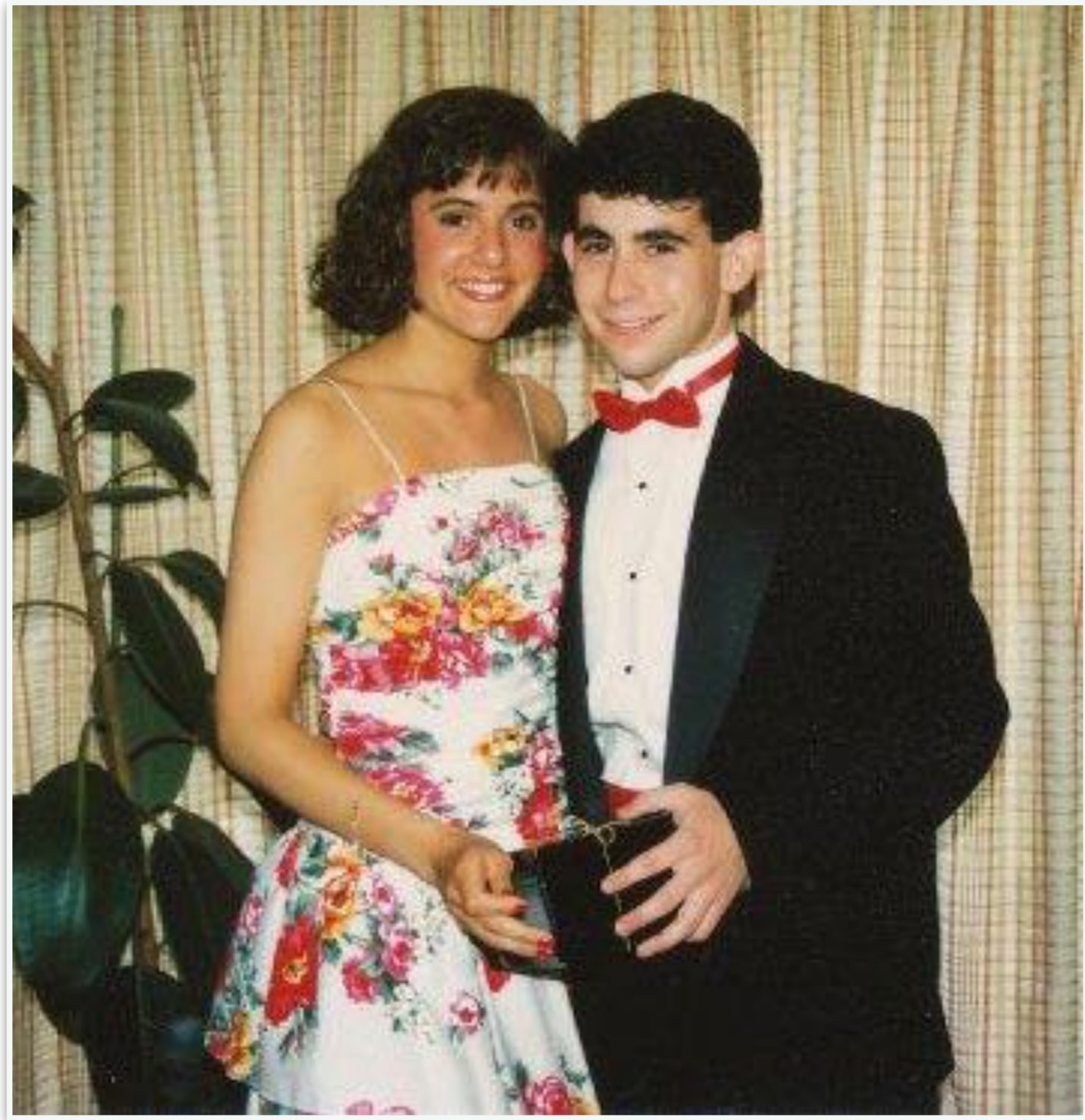


**X Didn't get into a fraternity**





**WANTED to stay together**

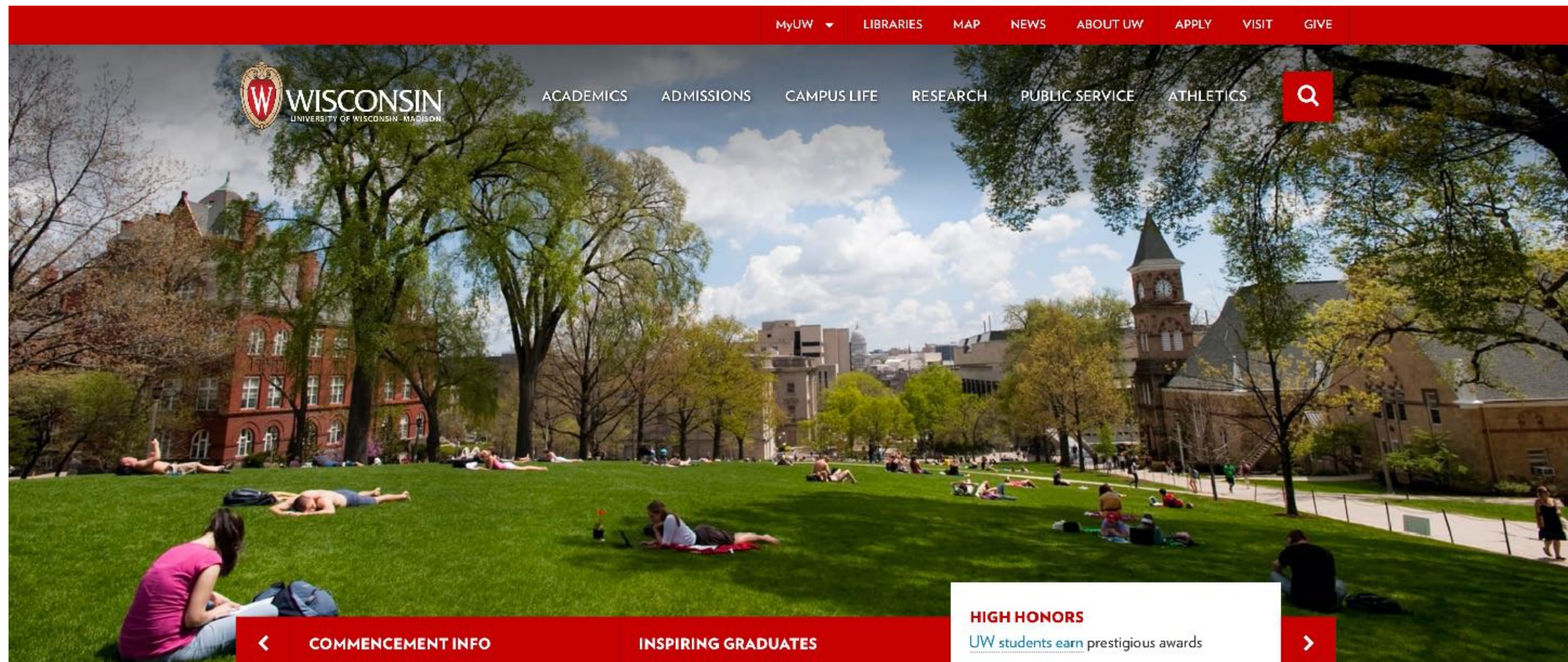


**shot the LDR puppy**





# 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 short dark hair, wearing a grey t-shirt and blue shorts, stands with his back to the camera. He is looking towards a large, light-colored stone building with many windows, which is the Old Main building at Indiana University. In the foreground, there is a large, dark, abstract sculpture of a fish or whale. The scene is outdoors on a sunny day with green trees and a red car visible in the background.
- 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

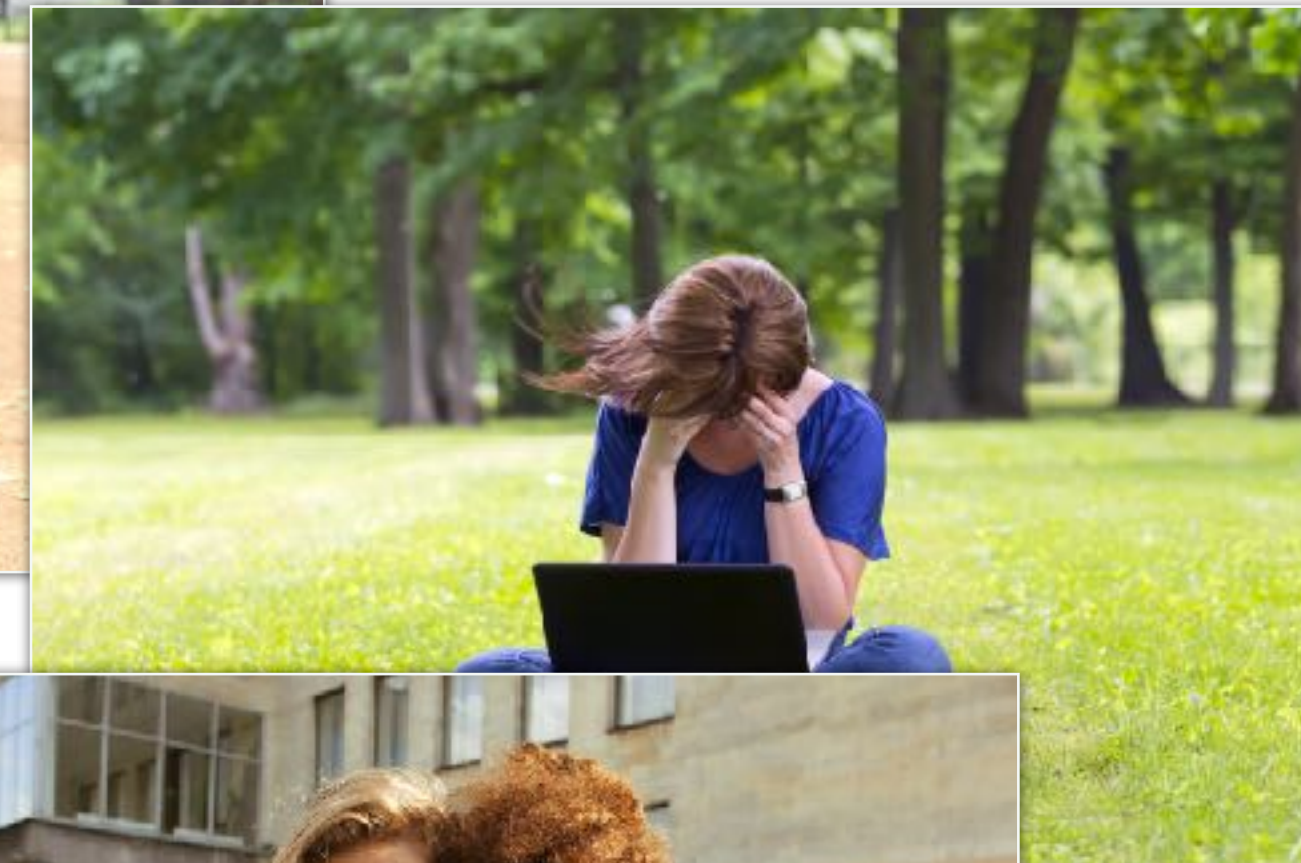
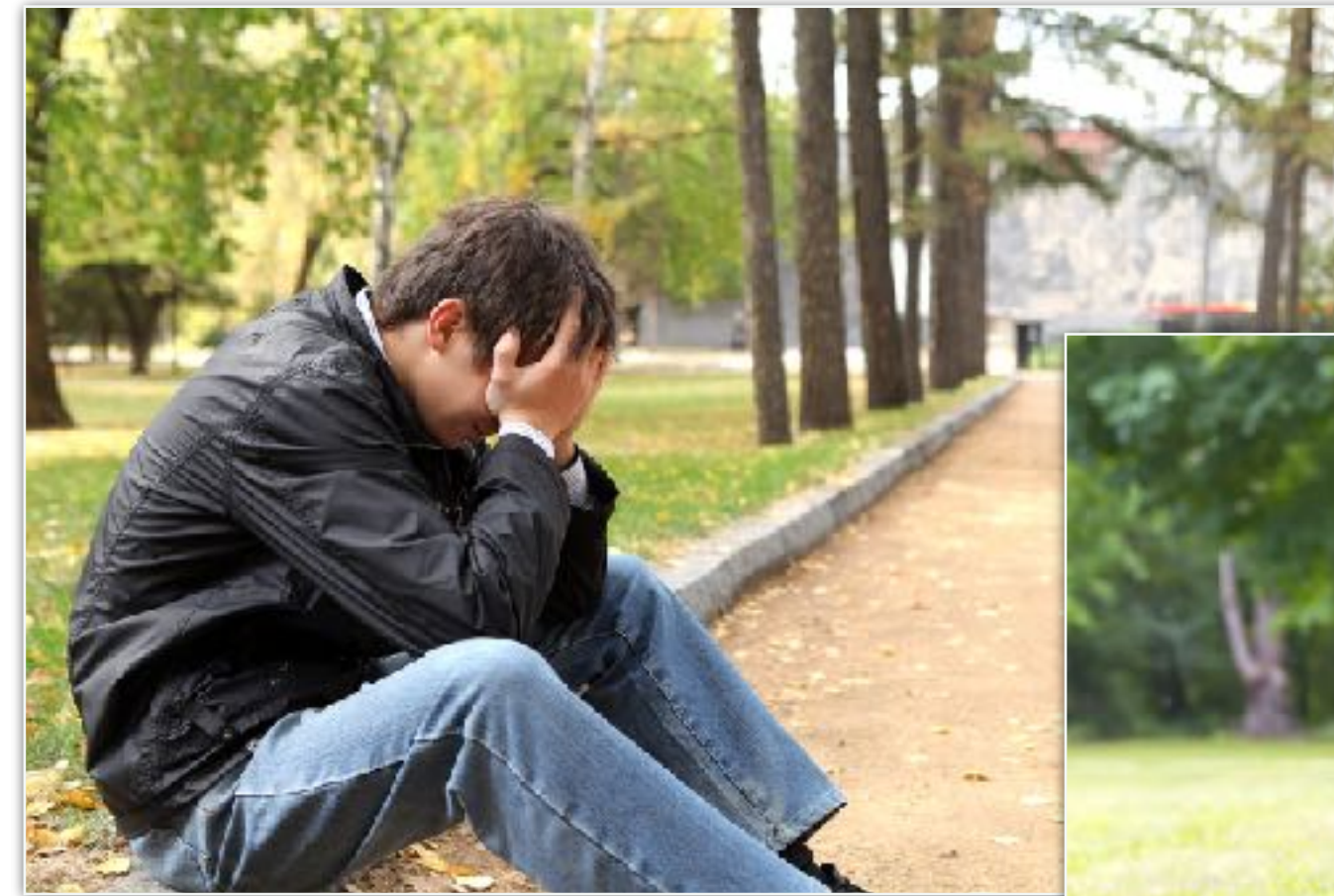
Making friends, creating connections, and building relationships inside & outside the classroom





# TRANSITION: **FIVE** areas

**E**  
motional



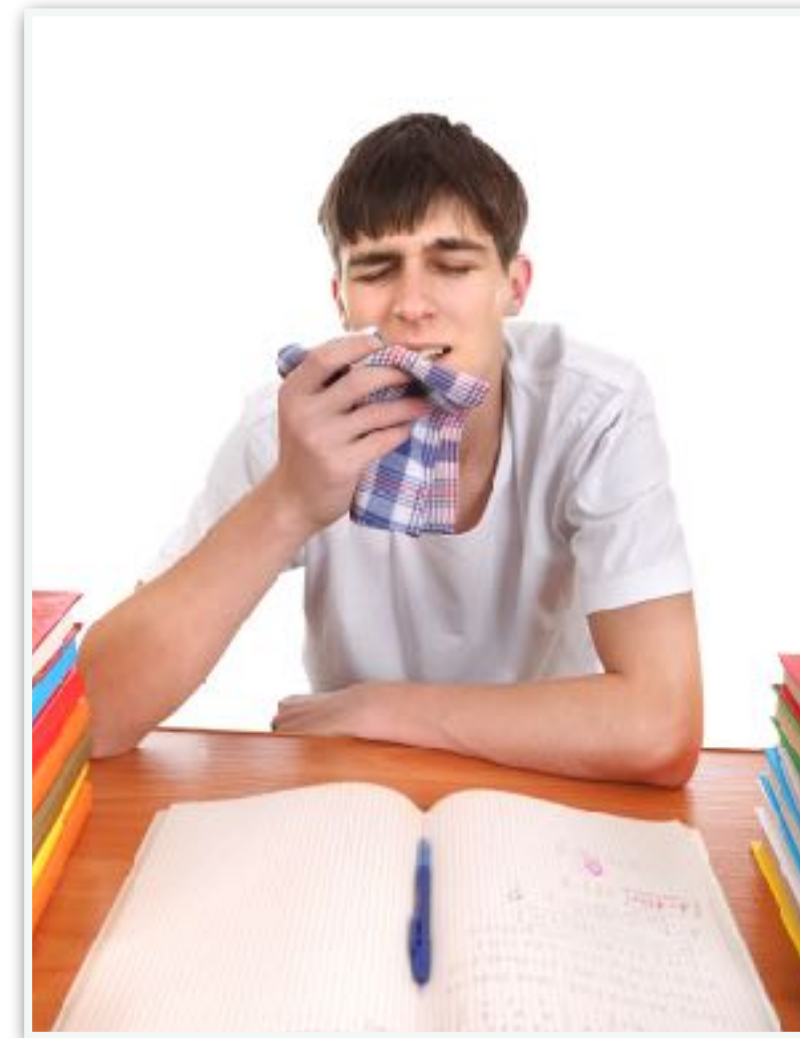
Balancing the  
highs, lows and  
everything in  
between during a  
time of change...





# TRANSITION: **FIVE** areas

**P**hysical



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 path to the left, and another person is visible near the building. A small sign is on the grass to the left 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

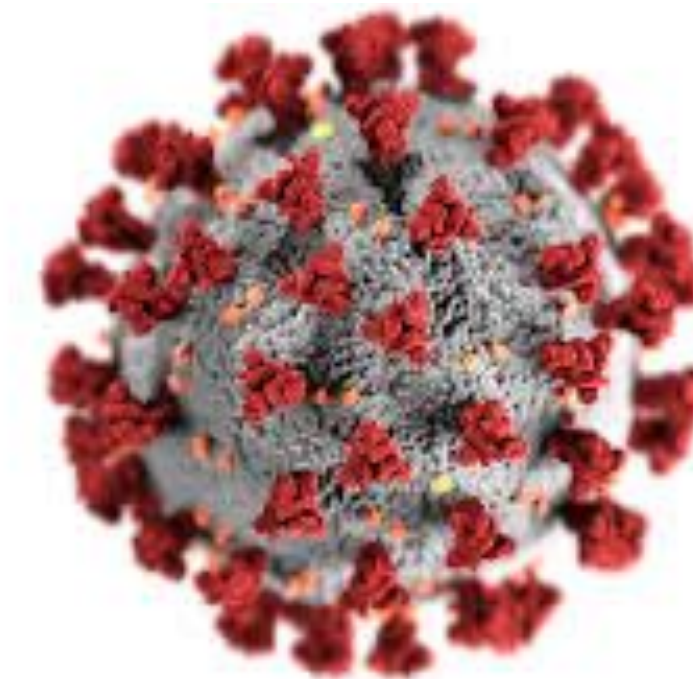
Percent (%)	Male	Female	Total
No, never	30.6	19.5	23.1
No, not last 12 months	20.7	19.2	19.7
Yes, last 2 weeks	20.0	25.7	23.9
Yes, last 30 days	10.9	15.1	13.7
Yes, in last 12 months	17.9	20.5	19.6
<i>Any time within the last 12 months</i>	48.8	61.3	57.2



# Universal Rejection Truth

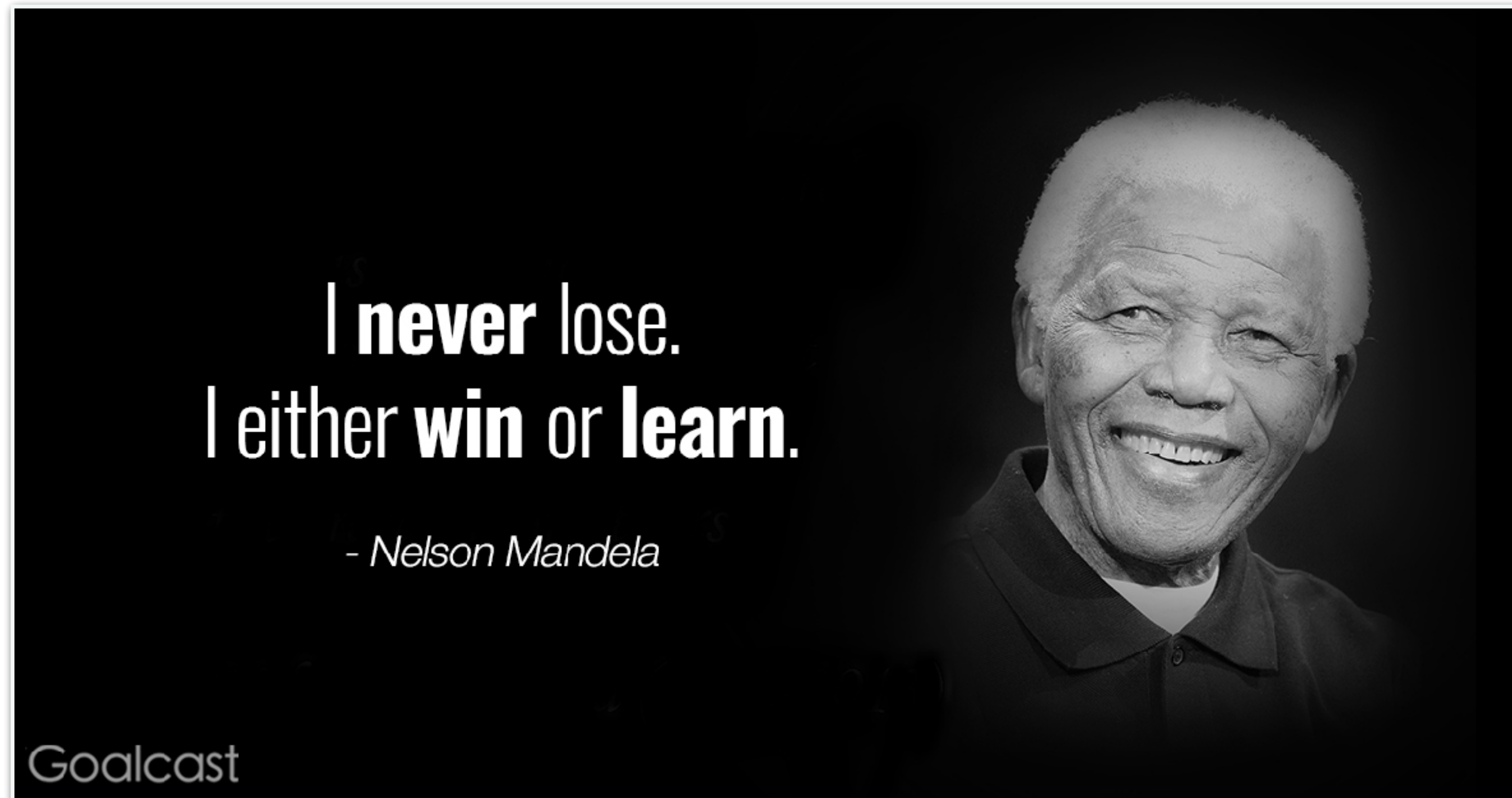


The **URT** is a law of nature that says that not everyone and everything will always respond to you the way you want. Rejection is as normal and natural as breathing. It's an unavoidable part of life.





# 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, 2023 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



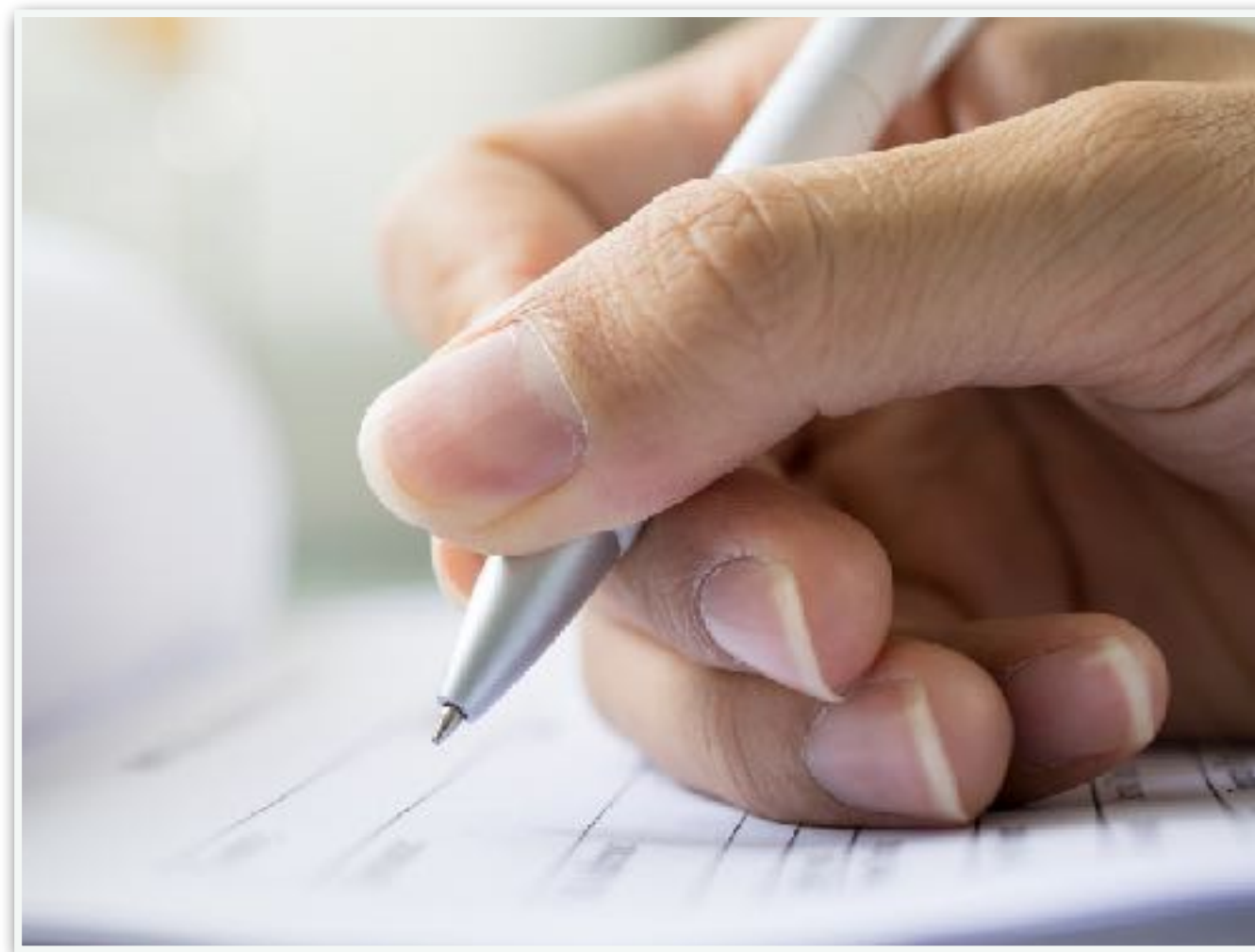


# Most parents will rank Financial and Academic 1 or 2 I'll get to this this later...

---

## 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

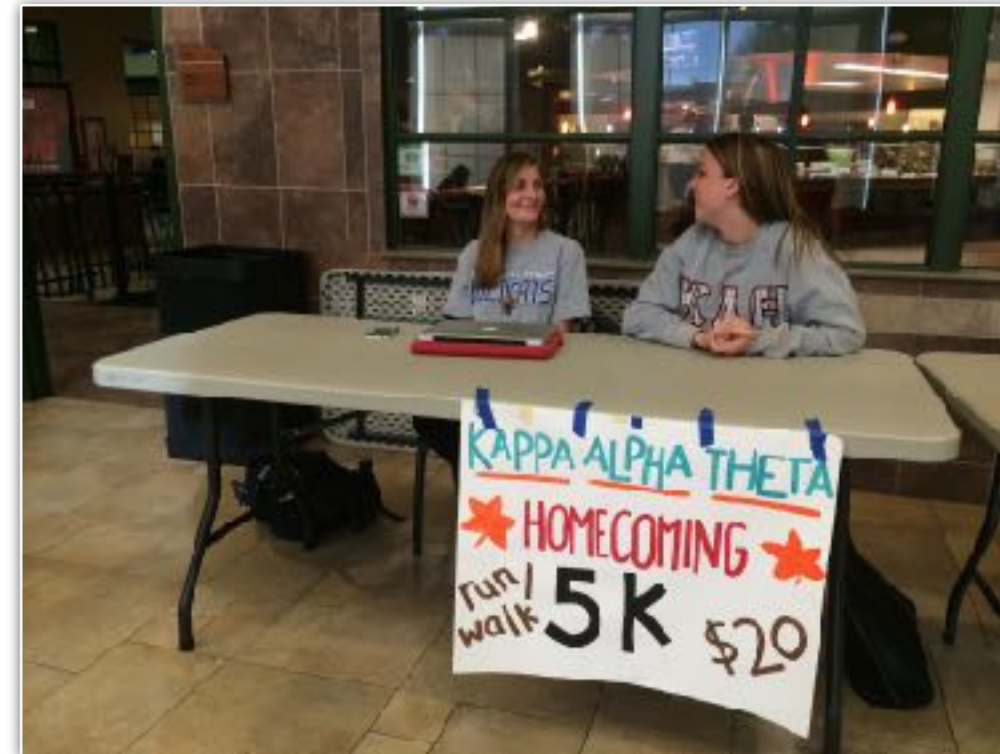
✱ LIVE

✱ 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

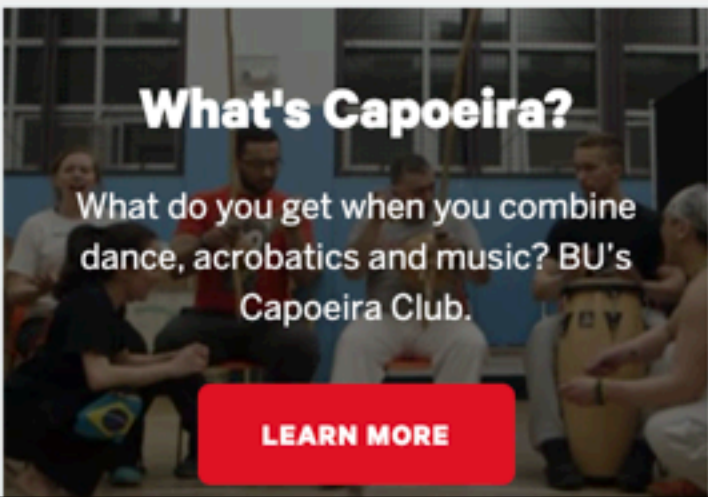
Terrier Traditions

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.

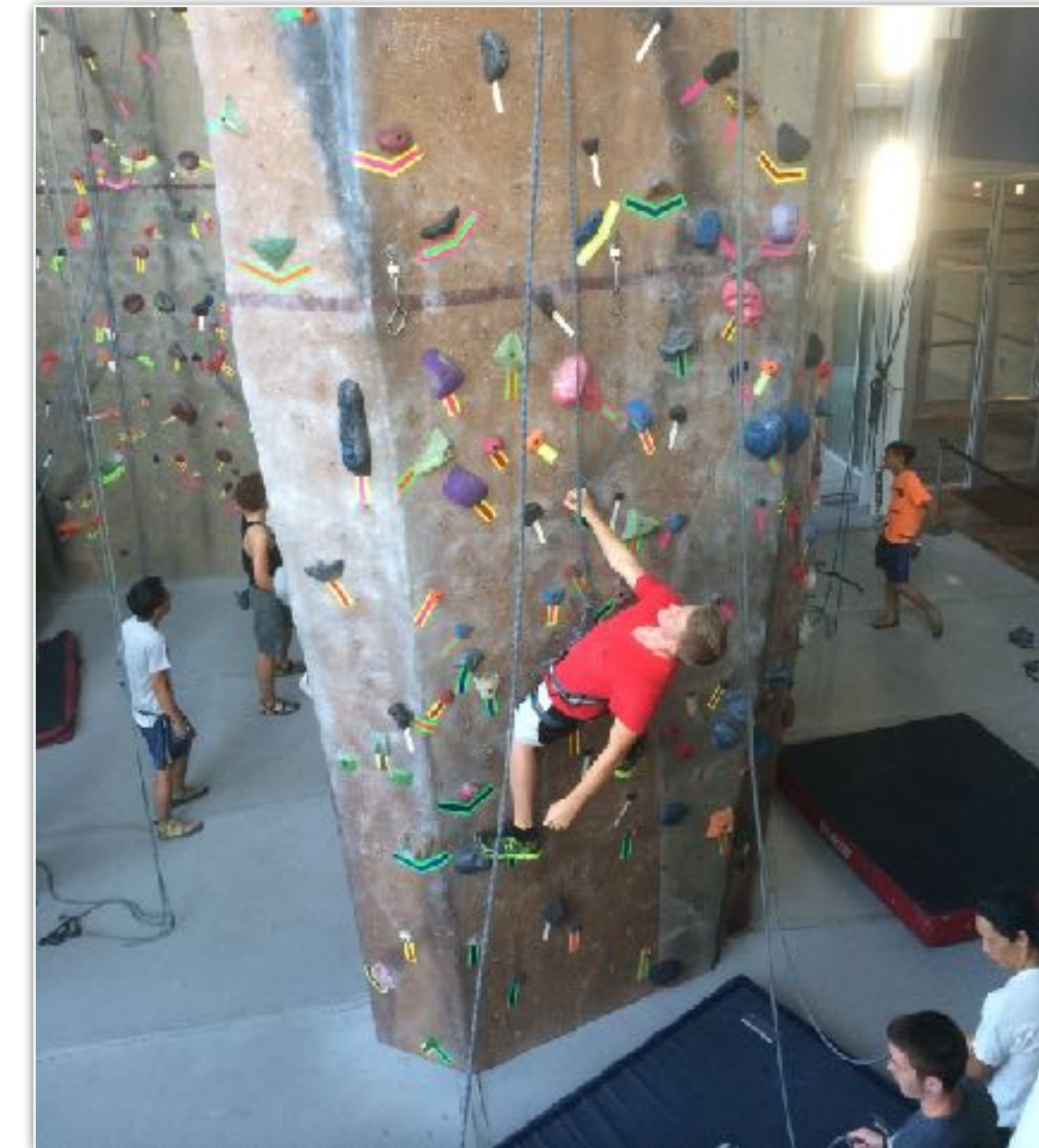
2. **Who are FIVE people in each place who can answer your questions?**

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

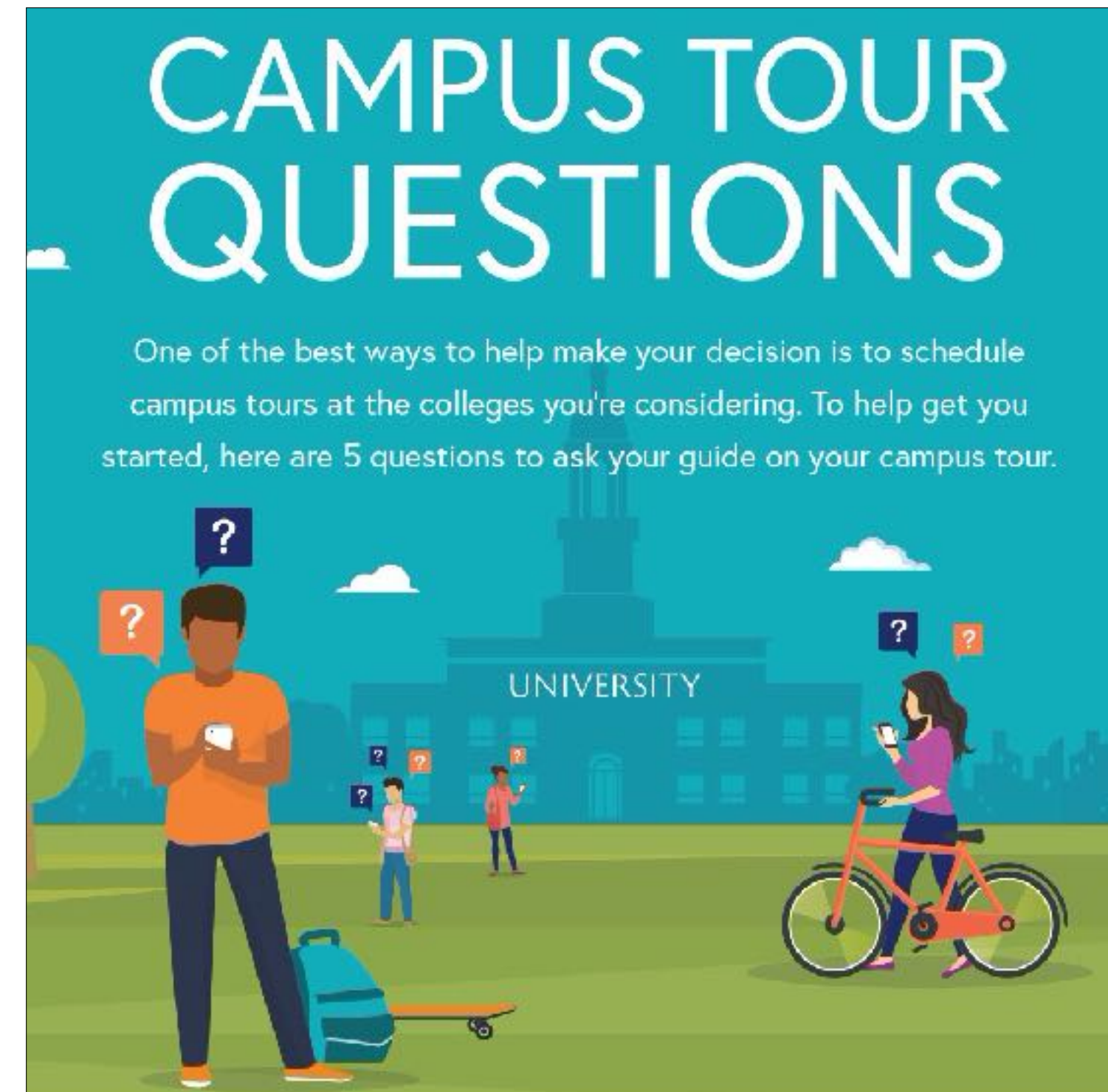
In-State vs. Out-of-State

Merit Scholarship and Unique Scholarship (athletic, special talents)

Apply to schools with varying tuition & aid



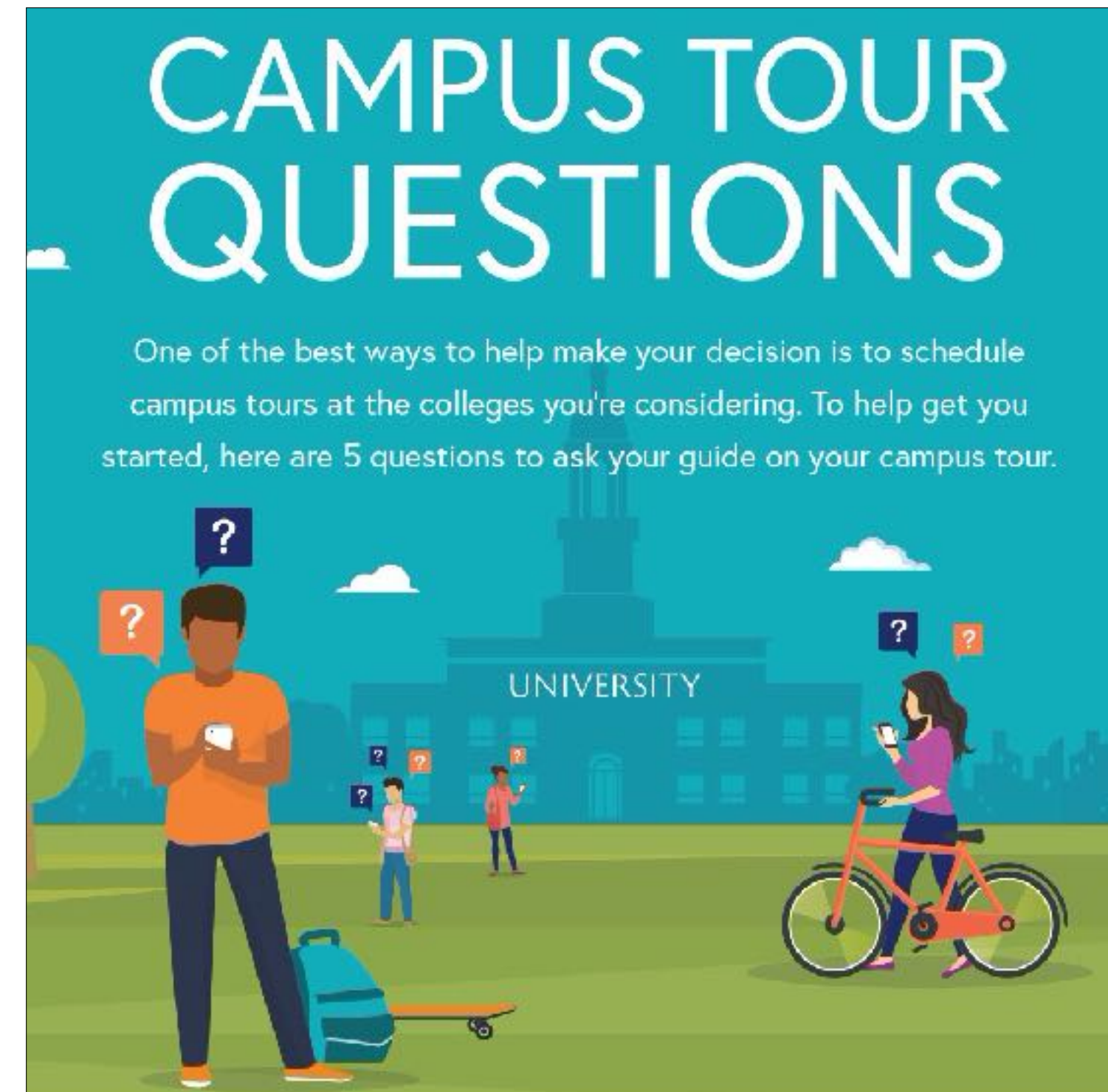
**1. Why did you choose this school and what are three other schools you were considering?**



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



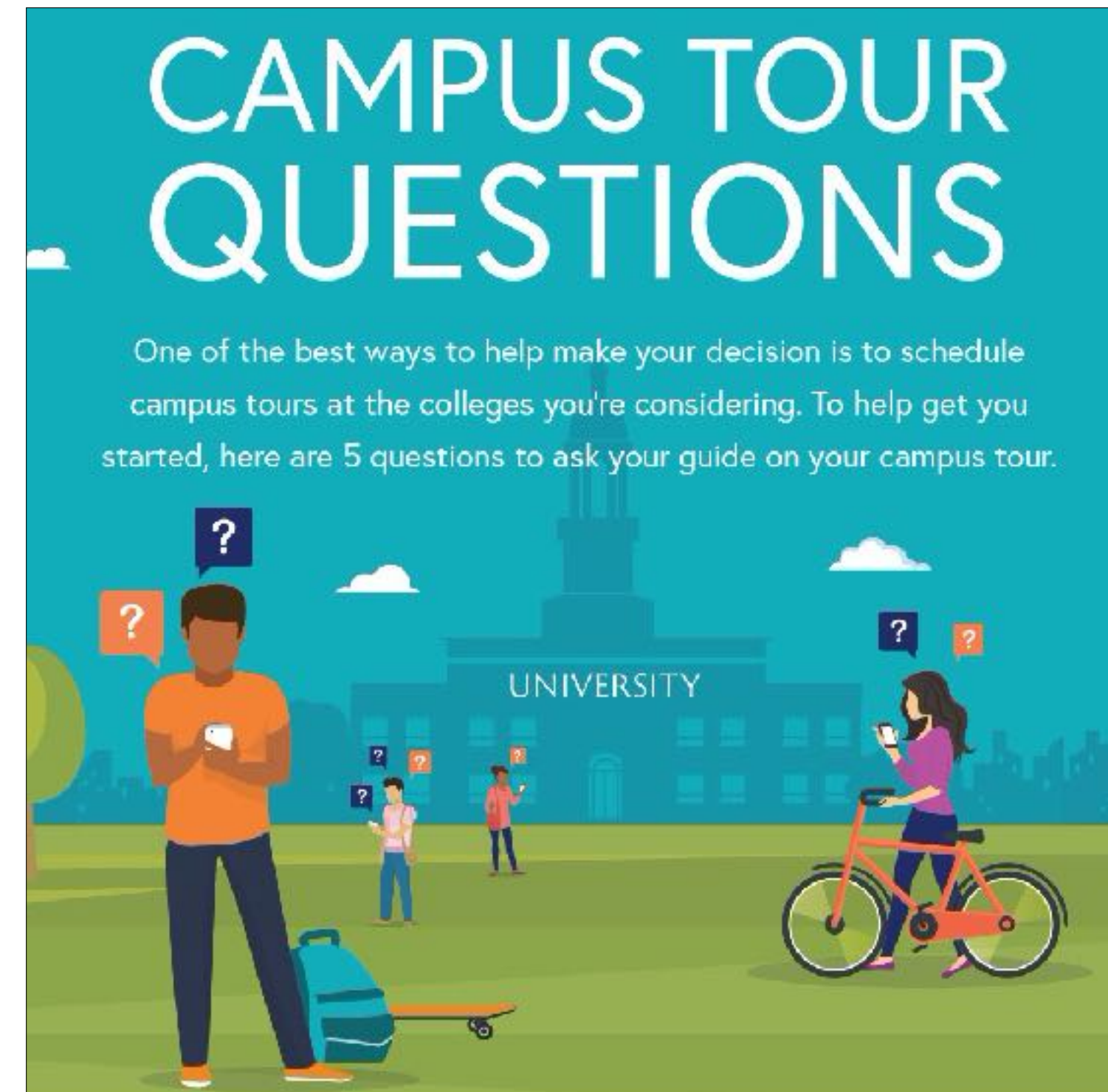
## 2. Where are the three places you found your closest friends on campus?



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



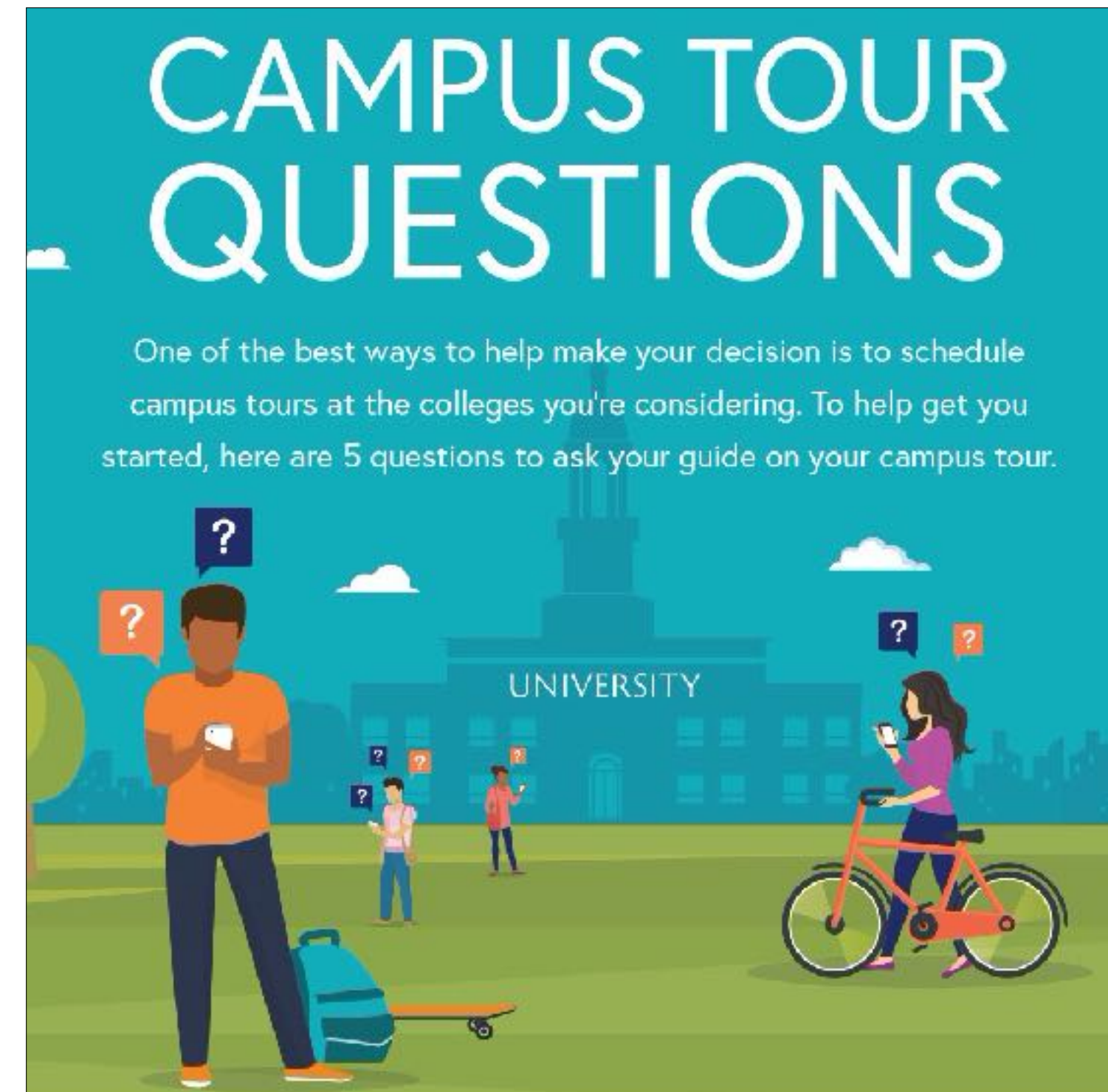
**3. Who are the five people who helped you the most during your first year and how did they help?**



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



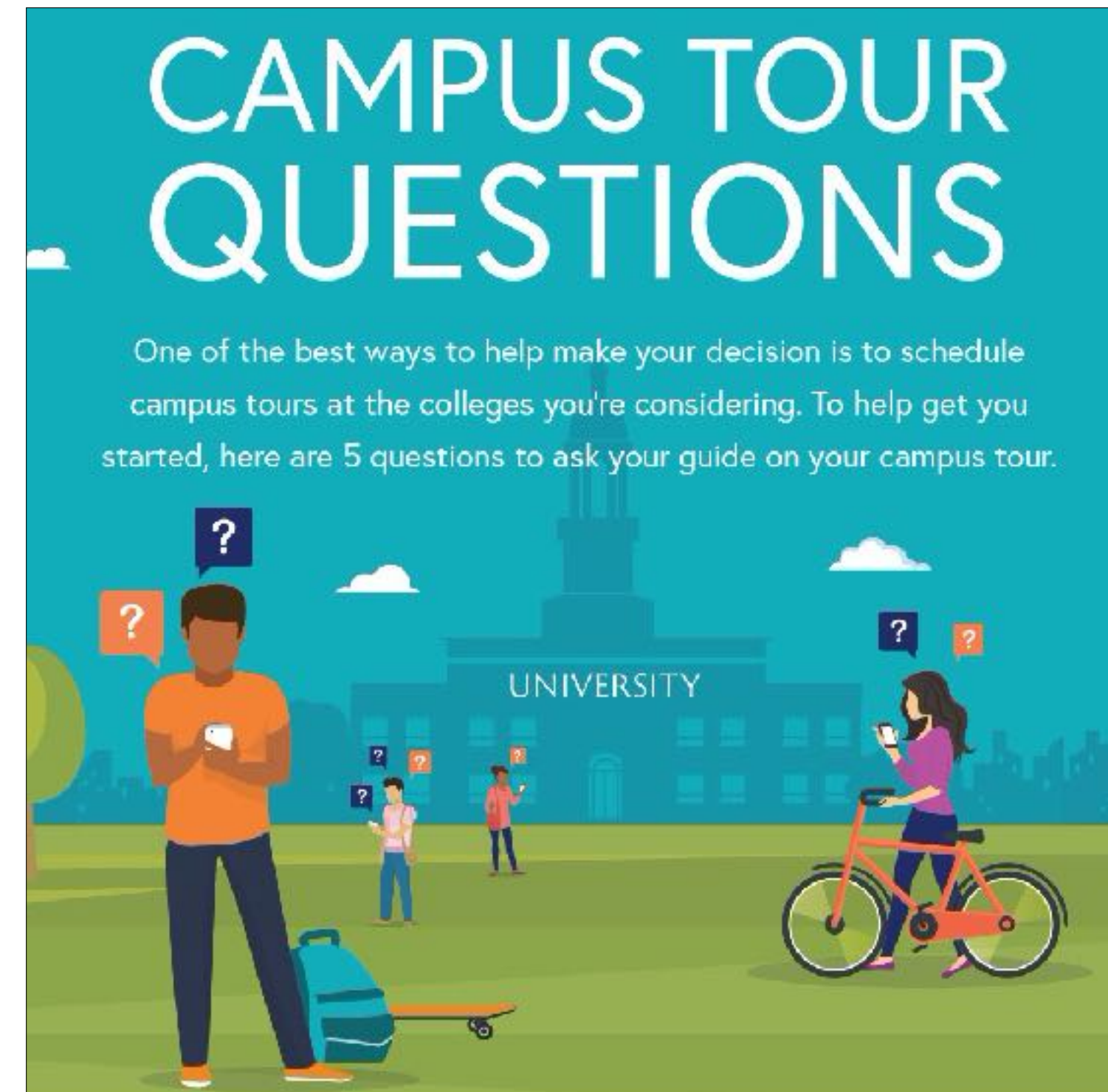
#### **4. What was your most uncomfortable experience during your first year in college and how did you get through it?**



**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**



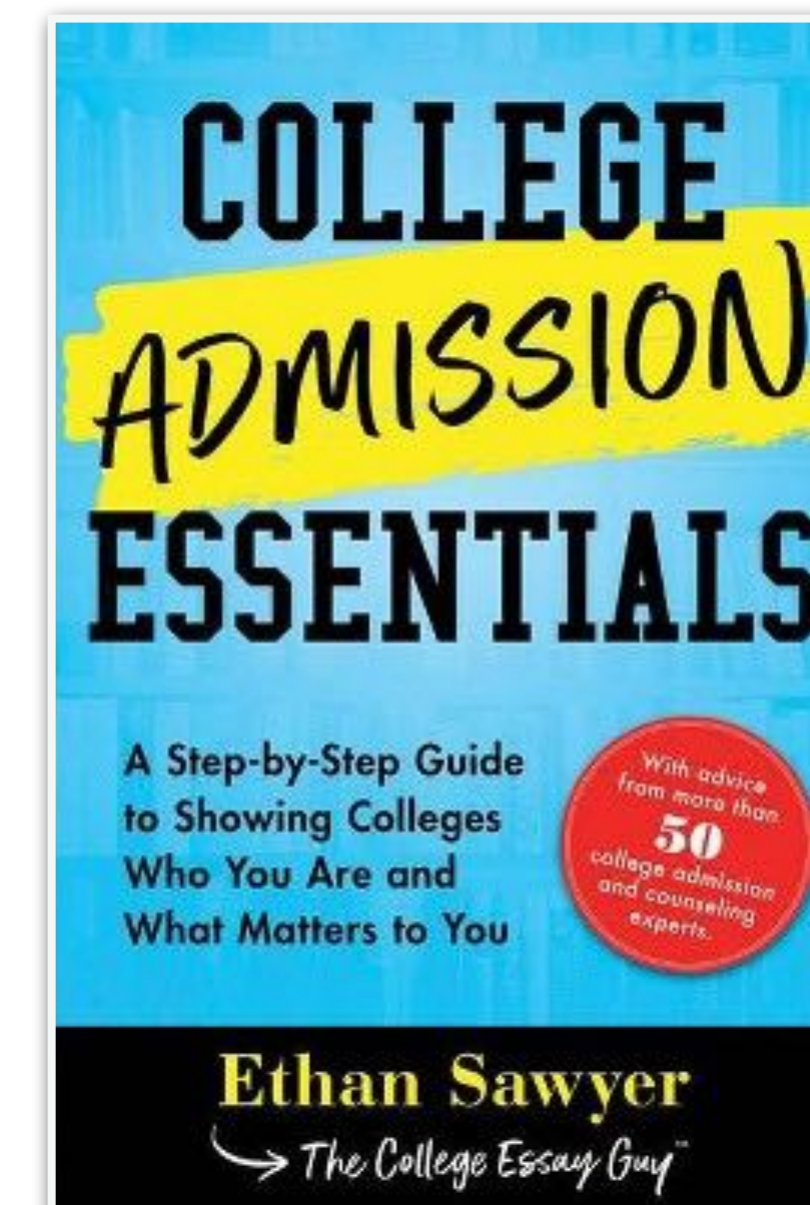
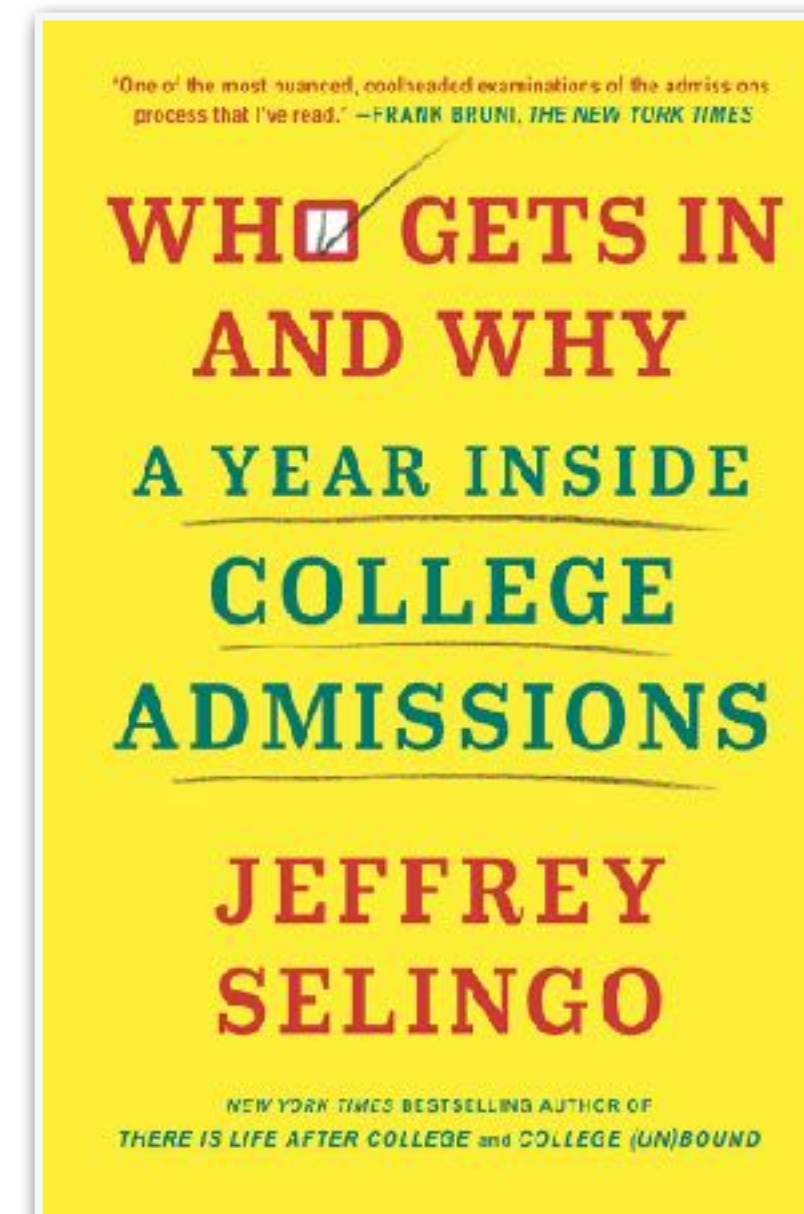
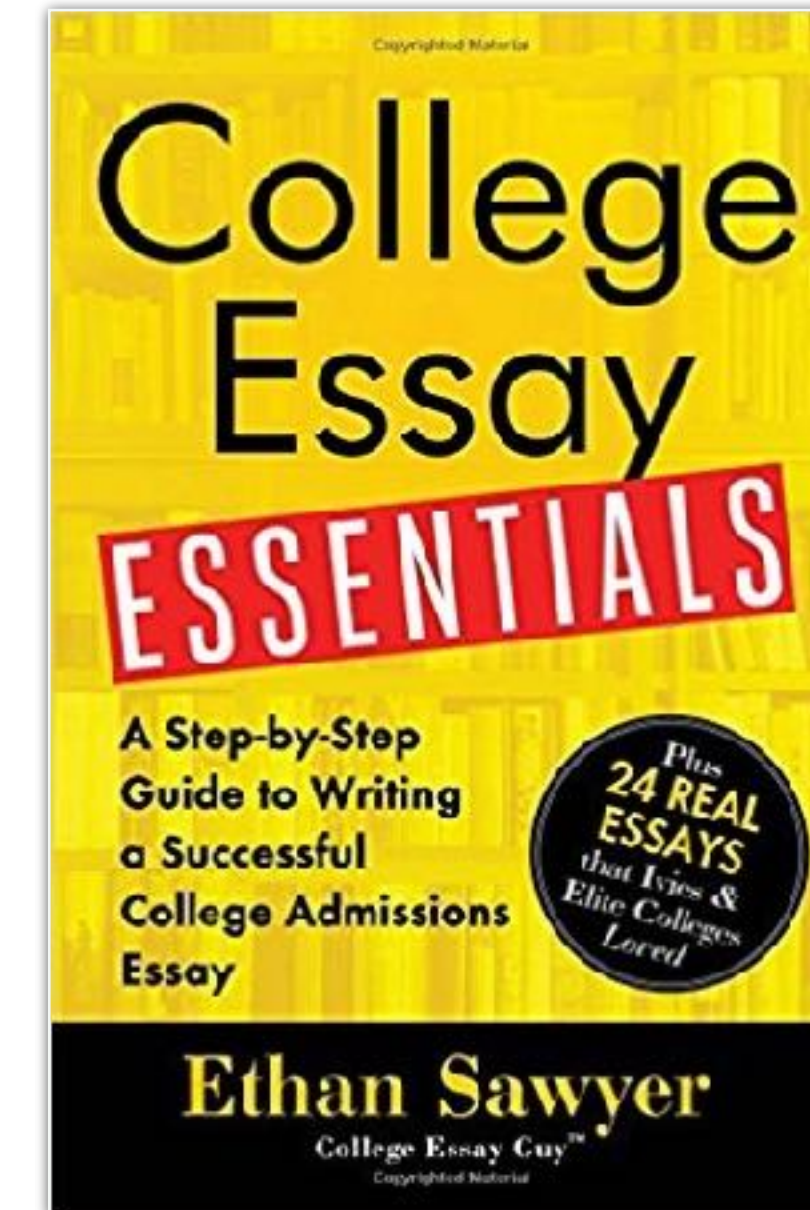
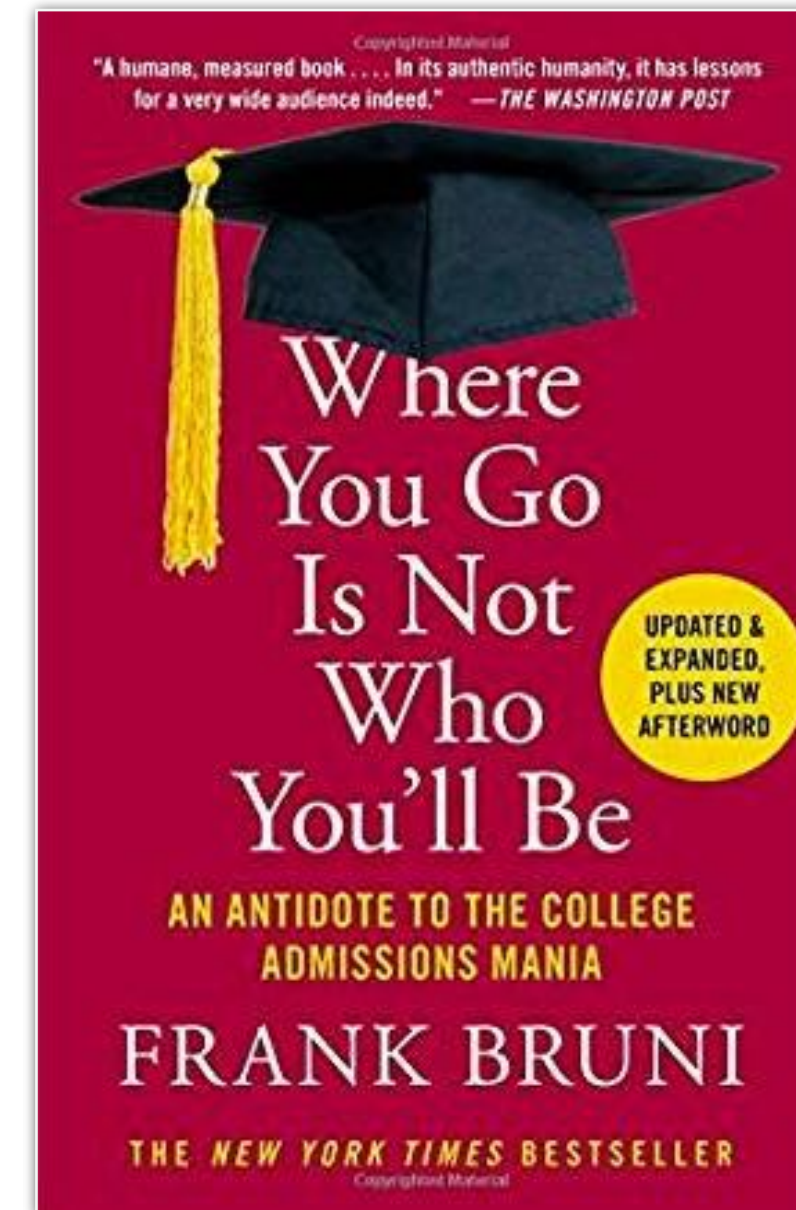
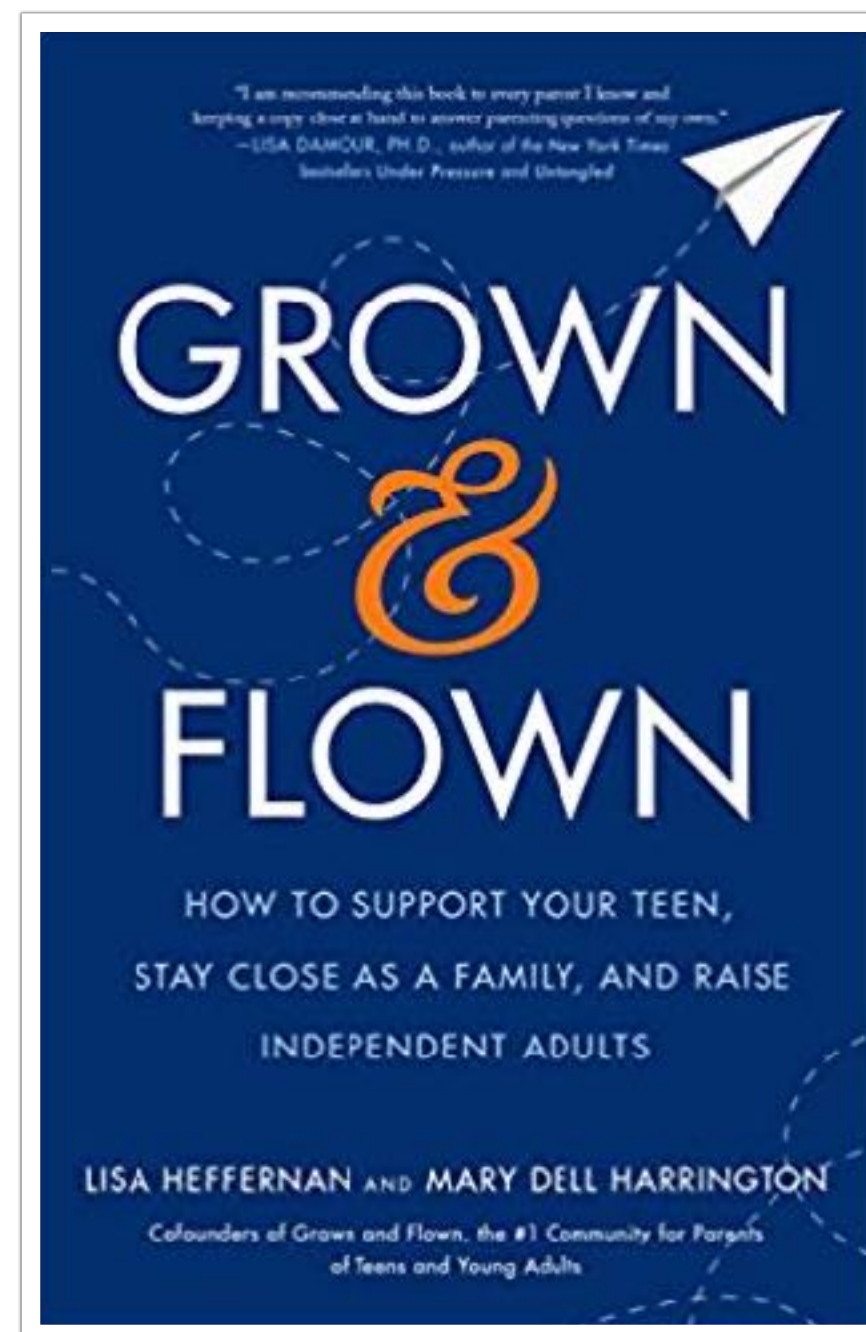


# To Sum It Up

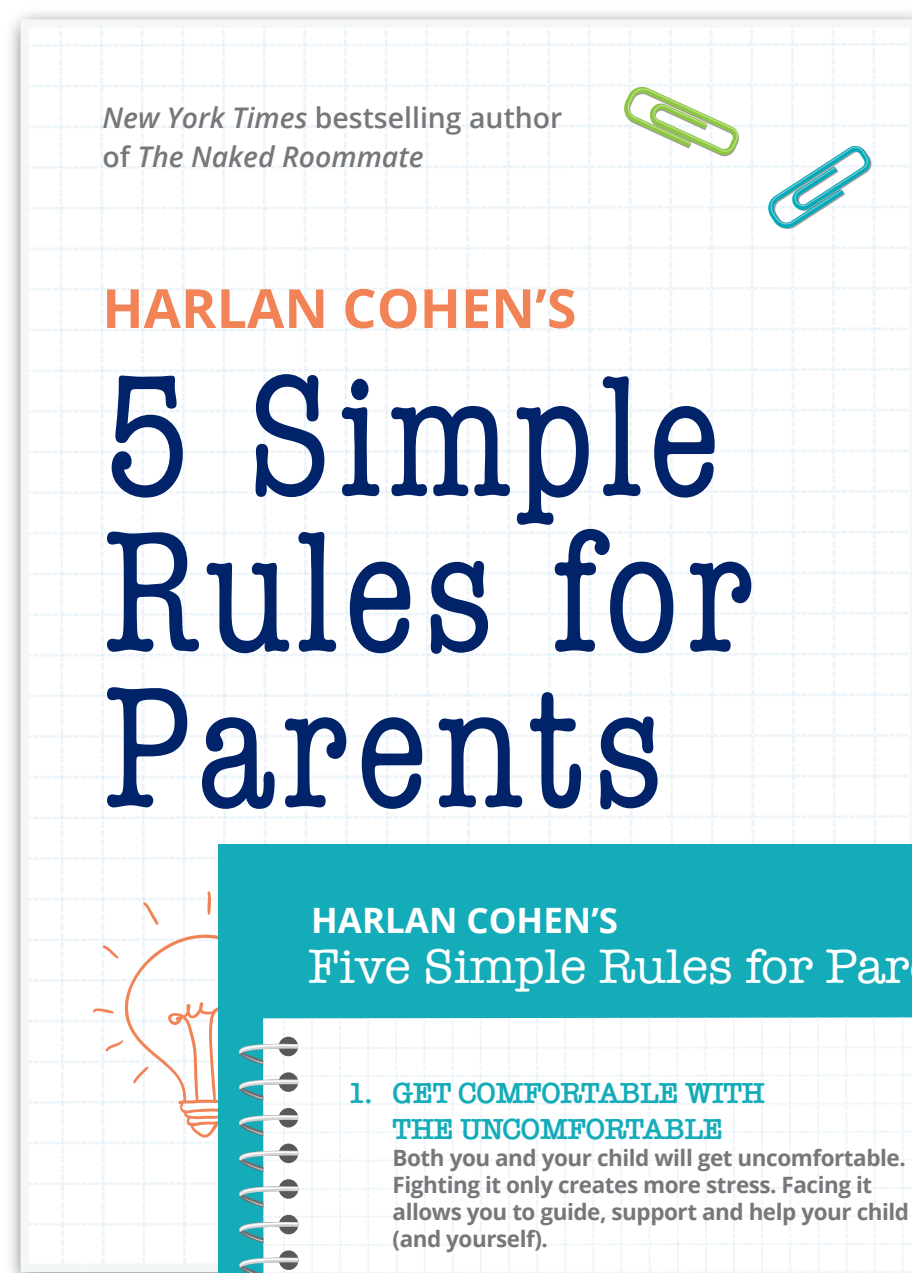
1. Start with Transition
2. RANK SEPFA (Social, Emotional, Physical, Financial, Academic)
3. Use places, people, and patience
4. Use transition to ease application anxiety
5. Use transition to determine the best school



## Suggested Reading







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](http://CollegeAveStudentLoans.com) and [HarlanCohen.com](http://HarlanCohen.com) for more helpful tips.

# COLLEGE PLANNING TIMELINE OR STUDENTS AND PARENTS GETTING READY FOR COLLEGE

College **AVE**  
STUDENT LOANS

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

## FALL SENIOR YEAR

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



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

## WINTER SENIOR YEAR

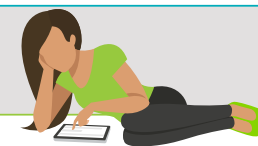
- ☐ **PAY ATTENTION TO YOUR GRADES**  
Have your high school counselor send your midyear grades to the schools you applied to.
- ☐ **HAVE YOUR TEST SCORES SENT TO THE SCHOOLS YOU'RE APPLYING TO**  
Fill out a request form at the College Board or ACT.



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

## SPRING SENIOR YEAR

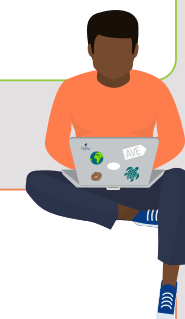
- ☐ **REVIEW YOUR STUDENT AID REPORT**  
Learn why this report is important for getting financial aid, and get tips on understanding your report.
- ☐ **CONSIDER ACCEPTANCE LETTERS AND FINANCIAL AID AWARDS**  
Use a comparison tool to keep track of the financial aid offers.
- ☐ **RESEARCH STUDENT LOANS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



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

## SUMMER SENIOR YEAR

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



STUDENT LOANS

<https://harlancohen.com/National21/>



# BEFORECOLLEGE.TV

YOUR PLACE, YOUR PEOPLE, YOUR PASSION



BeforeCollegeTV  
41 subscribers

CUSTOMIZE CHANNEL

YOUTUBE STUDIO

HOME

VIDEOS

PLAYLISTS

CHANNELS

DISCUSSION

ABOUT



Colleges Close Campus | COVID-19 | SAT & ACT No Longer Required

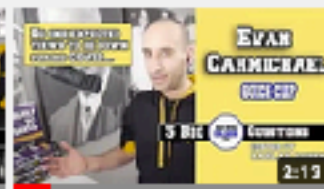
BeforeCollegeTV · 217 views · 5 weeks ago

\* 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  
24 views · 5 days ago



BOSTON COLLEGE: College Conversation about getting ...  
13 views · 5 days ago



Residence Hall Association at SUNY Oswego  
15 views · 1 week ago

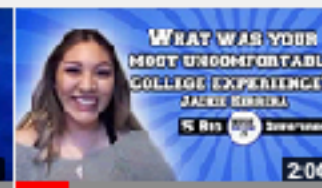
Quick Clips ▶ PLAY ALL



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?  
BeforeCollegeTV  
17 views · 1 month ago



College YouTube creator Nicole Refine talks about ...  
BeforeCollegeTV  
26 views · 5 weeks ago

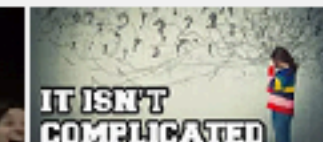


Finding control in a world we don't control  
BeforeCollegeTV  
6 views · 4 weeks ago

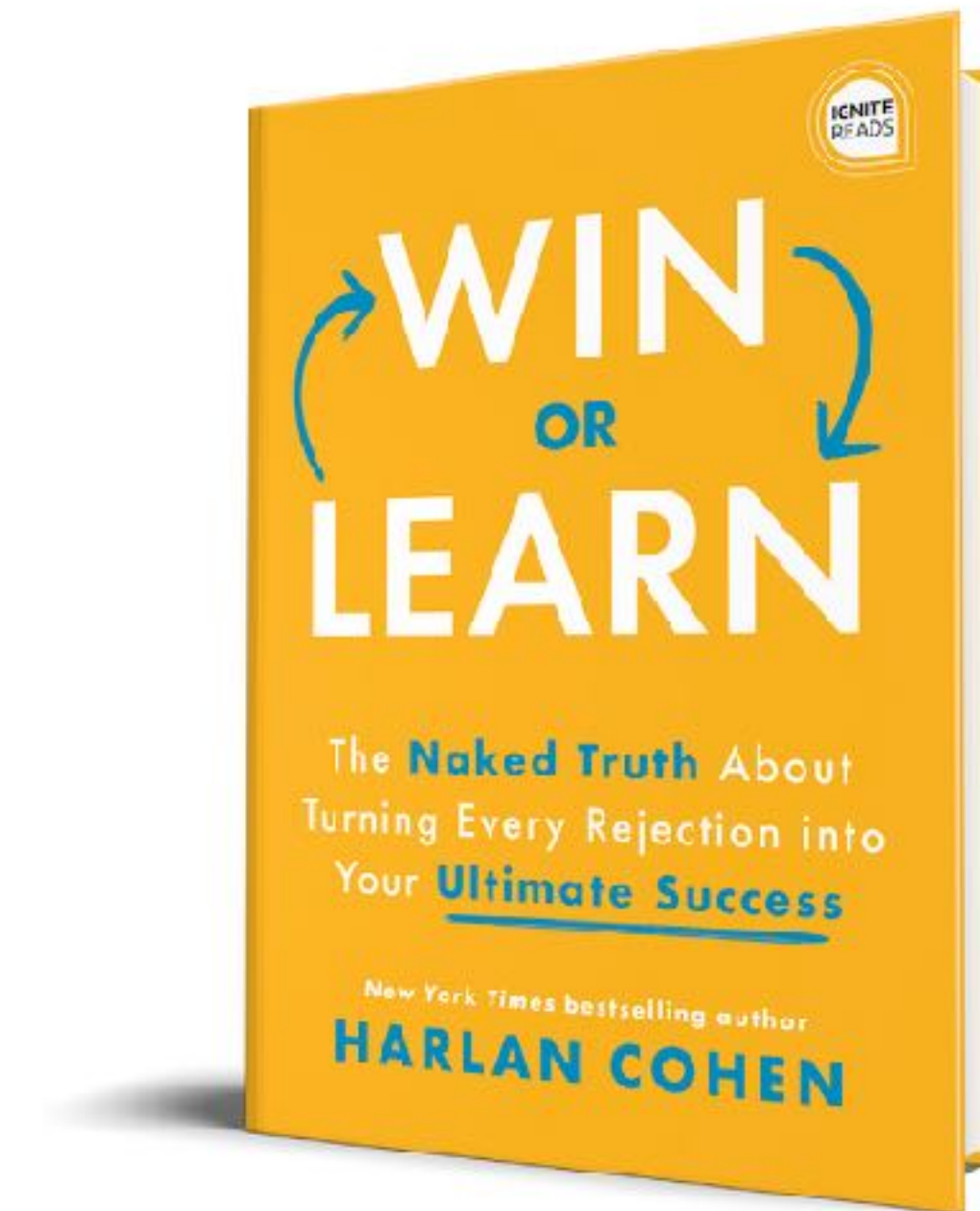


How did you believe you could go to college? - First...  
BeforeCollegeTV  
17 views · 1 month ago

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 Scholarship<sup>1</sup>  
for College

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

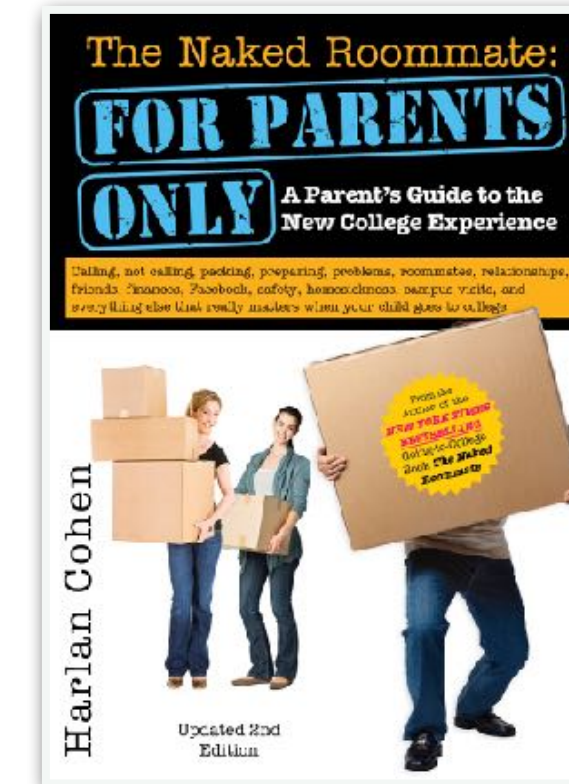
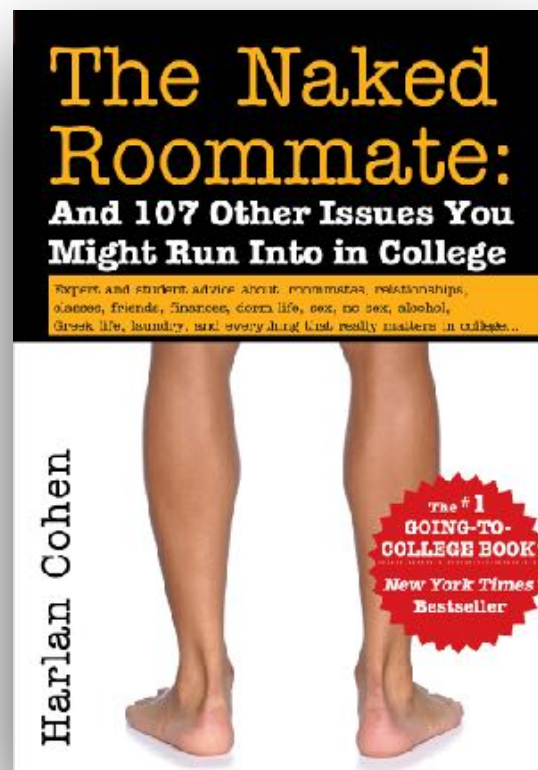


<https://www.collegeavestudentloans.com/promotions/college-ready-webinars-fall-2021/>



# Winners of Gift Cards

\$25 Amazon Gift Card to buy books



Brought to you by

College AVE  
STUDENT LOANS



# HARLAN COHEN

Text Me: 321-345-9070 | [HarlanCohen.com/National21](https://HarlanCohen.com/National21)



**helpmeharlan**

Harlan Cohen

464 Following 320.5K Followers 8.8M Likes

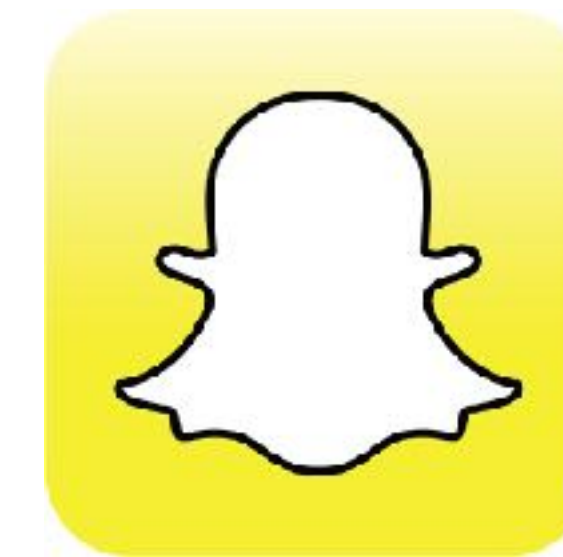
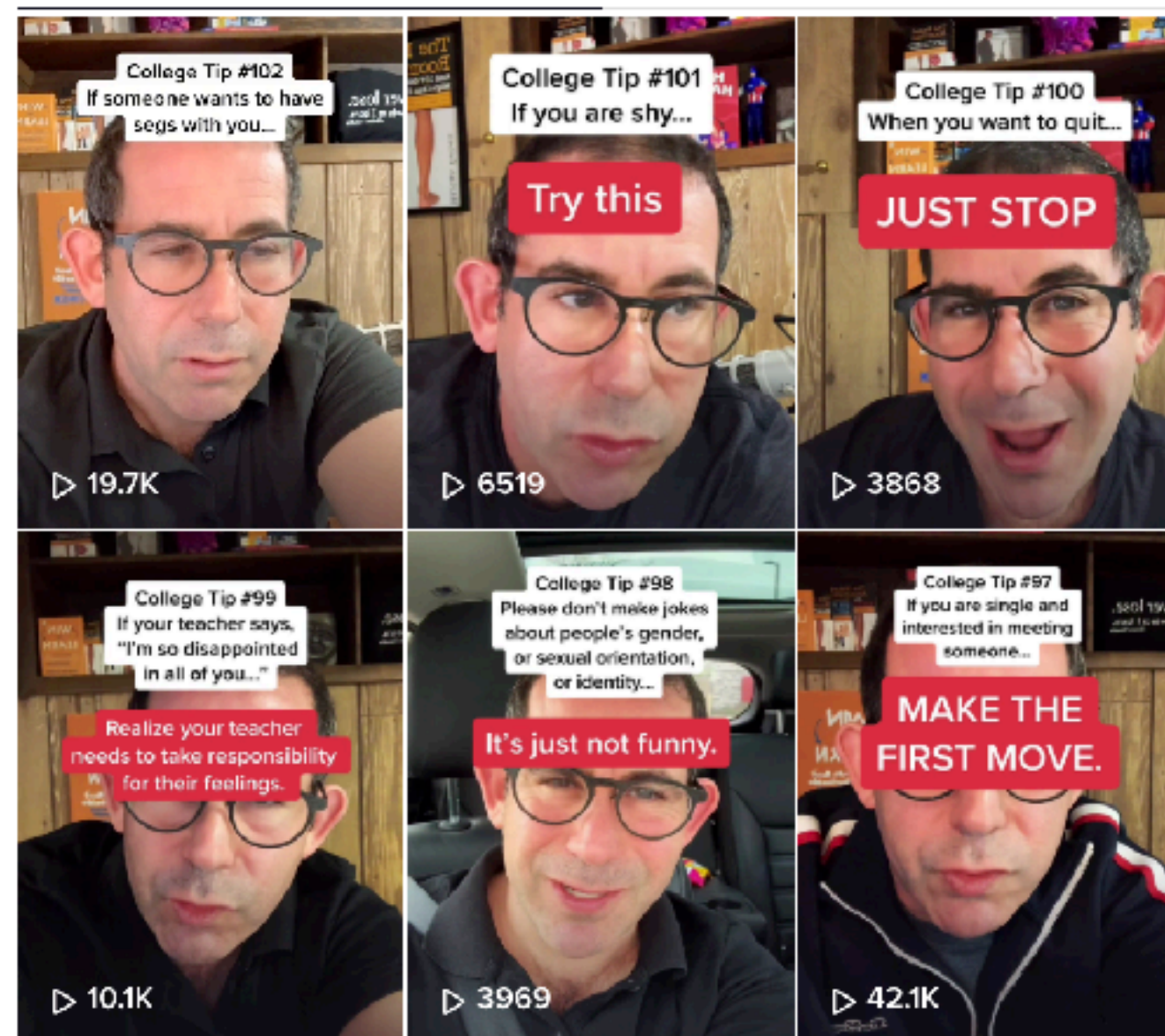
Author #1 College Book NAKED ROOMMATE, NY Times bestselling author,

♥ 2help

[linktr.ee/harlancohen](https://linktr.ee/harlancohen)

Videos

Liked



/HelpMeHarlan



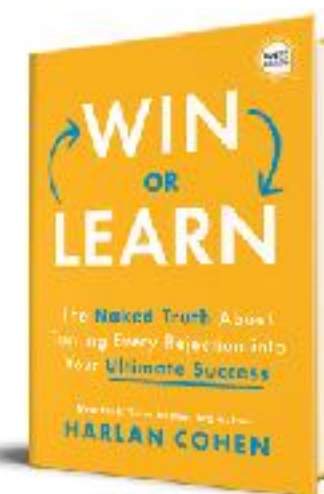
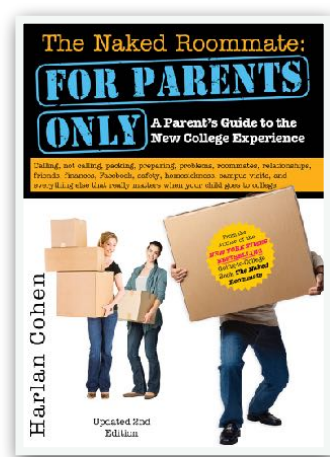
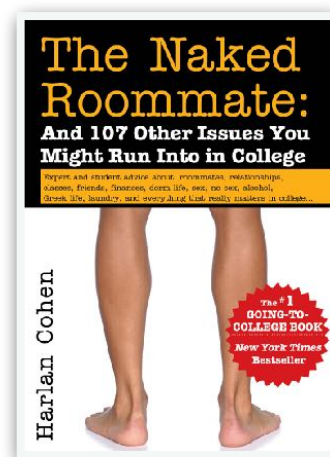
@HarlanCohen





WEBINAR

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



Text Me: 321-345-9070  
**HARLAN COHEN**  
[www.HarlanCohen.com/National21](http://www.HarlanCohen.com/National21)



/HelpMeHarlan



@HarlanCohen



