

HELPING OUR STUDENTS: Get Comfortable With the Uncomfortable

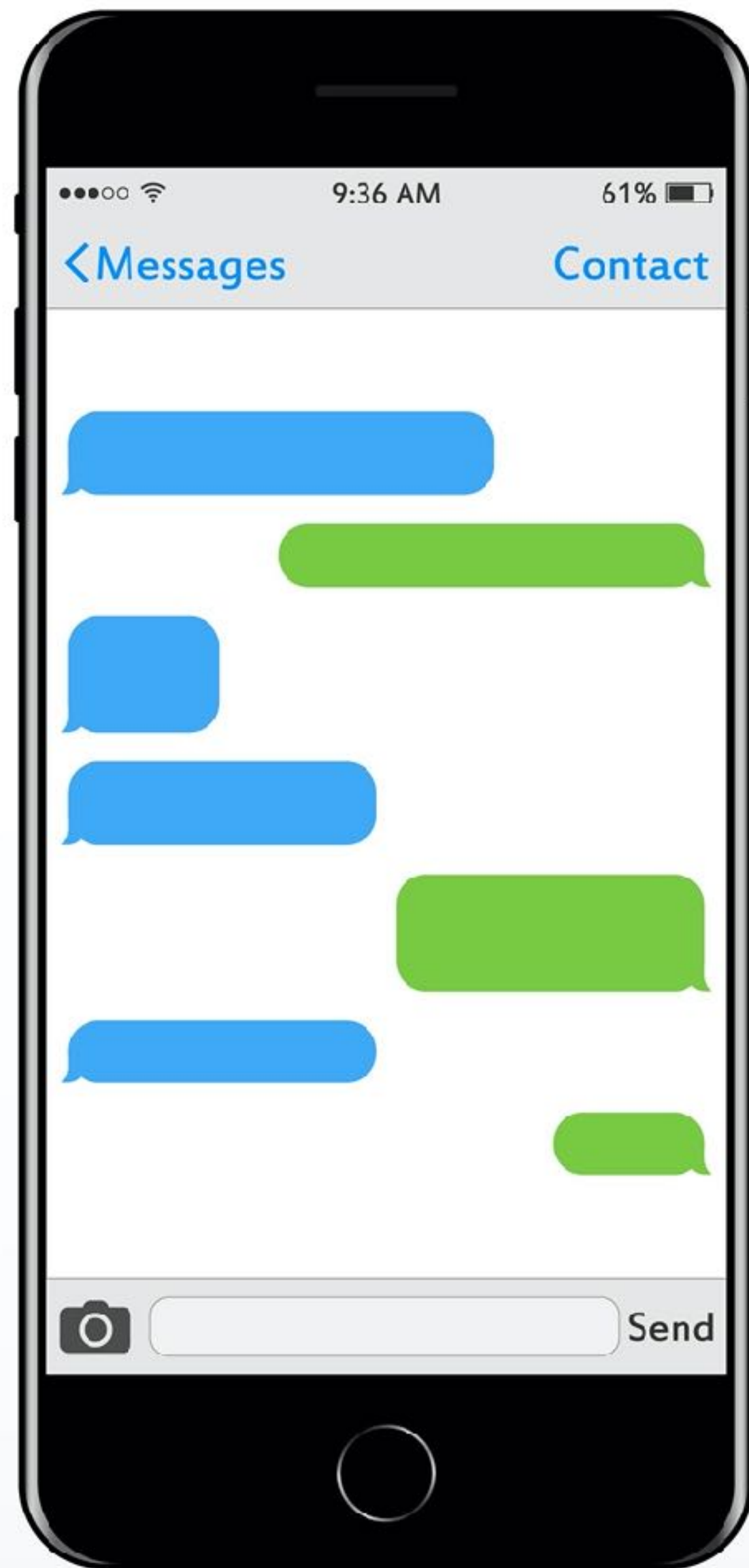


Parents' Independent School Network, Inc.

Text Me: 321-345-9070
HARLAN COHEN
www.HarlanCohen.com | ww.HarlanCohen.com/PIN2022

/HelpMeHarlan @HarlanCohen



On a scale 1-10
How are you today?

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

Text Me: 321-345-9070

Next year's entering class of traditional students will not have had a normal school year since Grade 9...

THE LAST NORMAL SCHOOL YEAR...

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

SY 2018-2019

©AprilRoquard

SUN	MON	TUE	WED	THU	FRI
	<ul style="list-style-type: none"> 8:10a /SS- Zoom Link and 9:45a Math Zoom Link (Su 12:30p RLA Zoom Link and Lesson 6 AQ #3 Analogy MATH: 3.3-3.5 Quiz p. 11 RLA: Color-Coded Intro. RLA: Reminder - 60 min. o Spanish - Tarea 11/2 	<ul style="list-style-type: none"> RLA: Reminder - 60 min. o 8:10a /SS- Zoom Link and 9:45a Math Zoom Link (Su 12:30p RLA Zoom Link and 11/4 Student Notes & Vid MATH: MATHia RLA: Reminder - 60 min. o Spanish - Tarea 11/4 	<ul style="list-style-type: none"> 8:10a /SS- Zoom Link and 9:45a Math Zoom Link (Su 12:30p RLA Zoom Link and 11/4 Student Notes & Vid MATH: MATHia RLA: Reminder - 60 min. o Spanish - Tarea 11/4 	<ul style="list-style-type: none"> 8:10a /SS- Zoom Link and 9:45a Math Zoom Link (Su 9:45a MATH: 3.3-3.5 QUIZ 11:10a Spanish - Prueba - e 12:30p RLA Zoom Link and 2p RLA: Note-Taking practi MATH: Chapter Review p. RLA: BE SURE you have yc RLA: Giver - Ch. 1 and 2-gr RLA: Reminder - 60 min. o Spanish - Tarea 11/5 	<ul style="list-style-type: none"> 8:10a /SS- Zoom Link and 9:45a Math Zoom Link (Su 12:30p RLA Zoom Link and 11/6 Student Notes & Pre Exit Slip 11_06_20 MATH: Chapter Test p. 11
8	9	10	11	12	13
<ul style="list-style-type: none"> Math Mailbox Spanish - Tarea 11/5 	<ul style="list-style-type: none"> 8:10a 7SS- Zoom Link and 9:45a Math Zoom Link (Su 9:45a MATH: 3 TEST (SuH) 10:30a Spanish - ZOOM lir 12:30p RLA Zoom Link and 3:30p 7SS- Exit Slip Text Sl 11/9/2020 Student Notes MATH: 4.1 Writing and Gi RLA: East Away - IR Refler RLA: Reminder - 60 min. o Spanish - Tarea 11/9 	<ul style="list-style-type: none"> 7SS- Reading Notes 11.4 a 8:10a 7SS- Zoom Link and 9:45a Math Zoom Link (Su 10:30a Spanish - ZOOM lir 12:30p RLA Zoom Link and 3:30p 7SS Exit Slip Founda 11/10 Student Lesson 7 N MATH: 4.2 Solving Inequa RLA: Argumentative Note RLA: Giver Ch. 3 & 4 with RLA: Reminder - 60 min. o Spanish - Notas 11/9 - los Spanish - Tarea 11/10 	<ul style="list-style-type: none"> 7SS- Reading Notes 11.5 a 8:10a 7SS- Zoom Link and 9a Life Science Zoom Link 10:30a Spanish - ZOOM lir 12:30p RLA Zoom Link and 2p RLA: Giver - Literary Ek 2p RLA: Giver - Reading As 3:30p 7SS- Exit Slip Hamill 11/11 Student Lesson 7 N RLA: Body Paragraph DUE RLA: Reminder - 60 min. o Science Sharing Novembe 	<ul style="list-style-type: none"> 8:10a 7SS- Zoom Link and 10:30a Spanish - ZOOM lir 12:30p RLA Zoom Link and 2p RLA: Character Motivat 3:30p 7SS- Exit Slip Jeffers RLA: Reminder - 60 min. o 	<ul style="list-style-type: none"> 10:30a Spanish - ZOOM lir 7th Grade PE Remote Leal
15	16	17	18		

Variants Fuel Decline in Student Mental Health

New survey finds nearly nine in 10 students believe there is a mental health crisis on college campuses. Seventy percent say they are experiencing pandemic-related distress or anxiety.



By [Maria Carrasco](#) // January 13, 2022



GARY CORONADO/LOS ANGELES TIMES VIA GETTY IMAGES

In a new survey, 51 percent of students said they are experiencing more stress and anxiety than they did last January.

Almost nine in 10 college students think campuses are facing a mental health crisis, according to a new survey from TimelyMD, a student-first telehealth provider.

The survey of nearly 1,700 college students found that 88 percent believe there is a mental health crisis on college campuses. While each student might have a different understanding of what a mental health crisis is, it's clear that students are suffering, said Alan Dennington, chief medical officer and co-founder of TimelyMD.

"I think that the perception of there being a crisis is around how many students a respondent knows, or themselves, that feels like they have stress and anxiety and have mental health issues that they don't feel are being met," Dennington said.

<https://www.insidehighered.com/news/2022/01/13/students-are-more-stressed-now-last-january>

Pandemic Has Been for Student Mental Health



By Sarah D. Sparks — January 18, 2022 ⌚ 4 min read



— E+/Getty



From the very first waves of school closures and lockdowns in 2020, the pandemic significantly damaged children's mental health in ways teachers are still coping with and researchers are still struggling to understand.

A new analysis of research across 11 countries including the United States in the journal JAMA Pediatrics finds widespread anxiety and depression among those 19 and younger in the earliest days of the pandemic, exacerbated by greater screen time and less physical activity, and coupled with fewer adult supports to ensure children stayed out of dangerous situations.

MOST POPULAR STORIES

EQUITY & DIVERSITY EXPLAINER

What Is Critical Race Theory, and Why Is It Under Attack?



Stephen Sawchuk, May 18, 2021 · 10 min read

STATES INFOGRAPHIC

Which States Ban Mask Mandates in Schools, and Which Require Masks?



Stacey Decker, August 20, 2021 · 1 min read

RECRUITMENT & RETENTION

Districts Are Raising Wages to Fix Shortages. Is It Sustainable?



Mark Lieberman, February 7, 2022 · 11 min read

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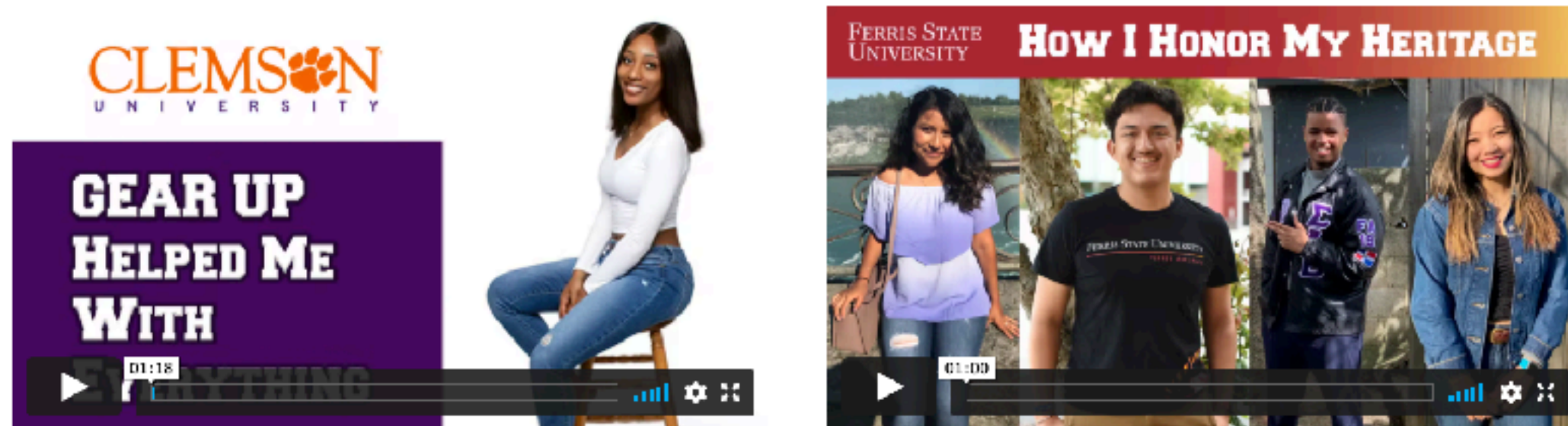


Melissa Gomez, Los Angeles Times, February 7, 2022 · 5 min read

FIRST-GENERATION ONE OF YOUR PEOPLE PROJECT

We partner with first-generation programs and organizations that support underrepresented groups to create videos and classroom resources to help students find connection, community, and college success.

We capture the voices of current college students, recent grads, and professionals in your community. We help first-generation students see their futures by showing them the people who have been there and done it. Email: firstgen@helpmeharlan.com

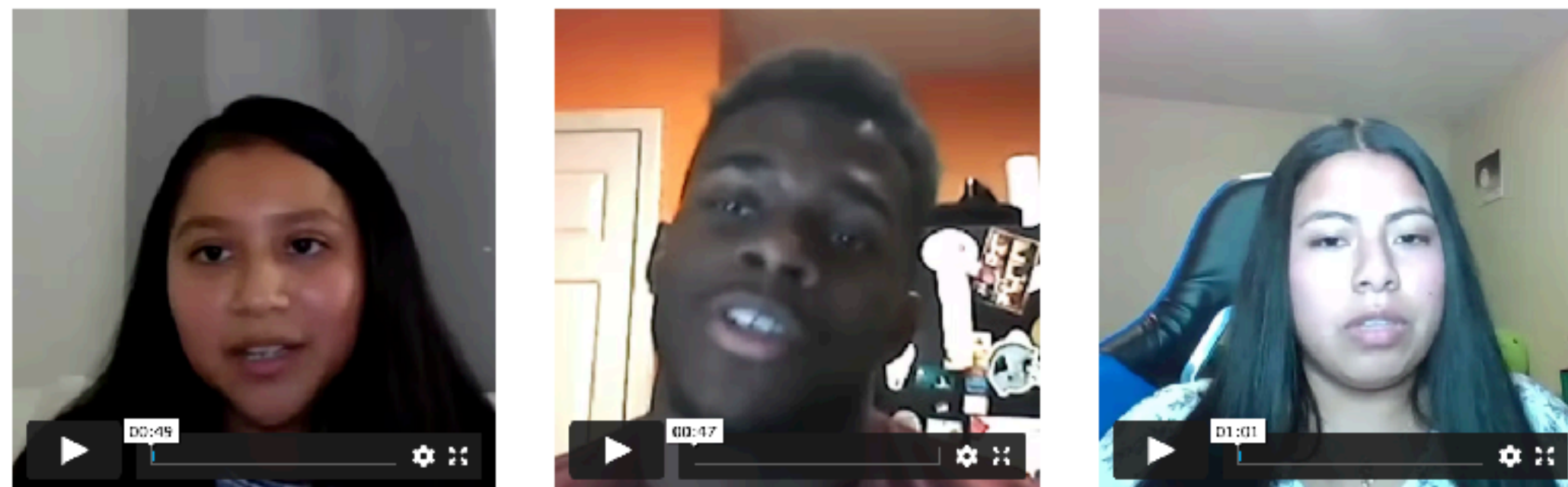


HOW IT WORKS:

We host and record college conversations and create quick clips and long-form videos.

We work with you to identify topics, themes, and issues relevant to your population. We address college transition, grades, finances, family, culture, scholarships, obstacles, mental health, and more...

Example of Quick Clips from Partner Programs:



<https://beforecollege.tv/first-gen/>



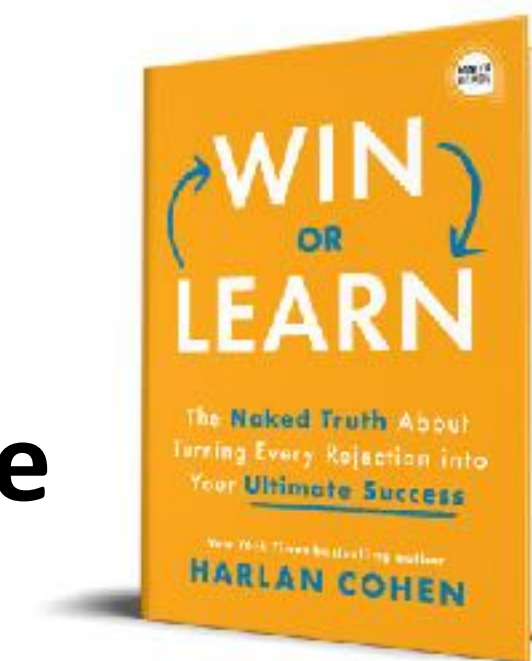
**I never lose.
I either win or I learn.**
- Nelson Mandela

WIN OR LEARN FRAMEWORK

The WIN OR LEARN Framework helps students prepare, plan, and navigate life before, during, and after college. It teaches students how to form new habits, create healthy rituals, and learn life skills that will help them successfully navigate welcome and unwelcome challenges. The framework aligns with Carol Dweck's research on growth mindset and builds on Angela Duckworth's work on grit and resilience. It can be applied to all life transitions.

WIN OR LEARN FRAMEWORK:

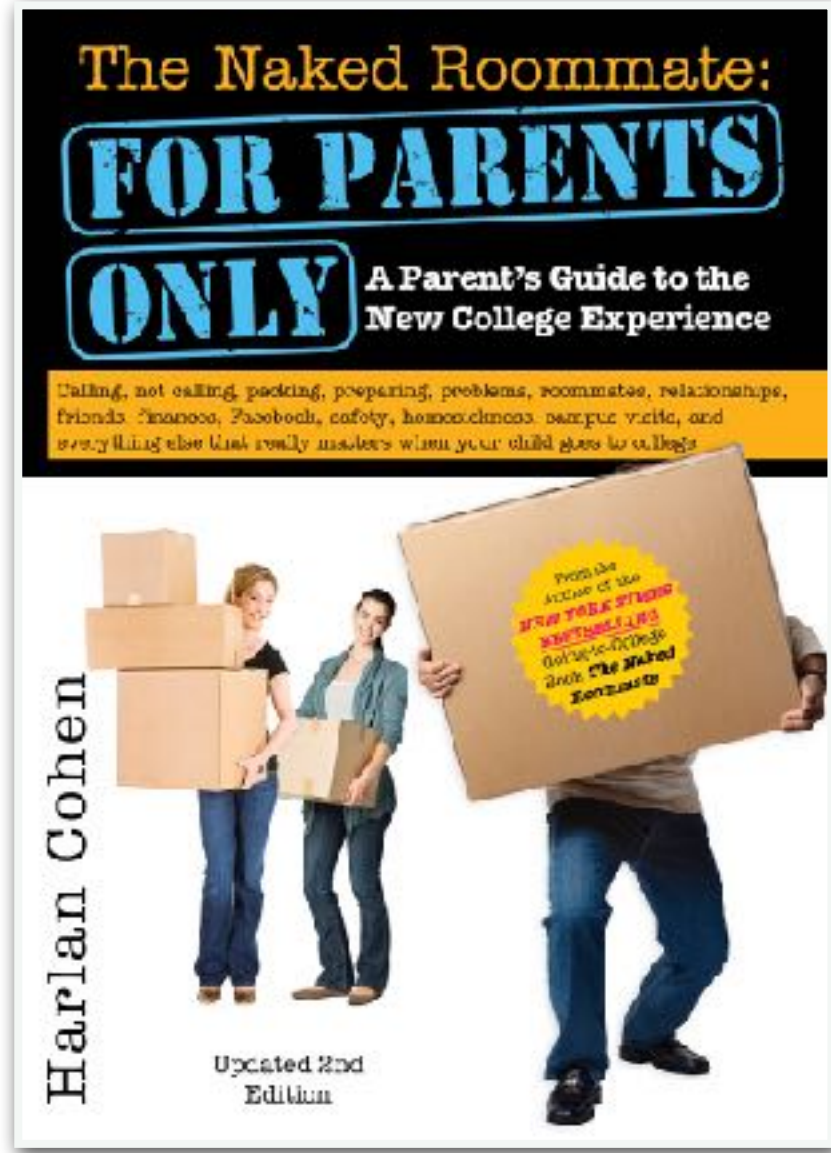
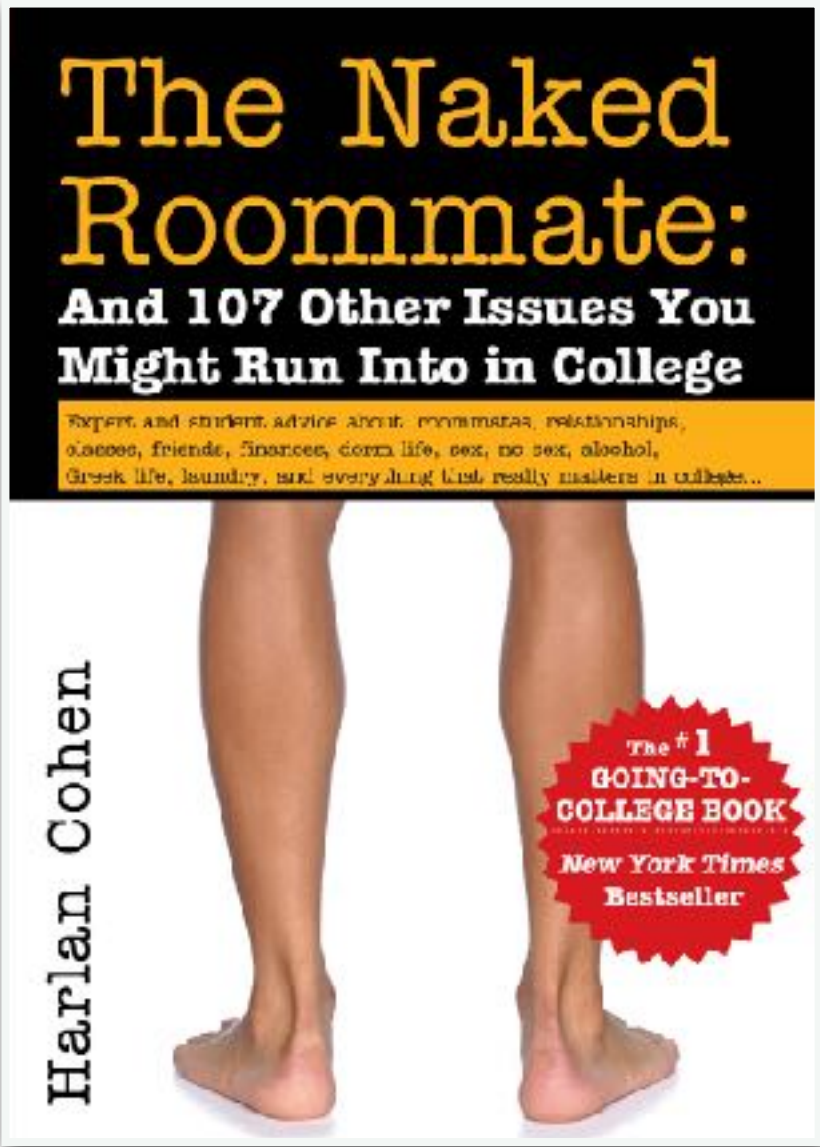
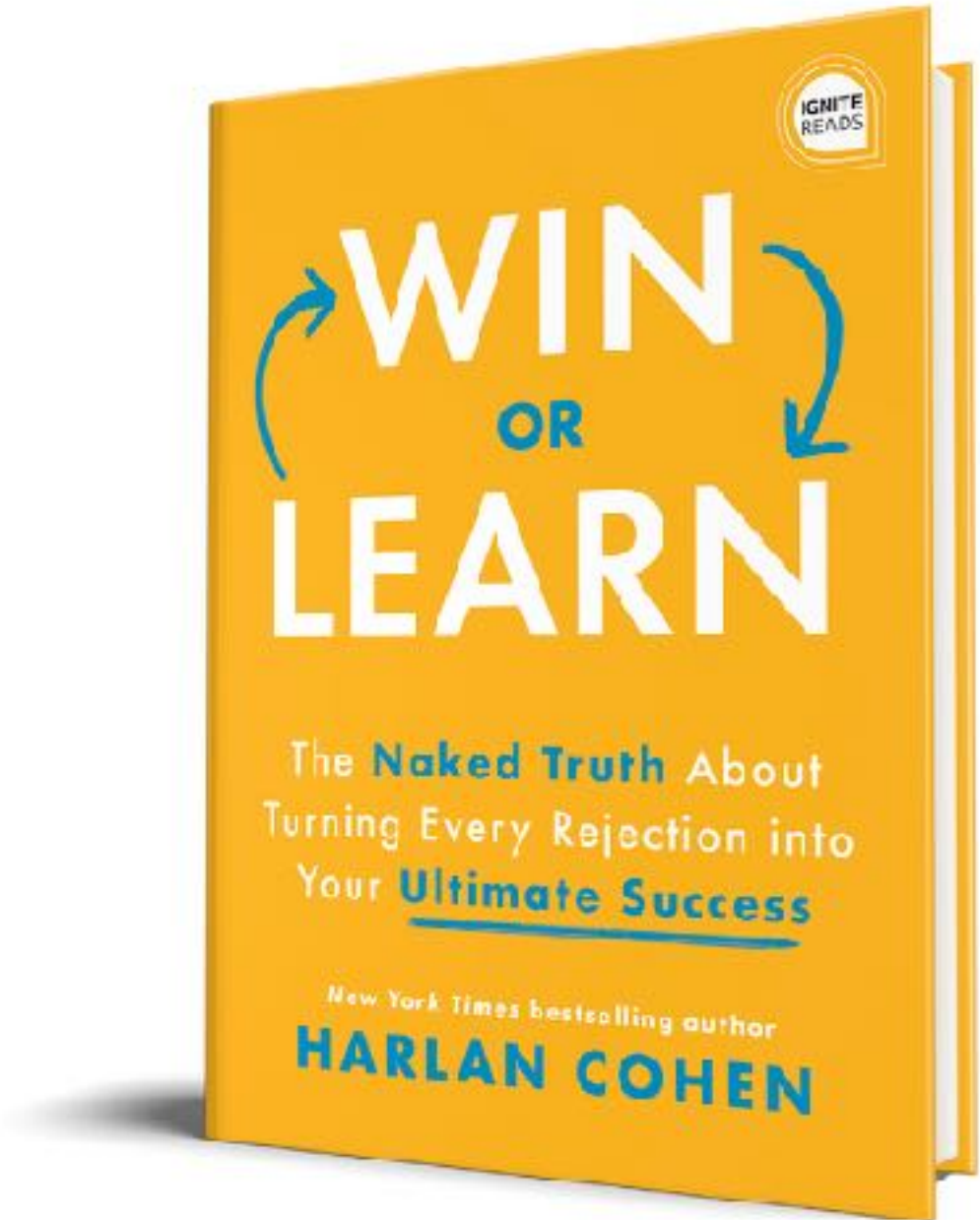
1. **What do You Want?**
2. **Get Comfortable With The Uncomfortable**
3. **Think People, Places, Patience**
4. **Tell Your Story As If It Has Already Happened**
5. **Celebrate, Reflect, and Repeat**



**WHAT'S
YOUR
DREAM?**



WHAT DO I DO? Research and Write Books



BEST SELLERS > EDUCATION

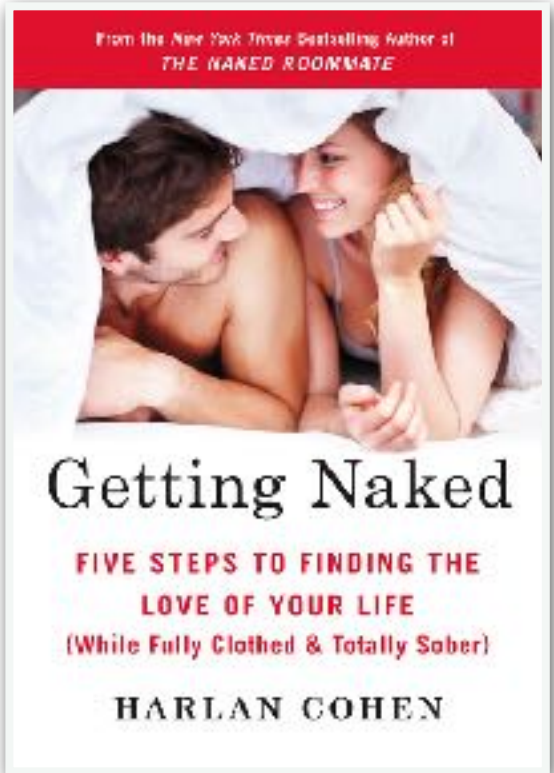
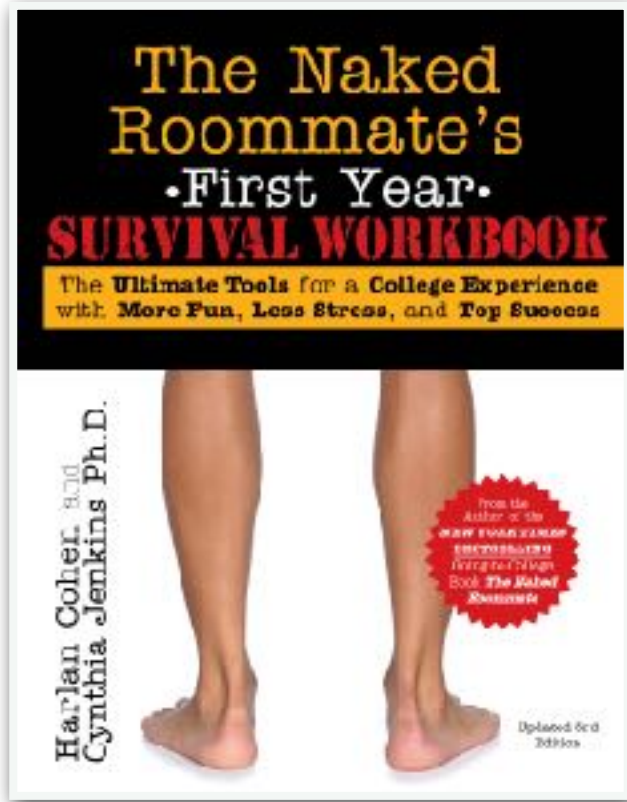
Best Sellers

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. <i>Sunday Book Review</i>	Buy
2	VERY GOOD LIVES , by J. K. Rowling. (Little, Brown.) J.K. Rowling's Harvard commencement address on embracing failure and imagination.	Buy
3	BETWEEN YOU & ME , by Mary Norris. (Norton.) A memoir of a career in the New Yorker's storied copy department, along with grammar advice. <i>Sunday Book Review</i>	Buy
4	HOW TO READ LITERATURE LIKE A PROFESSOR , by Thomas C. Foster. (Harper Perennial.) An introduction to the hidden truths of literature that decodes literary basics, including symbols, themes and context.	Buy
5	THE NAKED ROOMMATE , by Harlan Cohen. (Sourcebooks.) A primer of issues one might typically expect to encounter during college dormitory life.	Buy



WHAT DO I DO? Support College Students



helpmeharlan

Harlan Cohen



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

♥ 2help

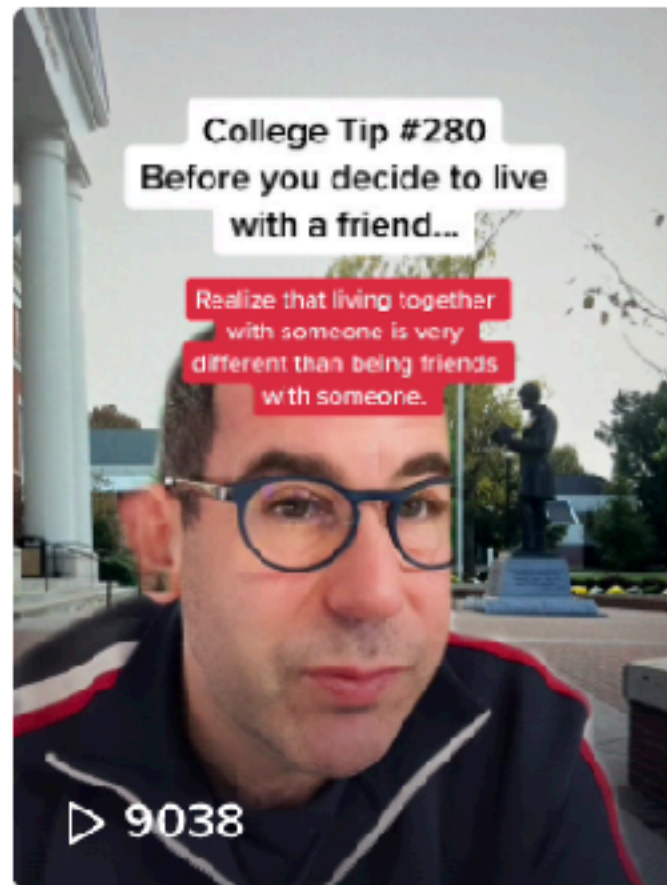
linktr.ee/harlancohen

Videos

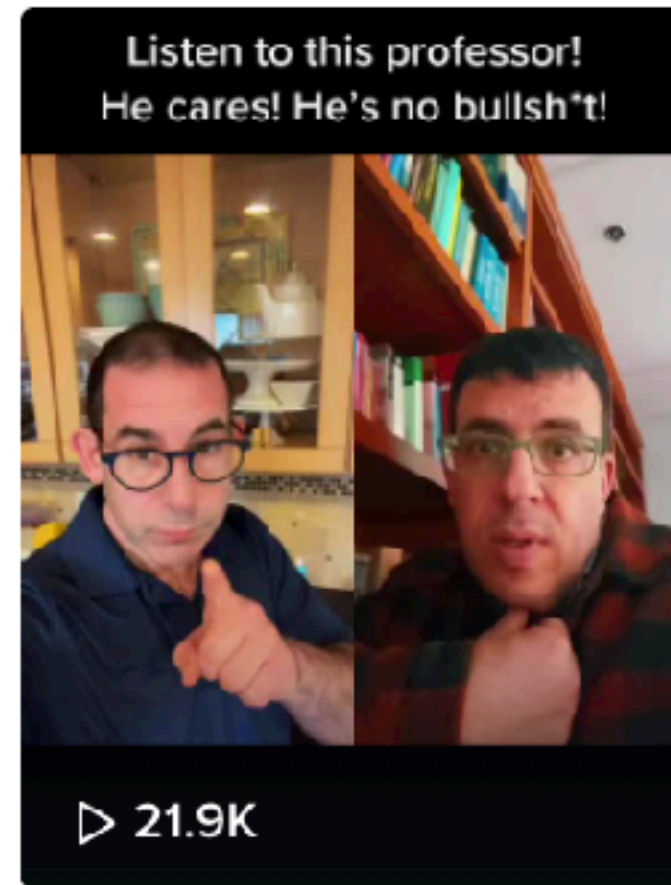
🔒 Liked



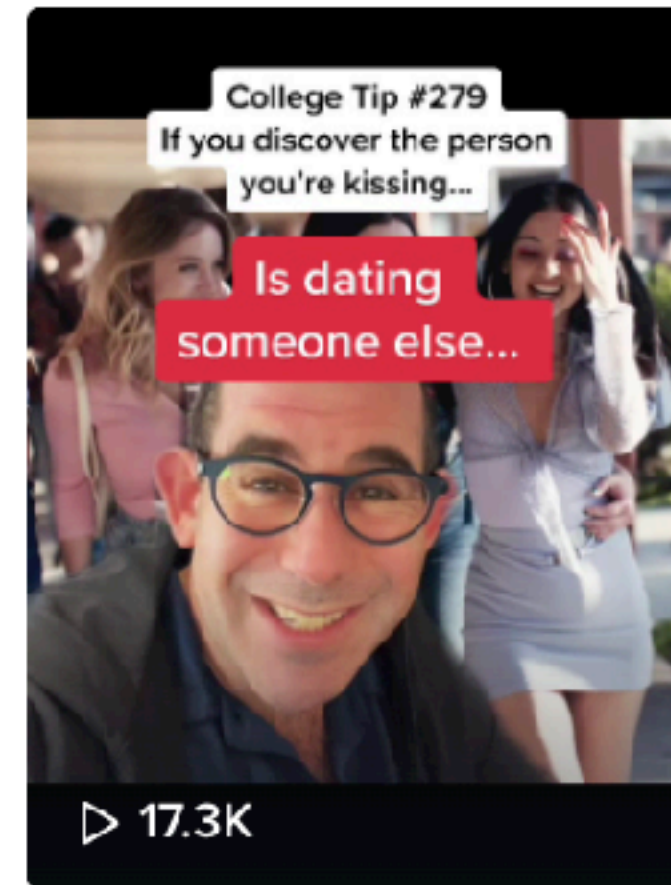
College Tip 281: Talk to a t...



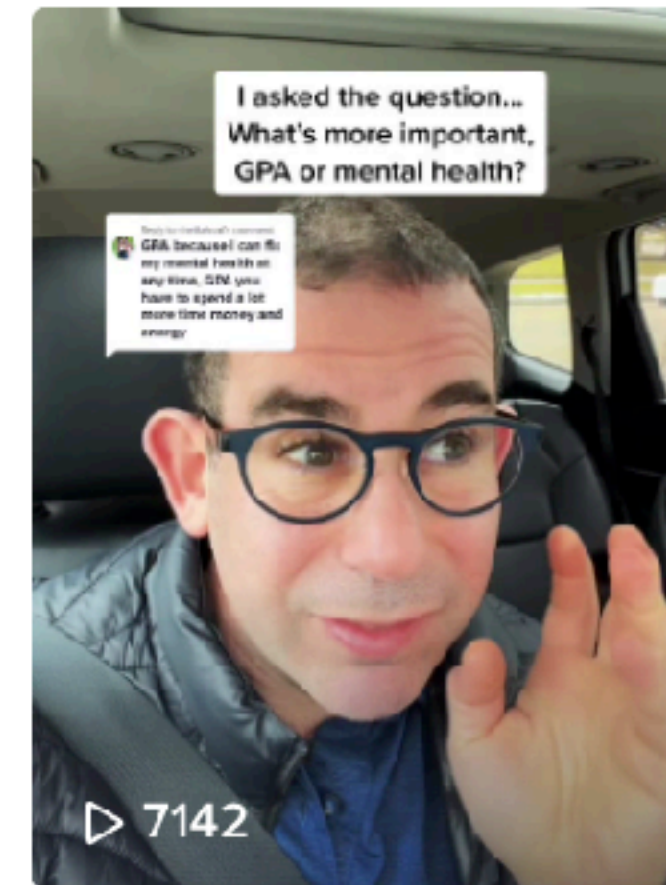
College Tip 280: Before y...



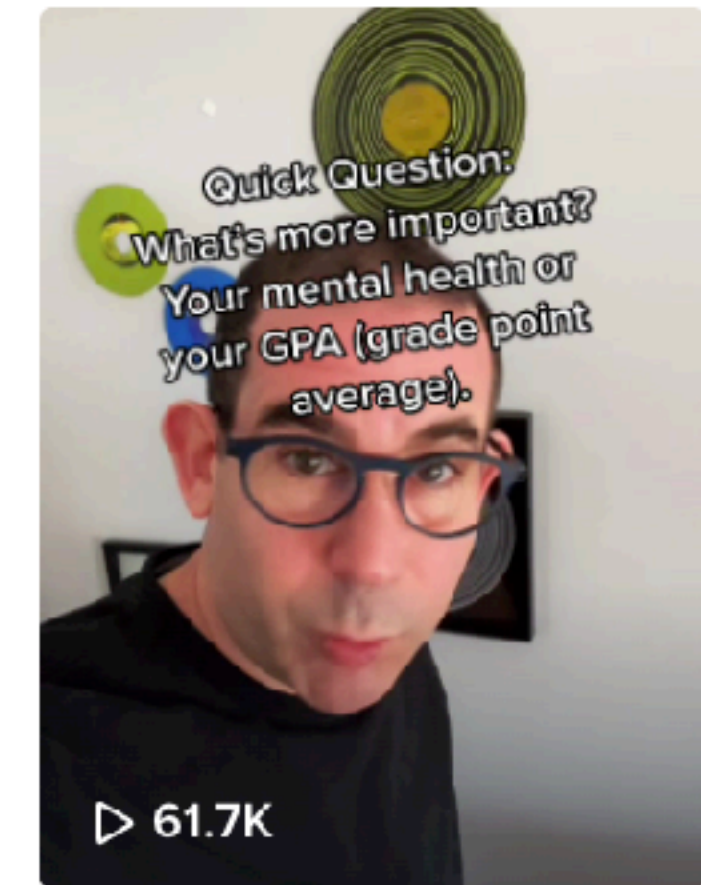
#duet with @drayalon ...



College Tip No. 279: If you...



Reply to @sheikahcat Men...



What's more important? M...

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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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.

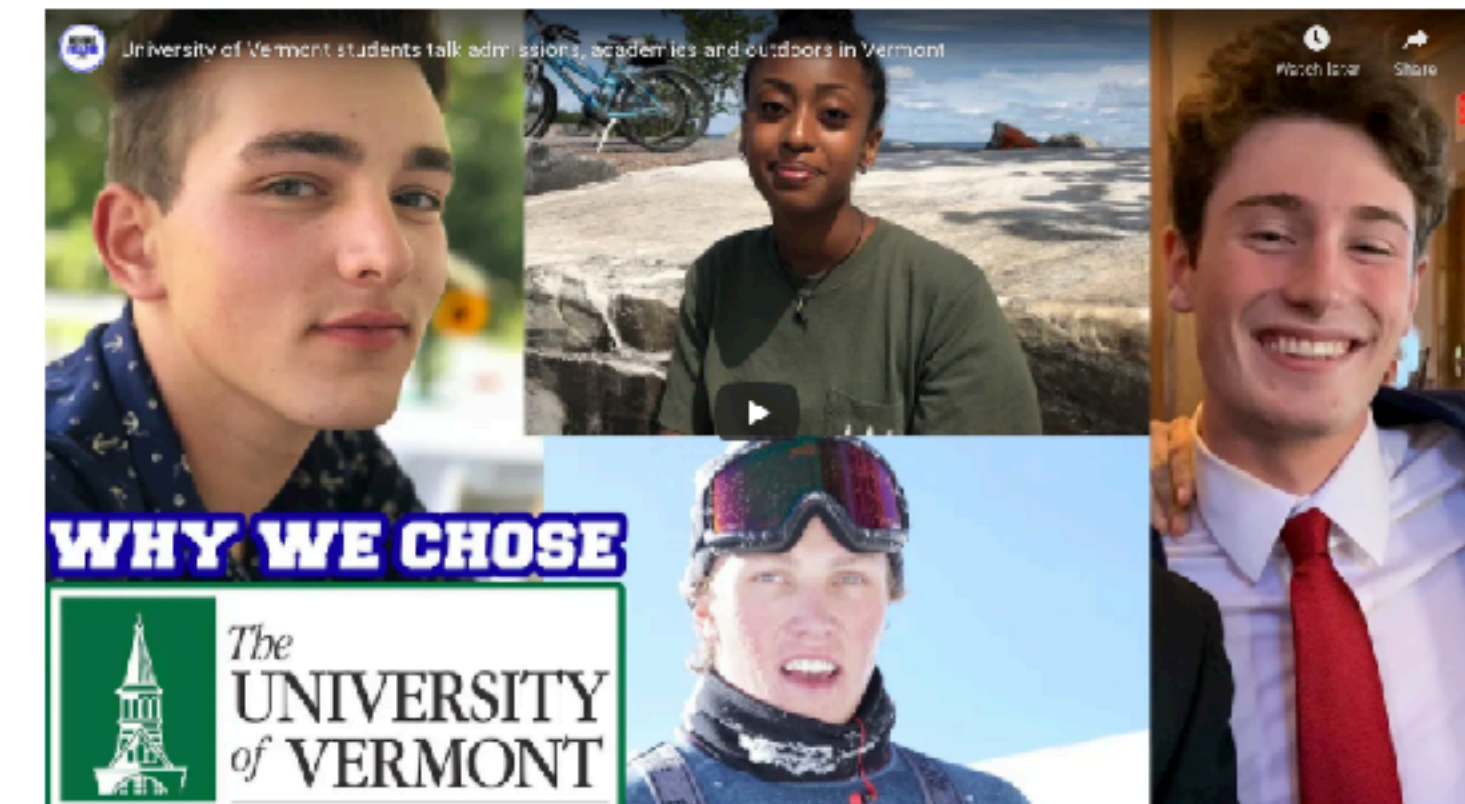
-- Hungry

BEFORECOLLEGE.TV

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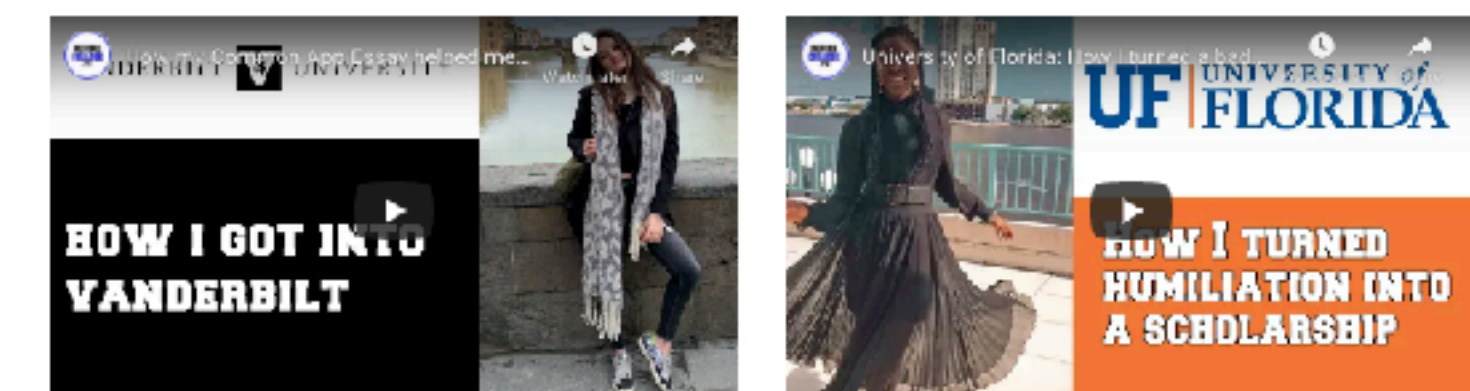


> [Click here for links to stories mentioned](#)

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](#).



WHAT DO I DO?

Help People Navigate Change



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



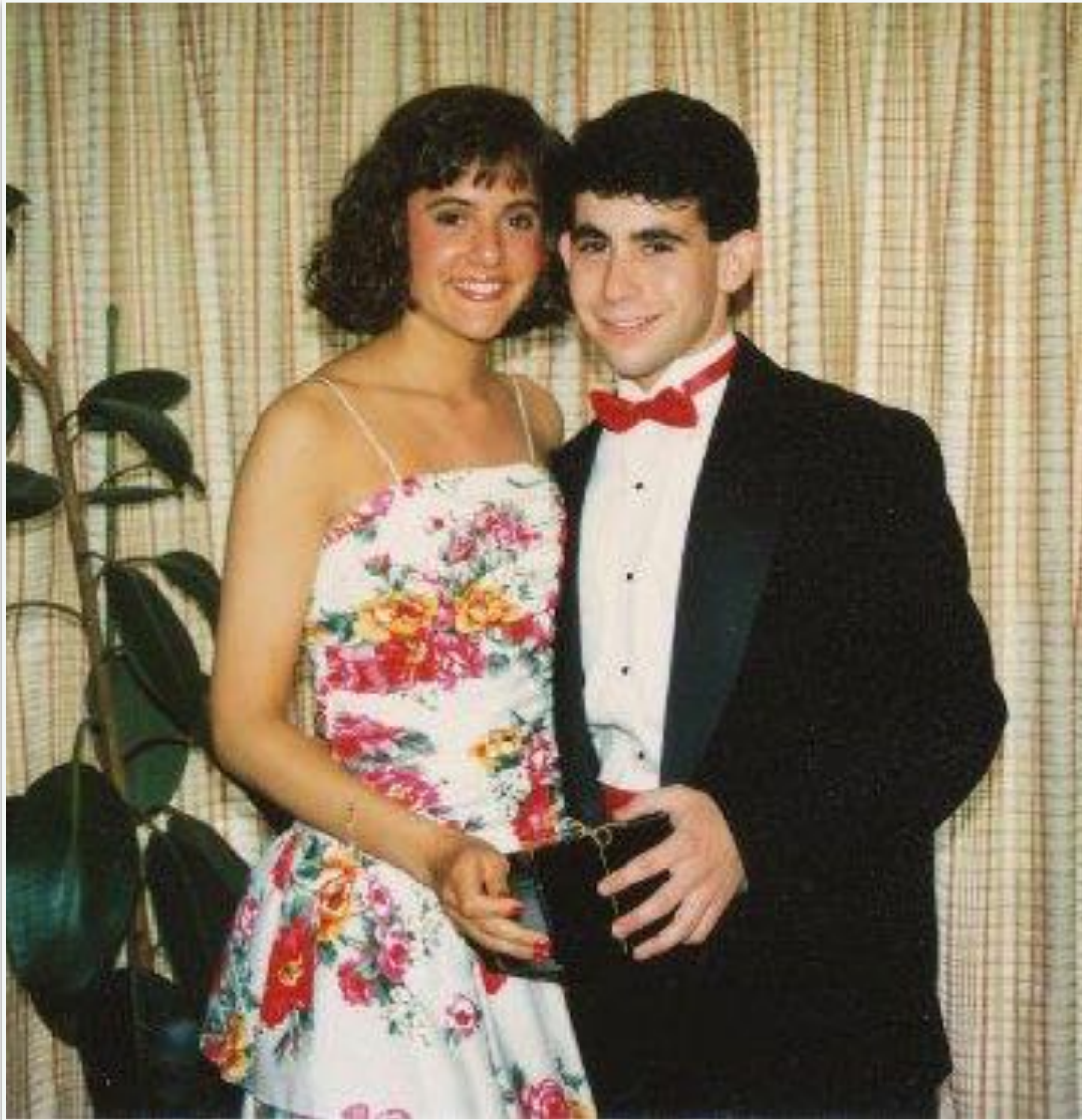
X Roommate was not my friend



X Didn't get into a fraternity



X My girlfriend broke up with me...



shot the LDR puppy



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

MyUW ▾

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ABOUT UW

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ACADEMICS

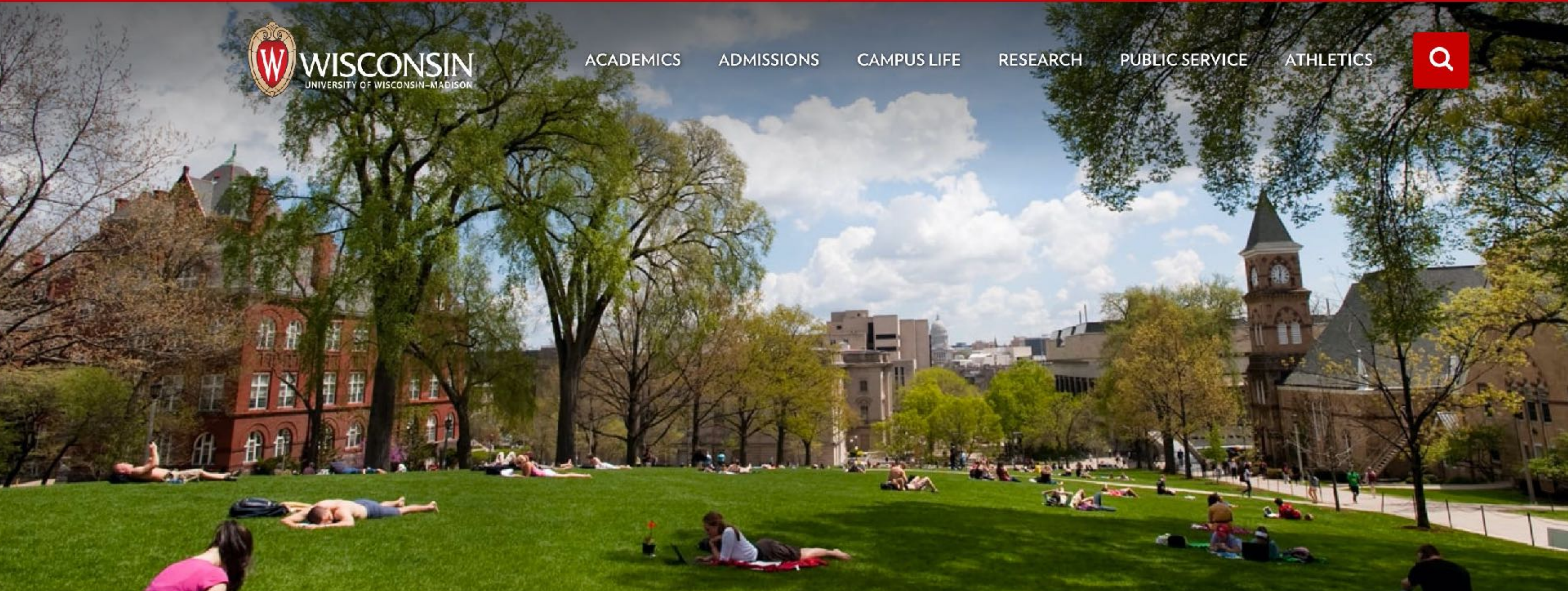
ADMISSIONS

CAMPUS LIFE

RESEARCH

PUBLIC SERVICE

ATHLETICS





EXPAND THE
BOUNDARIES
OF POSSIBLE

IT CAN STORM IN COLLEGE

There can be...

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

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






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




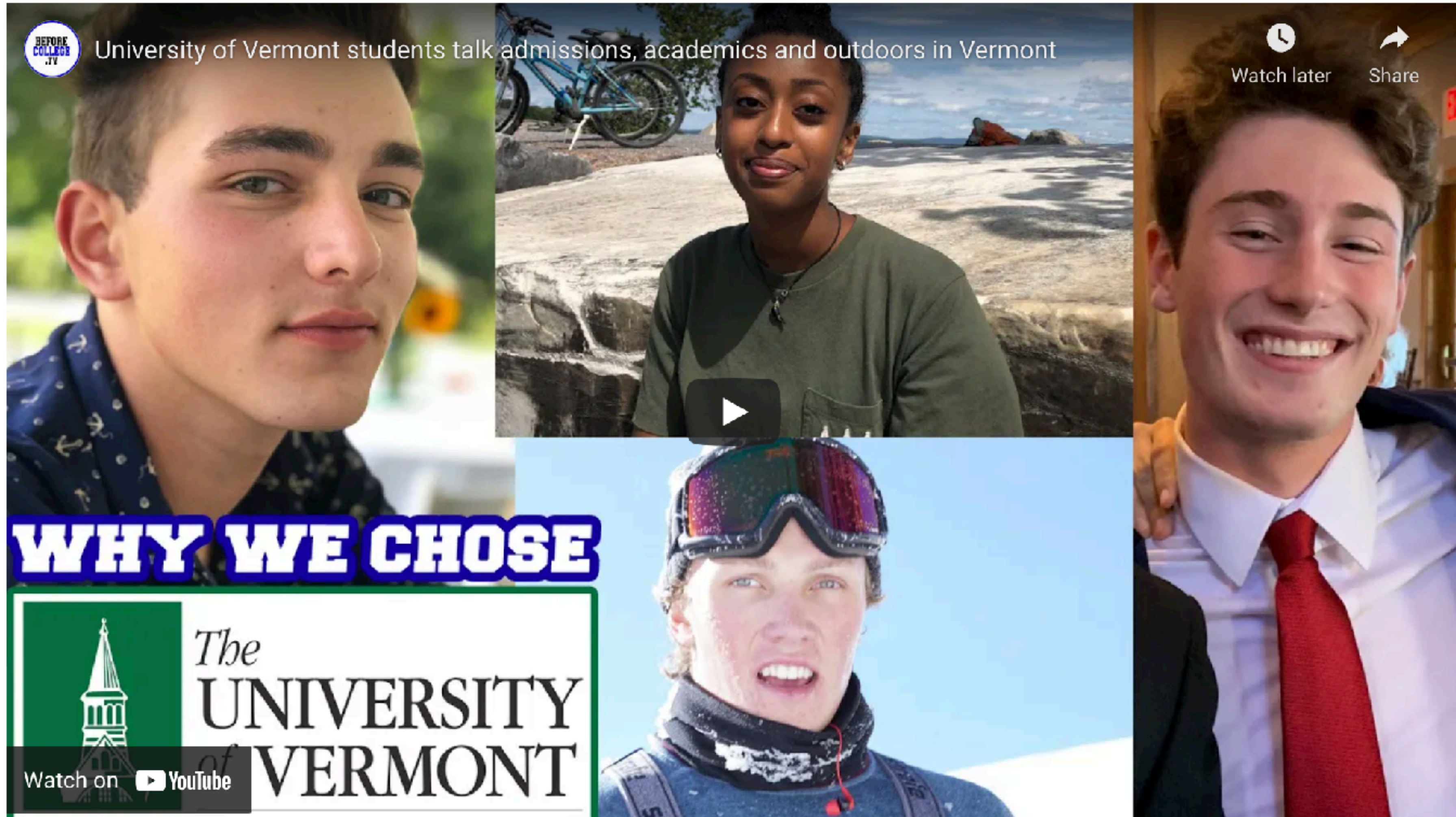
BEFORE COLLEGE .TV University of Vermont students talk admissions, academics and outdoors in Vermont

Watch later Share

WHY WE CHOSE

 *The*
UNIVERSITY
of
VERMONT

Watch on  YouTube



<https://beforecollege.tv/one-of-your-people/university-of-vermont/>

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

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



SEARCH

SELECTION

TRANSITION

TRANSITION IS HIGH STAKES, EMOTIONAL, AND INTENSE

S

Social

E

Emotional

P

Physical

F

Financial

A

Academic

**How can we help our
students to DREAM?**



Step 1.
WANT SOMETHING



**What do you want to
create, experience,
or change?**

**WHY IS
WANTING
SO
SCARY?**





YOU WILL NOT GET WHAT YOU WANT...

Rejection, Pain, Self-Doubt, Shame, Anger, Humiliation, Confusion



YOU WILL GET WHAT YOU WANT

Imposter Syndrome, Fear, Anxiety, Self-doubt, Jealousy, Envy



Erik Birrueta

Hometown: Sunnyside, WA

High School: [Sunnyside Senior High School](#)

College: [University of Washington](#)

Year in College: Class of 2022

Major: [Psychology](#)

Occupation: Catholic Community Services Behavioral Health, Youth Partner

Dream job: Undetermined.

Erik's Places: [Catholic Newman Center](#), [IMA intramural Sports](#), [College Assistance Migrant Program \(CAMP\)](#), [CAMP advisor](#), [UW Study Abroad](#), [Office of Minority Affairs & Diversity \(OMA&D\)](#), and [EOP Advising](#).

High School Places: [Science Fair](#), [Key Club](#), [Upward Bound](#), [Cross Country](#), [Soccer](#), [Tennis](#), [Knowledge Bowl](#), [TSA](#), [Religious Education Teacher St. Joseph Parish](#), and [Youth Group St. Joseph Parish](#).

First-Gen?: Yes

Reach out to Erik by E-mail: Birruetaerik@gmail.com, or **Instagram:** [@emb_0023](#)



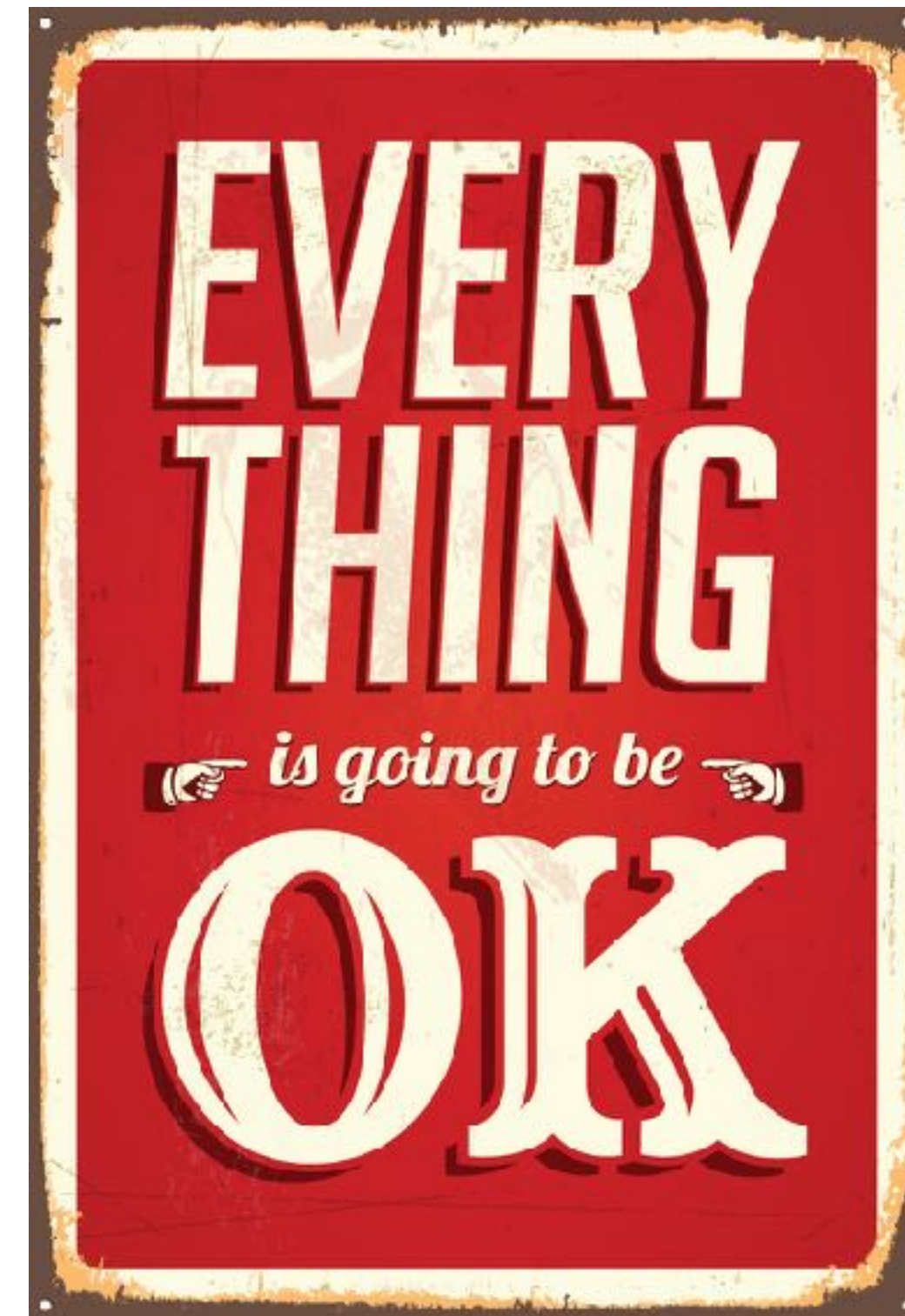
<https://beforecollege.tv/one-of-your-people/gear-up-sunnyside/>

**YOU WILL GET WHAT YOU WANT AND
THEN YOU WILL LOSE IT...**

Retirement, Job Loss, Breakups, Health Issues, Natural Disasters, Change



**WHAT IF YOU
BELIEVED...**



Step 2.

Get Comfortable With The Uncomfortable



Practice uncomfortable

The 90/10 Rule

**Life is 90%
amazing**

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



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

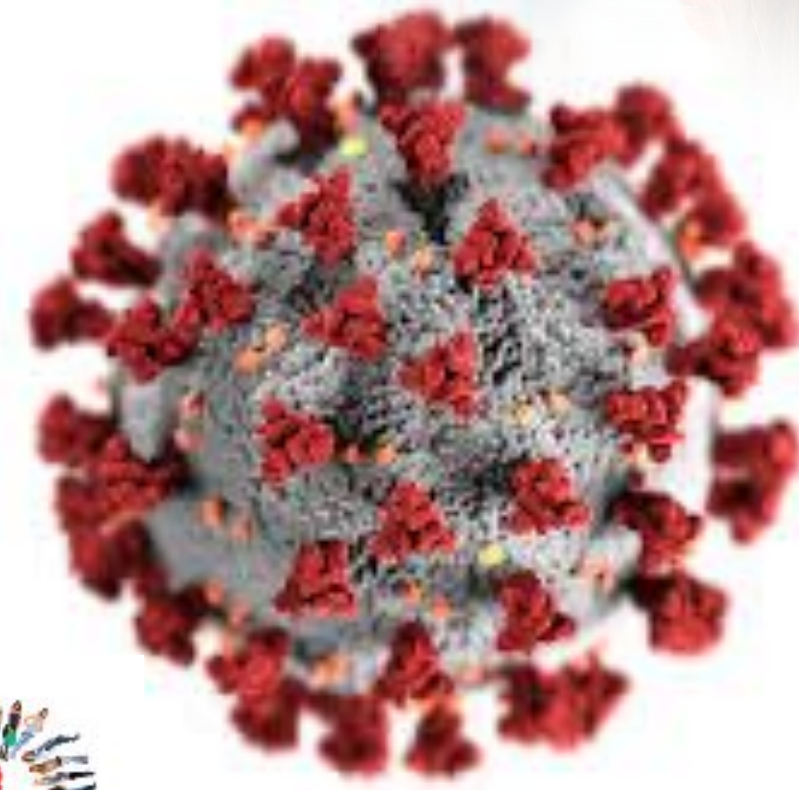
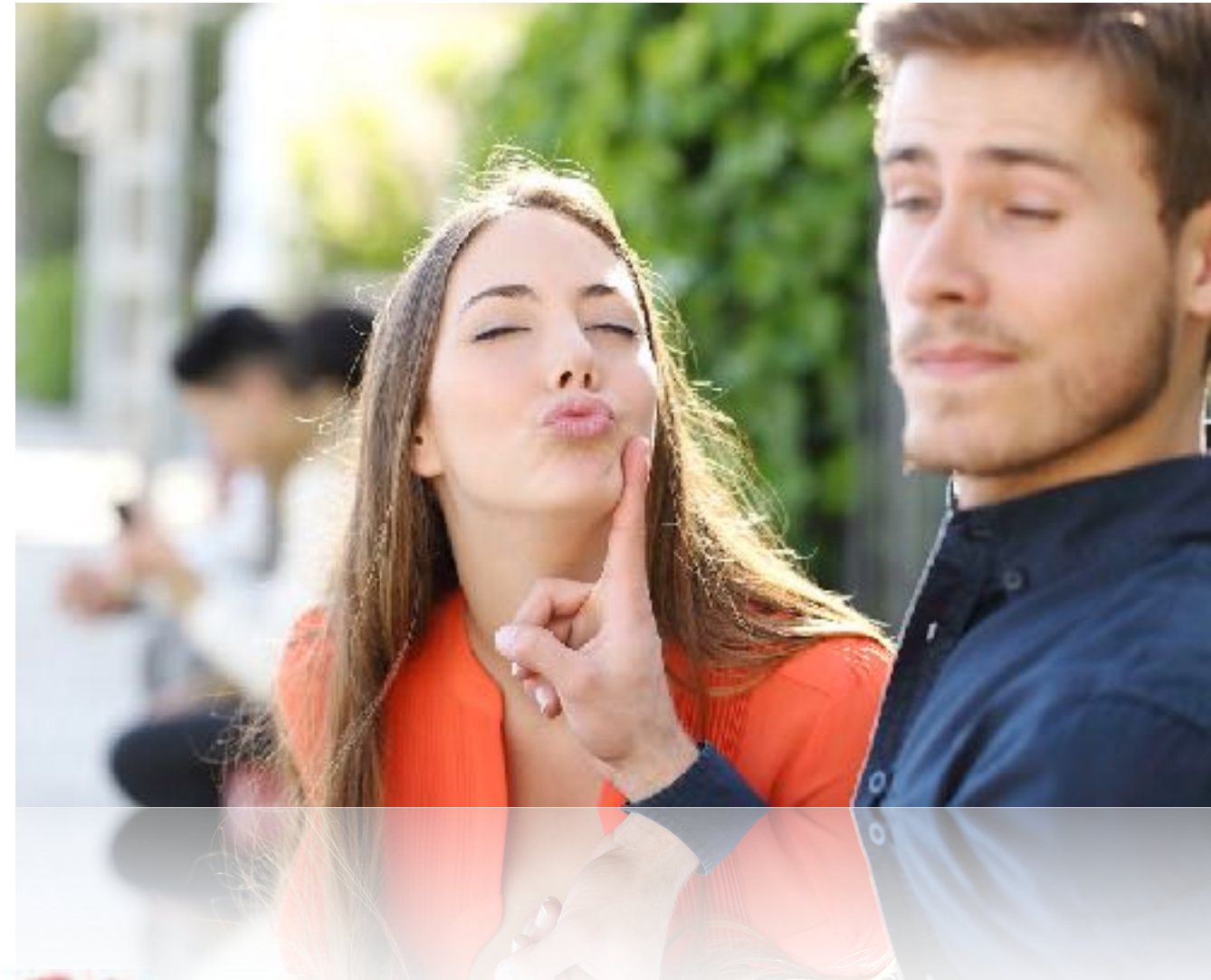
Win or Learn

The Universal Rejection Truth

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

Accepting this truth
you free. Th

Universal Rejection Truth



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



**AND YOU WILL
STILL FACE
REJECTION...**

Galileo



Galileo's trial

Galileo is tried before the Roman Catholic Inquisition in Rome, Italy, in 1633. Galileo is accused of teaching Copernican theory, which states that the Earth revolves around the Sun. At the time the church taught that Earth was the center of the universe.

© *Everett Historical/Shutterstock.com*

The Vatican's reaction to the book was swift. In 1633 the Inquisition leveled a charge of heresy against Galileo and sentenced him to life imprisonment. Friends and patrons intervened, and he spent the rest of his life under house arrest in a villa near Arcetri, close to Florence. Galileo's final book, *Dialogues Concerning Two New*

<https://www.britannica.com/summary/Galileos-Achievements>



Tweet



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

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

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

 1,183

 18.5K

 85.5K



Ben Cichy

@bencichy



Replying to @starstrickenSF

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

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

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

Tweet your reply



Rejection And Resiliency In The Age Of Social Media

Despite emotional wounds being invisible, anguish, distress and stress are becoming more and more common. As we are now rejected frequently with small snubs like unfollowing on Twitter, swiping left on Tinder, not liking an Instagram post, not matching on a dating site or being alone during the holidays, these emotions are felt more often. [Social media and constant contact](#) to millions of people at any moment—although further distances between personal connections—inherently mean that more people can reject us, even if it's as small as not liking our social media post when we liked theirs.

Research out of the [University of Michigan](#) suggests that not only does the brain process rejection like it does physical injury, but that personality traits such as “[resilience](#)” are vital to how we process pain. The brain's natural painkilling response varies between humans, with some releasing more opioids during social rejection than others, meaning that some have a stronger—or more adaptive—protective ability. When mu opioid is released, there is a trigger in two areas of the brain: One (the [amygdala](#)) processes the strength of the emotion, and the other (the [pregenual cingulate cortex](#)) determines how your mood changes because of the event. Therefore, the more opioid released, the greater reduction in pain—and possibly a greater experience of pleasure when someone feels that they've been socially accepted or validated.



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REJECTION DENIAL

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



UPDATED EDITION

CAROL S. DWECK, Ph.D.

mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN
LEARN TO FULFILL
OUR POTENTIAL

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- *relationships

"Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."

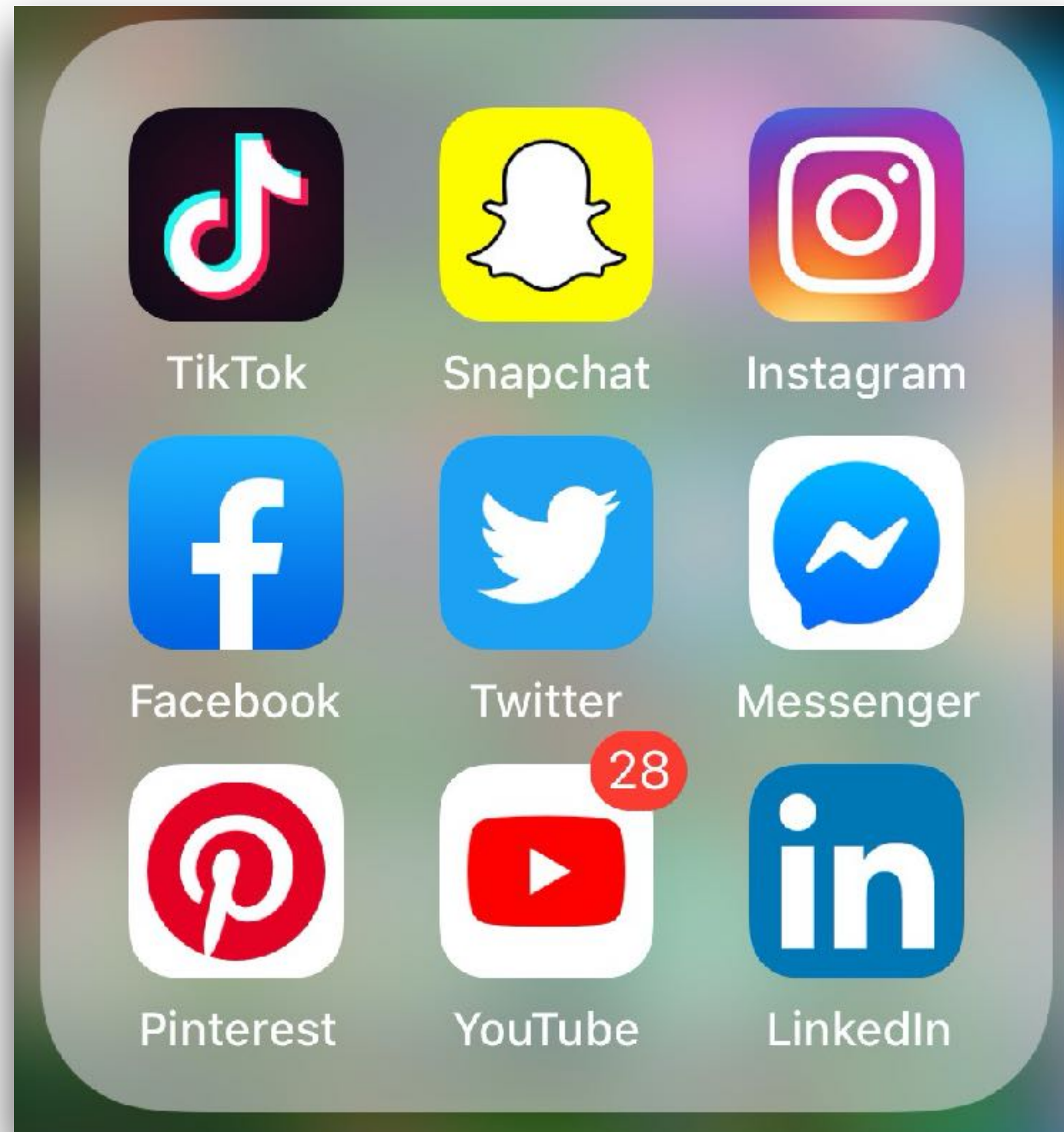
—BILL GATES, *GatesNotes*

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

Rejection is unavoidable...



It's around us 24 hours 7 days a week





YOU CAN FIGHT THE TRUTH

**Hate, hide, attack, deny,
blame, shame, give up...**



YOU CAN FACE THE TRUTH AND WELCOME IT

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

When you don't get the outcome you desire ask...

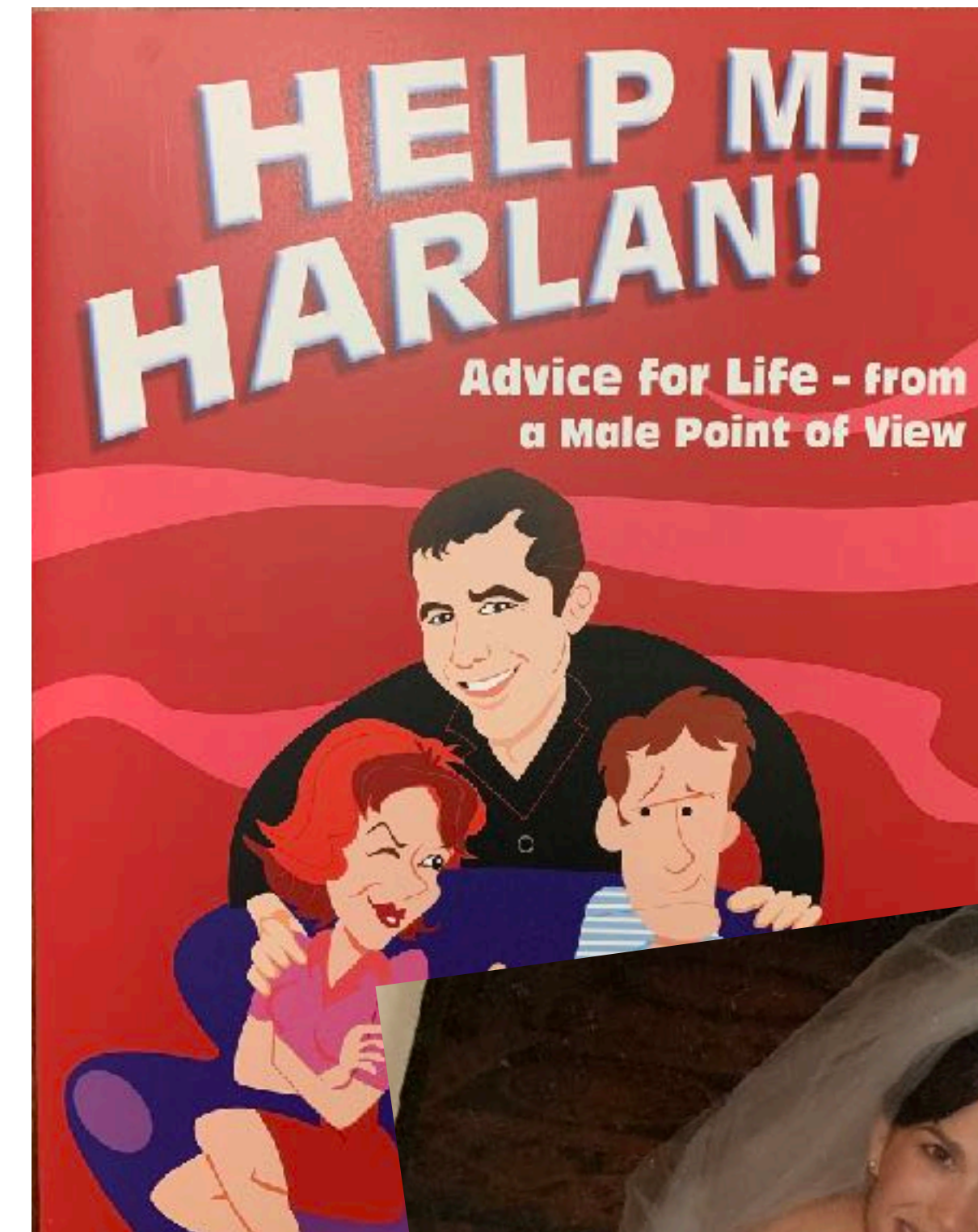
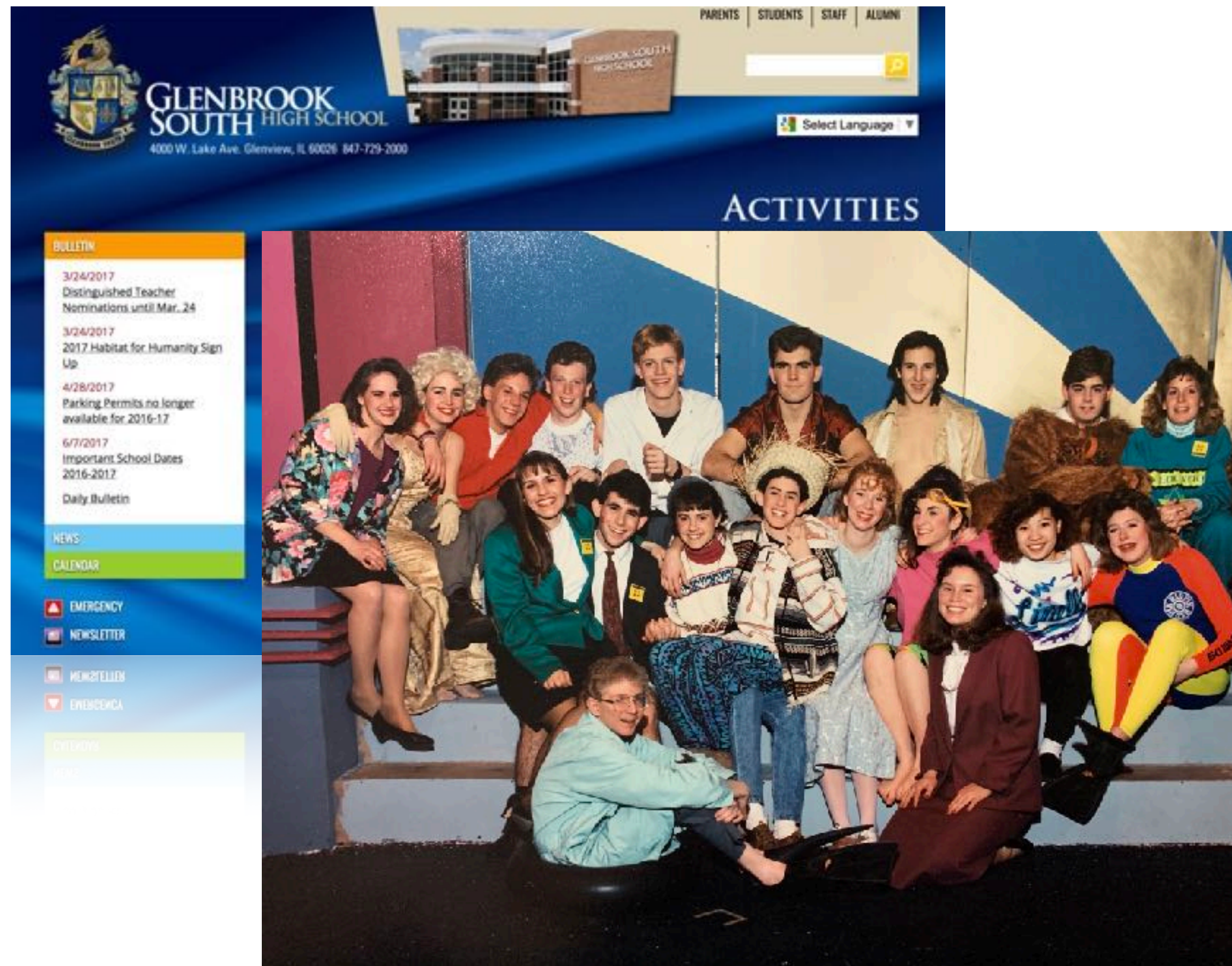
Am I the problem?

Is someone or something else the problem?

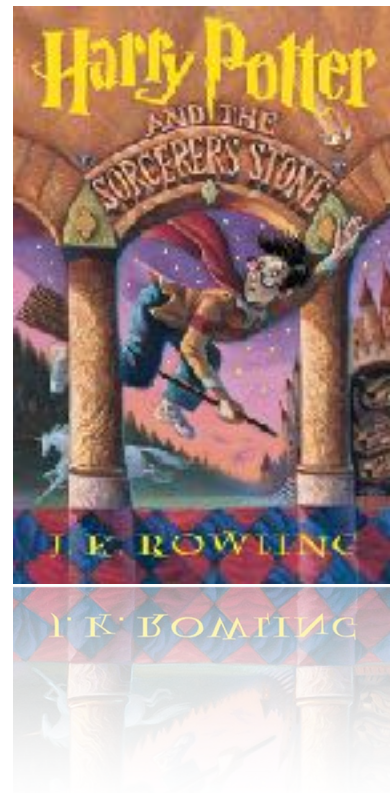
Is the URT the problem?



The BEST things in my life have started with rejection....



Famous Rejections...



J.K. Rowling was rejected by 12 different publishers



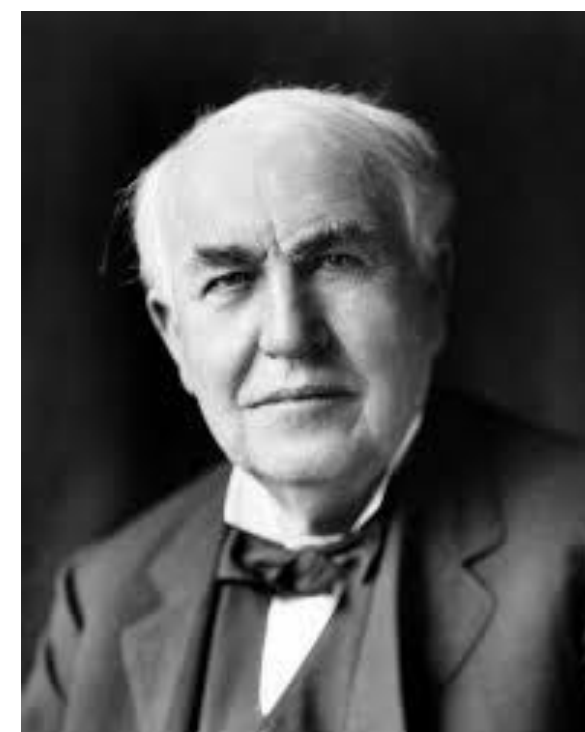
Steve Jobs fired from Apple (the company he founded)

Stephen Spielberg was rejected by University of Southern California School of Theater, Film and Television

USC School of Cinematic Arts

Lady Gaga was dropped from her record label after 3 months

Thomas Edison was fired by Western Union



Step 3: **Think People Places Patience**





PEOPLE:

Find Your 5 people



PLACES:

Find Your 3 places

PATIENCE:

Give it a couple semesters



PLACES ARE WHERE YOU CAN...

*SWEAT

*PLAY

*PRAY

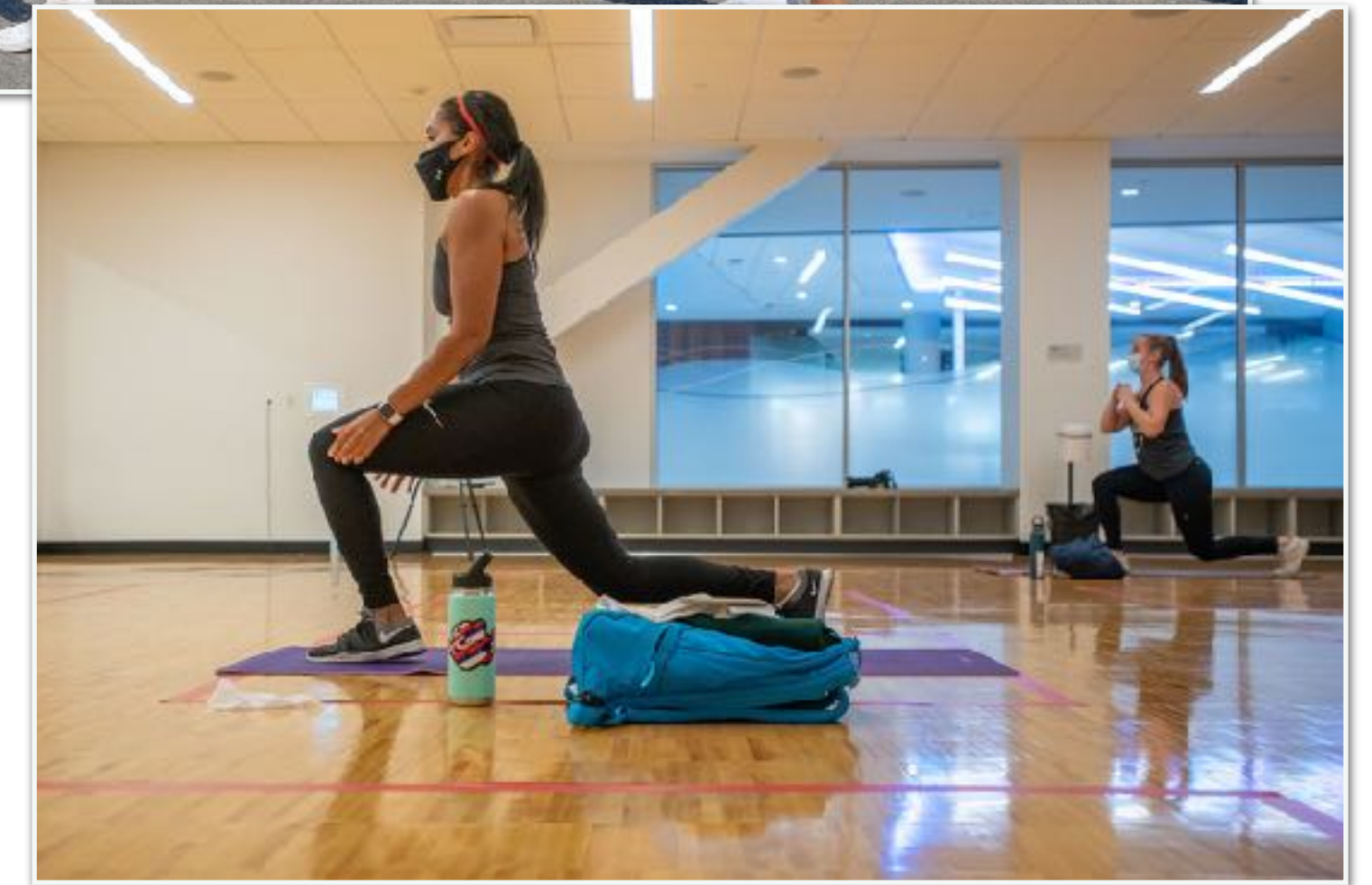
*LIVE

*LEARN

*LEAD

*LOVE

*WORK





Student Organizations

Whether your extracurricular interests are new endeavors or lifelong pursuits — whether related to your studies or in another universe altogether — you'll be able to dive right in at Brown.

DIVISION OF STUDENT AFFAIRS

Student Health and Wellness

Search this site...



Home Our Services ▾ Who We Are ▾ Events Billing & Insurance Health Equity and Access to Care Especially for: ▾



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[SCHEDULE AN APPOINTMENT](#)

[YOUR HEALTH INFORMATION](#)

[NEED HELP IMMEDIATELY](#)

The campus environment can be exciting and challenging. It can also be highly stressful since social and emotional concerns can interfere with effective functioning and academic performance.

We offer a holistic and collaborative model of care. We hope you find **Mental Health** to be a friendly, helpful place that provides services to help you be a successful student and a happy and healthy person!

Due to COVID-19, SHaW's mental health services are exclusively provided through telehealth (online) or phone platforms.

[Mental Health Circle of Care](#)

Services

- [Urgent Care](#)
- [Alcohol, Other Substance Use & Support](#)
- [Allergy Clinic](#)
- [Fees & Insurance](#)
- [Immunizations](#)
- [Injury & Illness](#)



CENTER FOR LATIN@ STUDIES

☰ LINKS IN LATIN@ STUDIES

Our Purpose

Our Vision: To be the statewide leader in innovative and culturally responsive pre-college through post-secondary education for Latinx students success by creating a seamless connection between the University and Latinx communities.

Our Mission: To increase Latinx completion rates by informing the holistic student experience, maximizing equitable educational outcomes and career readiness through advocacy, community partnership, and culturally responsive academic, career, and personal development.

LATIN@ STUDIES

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[Mission](#)

[Staff](#)

[Completion Coaching](#)

[Advisory Board](#)



Eddie Wolfson '19

Hometown: Tarzana, CA.

College: [Williams College](#)

Year In School: Sophomore

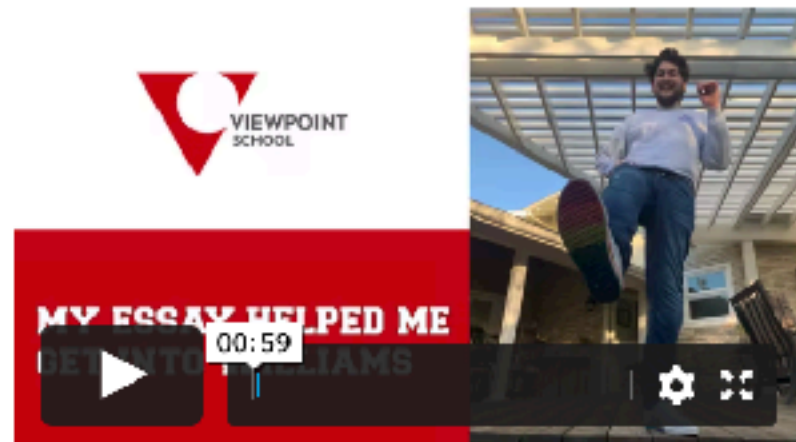
Major: [Psychology](#) and [Theatre](#) double major and a prospective [Public Health](#) concentrator.

Eddie's Places at Williams: [The Ephlats](#) a capella group, on the board of our student theatre organization ([Cap and Bells](#)), I dance in the [Burlesque Club](#) and the [Student Choreography Coalition](#), I'm a campus tour guide, I'm in the [Rape and Sexual Assault Network](#), I do research in a clinical psychology lab, I'm involved in theatre with the department, I'm in the [Queer Student Union](#), I wrote two articles for The Record, I'm in the [Williams College Jewish Association](#), and I met people in our first year housing system (the Entry system) and in a pre-orientation group ([Exploring the Arts](#)).

Eddie's Places at Viewpoint: In high school, I did theatre, sang in the Vocal Jazz Ensemble and the Contemporary Vocal Ensemble, was Co-President of the Slam Poetry Association, played the violin, tap danced, and I was in Spectrum (the LGBTQ+ club).

Reach out to Eddie on Instagram: [@ewolfson00](#)

Watch Eddie's Full Conversation: [Watch here](#)



<https://beforecollege.tv/one-of-your-people/viewpoint/>

Who are
your people?

On Campus
Off Campus
Around the country
Around the world?





**People who
volunteer to help**

**People you ask
or enlist to help**

**People who are
paid to help**

Who are some of these people?

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

Source: University of Connecticut

Find Your Five People...



Patience

The ability to tolerate discomfort while finding your people and places on campus

WIN
OR
EARN

Naked Truth about
Turning Every Rejection into
Your Ultimate Success

Think People, Places,
and Patience

If you don't like something,
change it. If you can't change
it, change your attitude.

—MAYA ANGELOU

New York Times bestselling author
HARLAN COHEN

WIN
OR
LEARN

The **Naked Truth** about
Turning Every Rejection into
Your Ultimate Success

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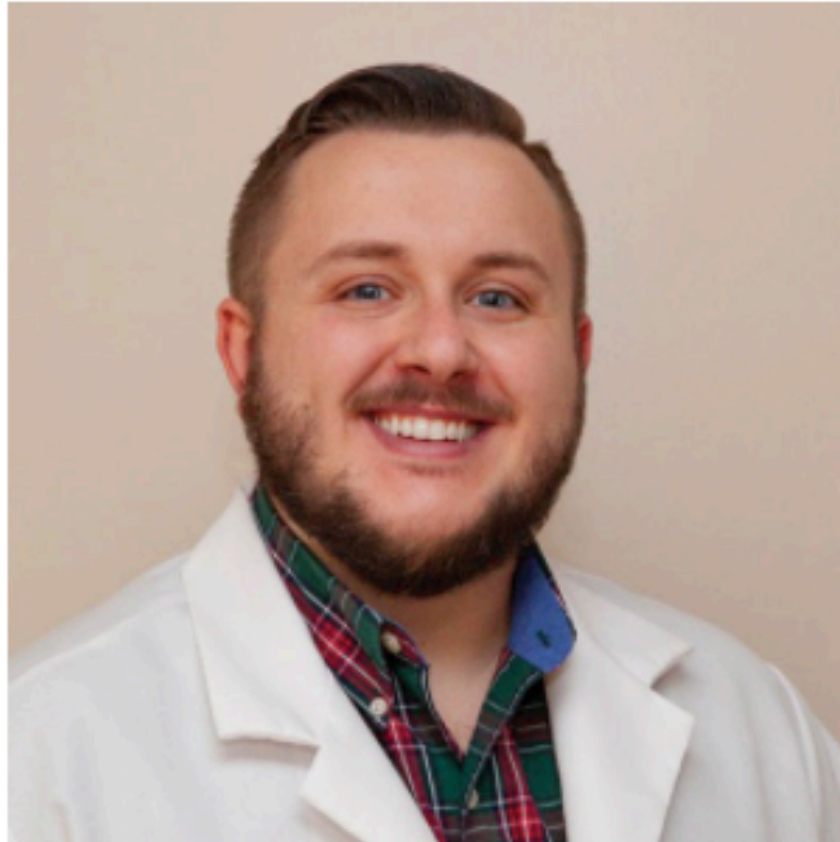
New York Times bestselling author
HARLAN COHEN

WIN
OR
LEARN

The **Naked Truth** about
Turning Every Rejection into
Your Ultimate Success

New York Times bestselling author
HARLAN COHEN

THE ALUMNI PANEL:



Dr. Mark Yost
Hometown: Athens, WV
High School: [Pike View High School](#)
Date of Graduation: Concord: 2012
Education after Concord: [West Virginia School of Osteopathic Medicine](#)
Major: [Biology](#)
Occupation: Family Medicine
Mark's Places: Concord PATH (pre-professional association towards healthcare)
High School Places: Theatre, student government: Class vice-president
Reach out to Mark on Facebook: [MarkAllen Yost](#)





CNBC EVENTS | NEWSLETTER | VIDEOS

OPINION - AT WORK

Nine in 10 workers who have a career mentor say they are happy in their jobs

PUBLISHED TUE, JUL 16 2019-12:00 PM EDT | UPDATED TUE, JUL 16 2019-3:12 PM EDT

Laura Wronski, senior research scientist, SurveyMonkey, and Jon Cohen, chief research officer, SurveyMonkey

SHARE f t in

KEY POINTS

- Mentorship has an outsize impact on a worker's career across several measures, according to the CNBC/SurveyMonkey Workplace Happiness Survey.
- Workers with a mentor are more likely than those without to say they're well paid and to believe that their contributions are valued by their colleagues.
- More than 4 in 10 workers who don't have a mentor say they've considered quitting their job in the past three months.

KEY POINTS

- Mentorship has an outsize impact on a worker's career across several measures, according to the CNBC/SurveyMonkey Workplace Happiness Survey.
- Workers with a mentor are more likely than those without to say they're well paid and to believe that their contributions are valued by their colleagues.
- More than 4 in 10 workers who don't have a mentor say they've considered quitting their job in the past three months.



About half of workers say they have a mentor at work, and those who do are

Returned to work: You can still collect unemployment benefits — and that extra \$600 a week

13 ways the coronavirus pandemic could forever change the way we work

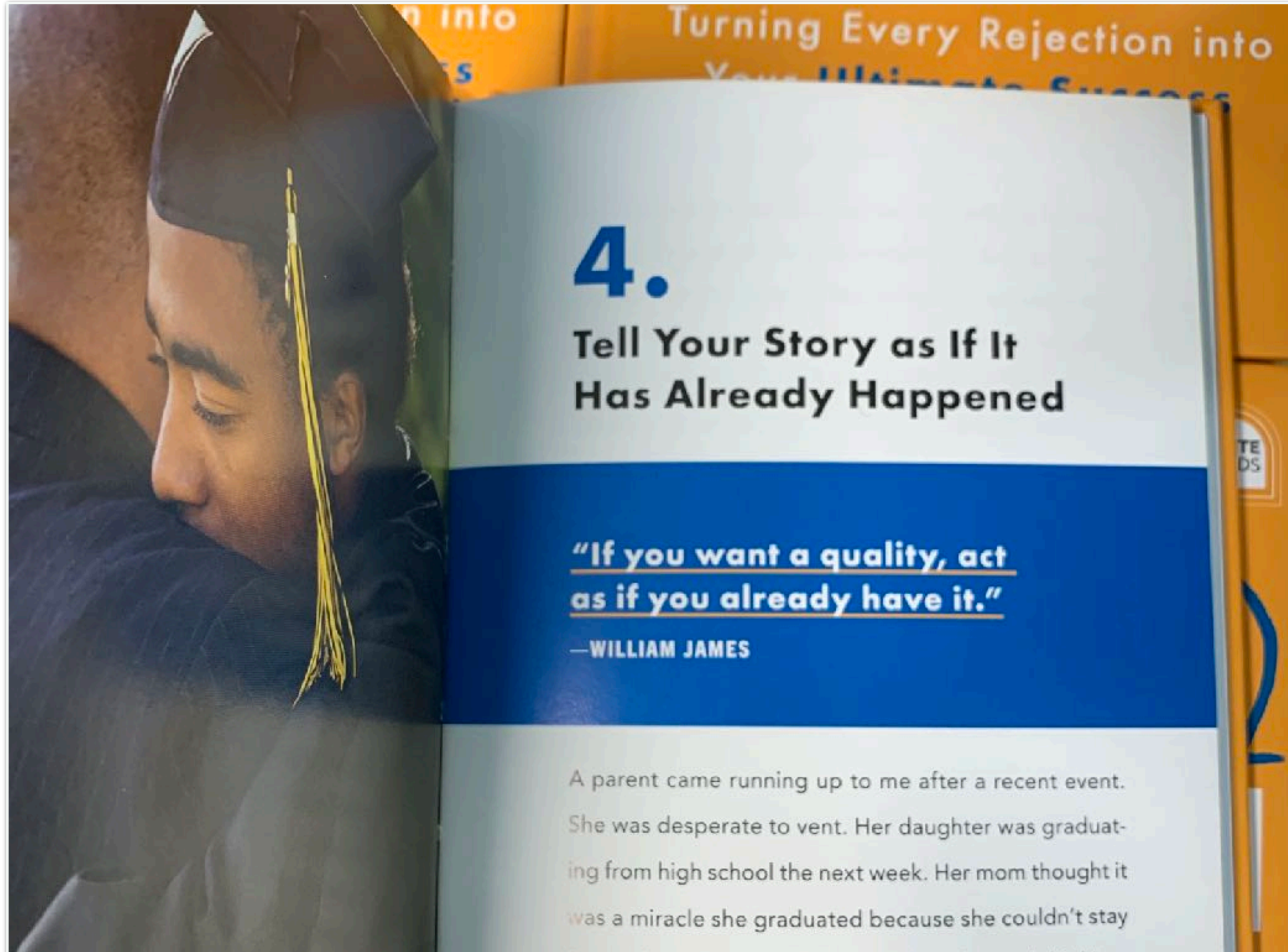
Biden wants to end confusion over when unemployed workers can refuse a job offer

Apply the 24-Hour Rule

What is going to happen?



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



STEP 4:
TELL YOUR STORY
AS IF IT'S ALREADY
HAPPENED...

Leapfrog all of the bad stuff





What's your story?

SOCIAL STORY

EMOTIONAL STORY

PHYSICAL STORY

FINANCIAL STORY

ACADEMIC STORY

Tell Your Story As If...

It's May 1, 20__ and I had the most incredible semester! I reached my goals and accomplished (Fill in Outcome). The most challenging part was (Fill In). I got through it by leaning on (Person #1), (Person #2), and (Person #3) for answers and support. I found people to help me find answers at (Place #1), (Place #2), and (Place #3). It took me (Fill in Time) to get where I wanted to go. I'm so grateful and proud of myself and my accomplishments.



Tell Your Story Of Your Week

It's _____, 20__ and I had an incredible week!

I'm so proud of myself because I accomplished _____.

The most challenging part was _____.

The following people helped me: _____.

I found answers in the following places: _____.

It took me (fill in time) to reach my goal. I'm so grateful and proud of myself and my accomplishments.



Tell Your Story as If It Has Already Happened

Fill in the Blank:

It's _____ (fill in the date). I reached my goal and accomplished _____ (fill in the blank). The most uncomfortable part of taking my risk was _____ (fill in the blank). I was able to find answers and overcome obstacles by leaning on the following three people:

_____ (Person 1),

_____ (Person 2), and

_____ (Person 3).


I was able to find connection, community, and answers in the following three places:

_____ (Place 1),

_____ (Place 2), and

_____ (Place 3).

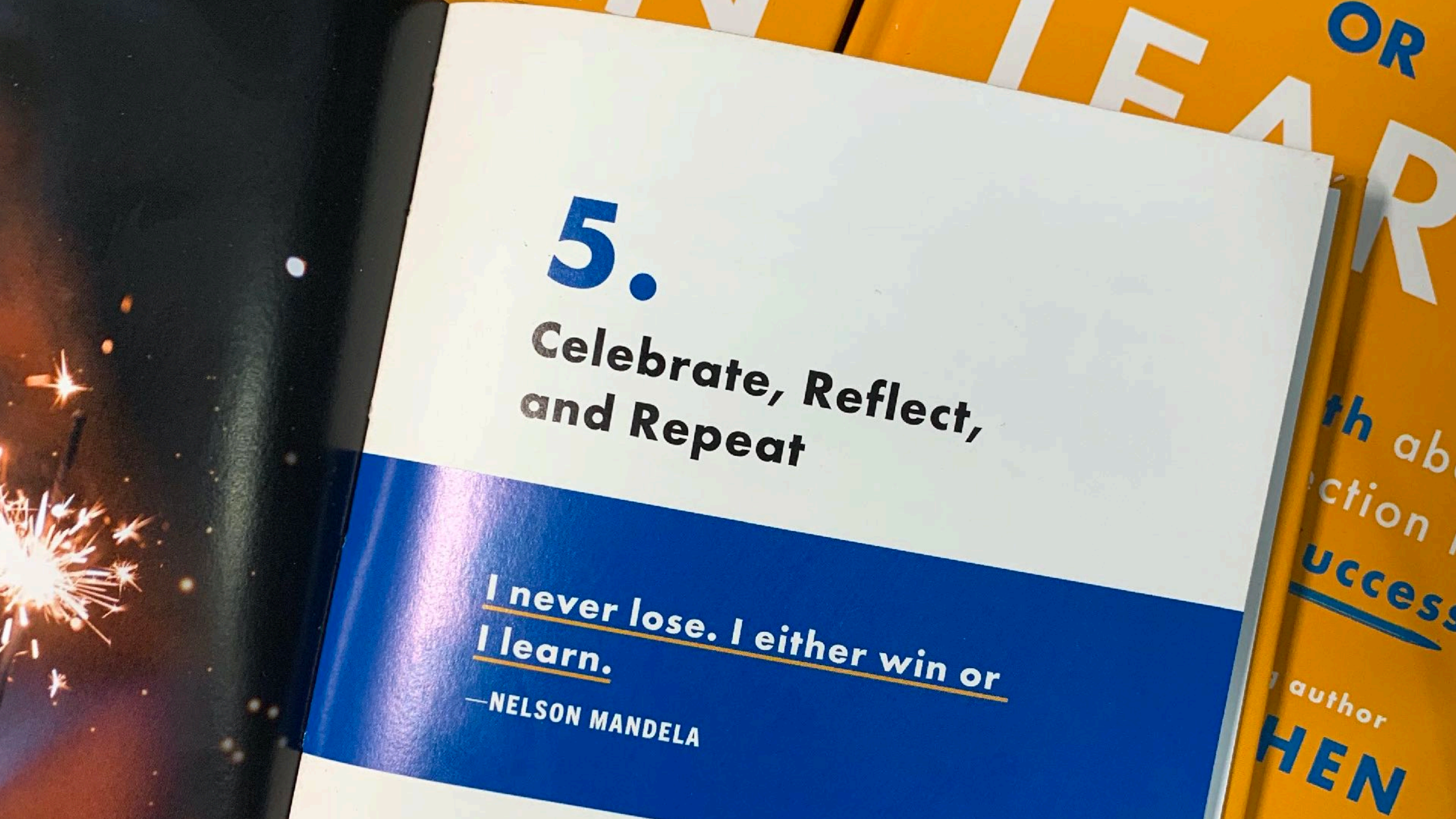
It took me _____ (fill in amount of time) to get here. I'm so proud of myself and my accomplishments.

- 
- ▶ **Students tell their stories**
 - ▶ **Student groups tell their stories**
 - ▶ **Professional staff tells their stories**
 - ▶ **You tell your stories**
 - ▶ **Family members tell their stories**

Tell this year's story and a three year story...

5.
**Celebrate, Reflect,
and Repeat**

I never lose. I either win or
I learn.
—NELSON MANDELA





CELEBRATE

**You took THE RISK. Now you can
process the information. No matter
what you will be OK**

REFLECT



Did you get what you want?

If yes, why? If no, why?

Can you change the outcome?

A close-up, side-profile shot of a person's head and shoulders in a shower. The person's hair is dark and wet, covered in white, bubbly shampoo foam. The background is a white shower curtain or wall, slightly out of focus. A large, semi-transparent orange rectangular box is overlaid on the left side of the image, containing white text. The text is arranged in two lines: the word 'REPEAT' in a large, bold, sans-serif font, and a sentence below it in a smaller, bold, sans-serif font.

REPEAT

**Take the same risk or take
a different risk applying what
you have learned.**

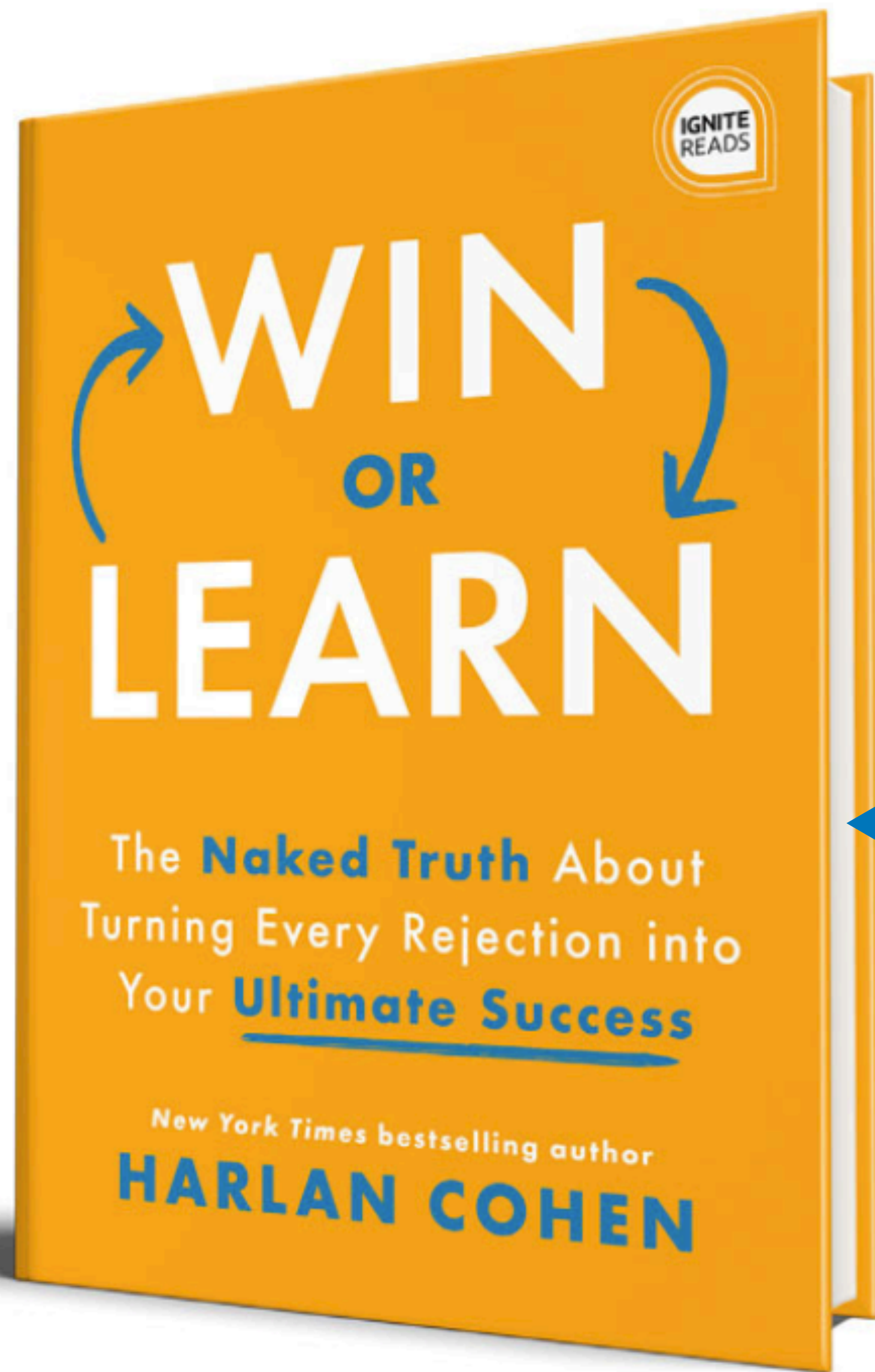
Win or Learn Framework

- What Do You Want?
- What Makes you Uncomfortable?
- People, Places, and Patience
- Tell Your Story As If
- Celebrate, Reflect, and Repeat

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

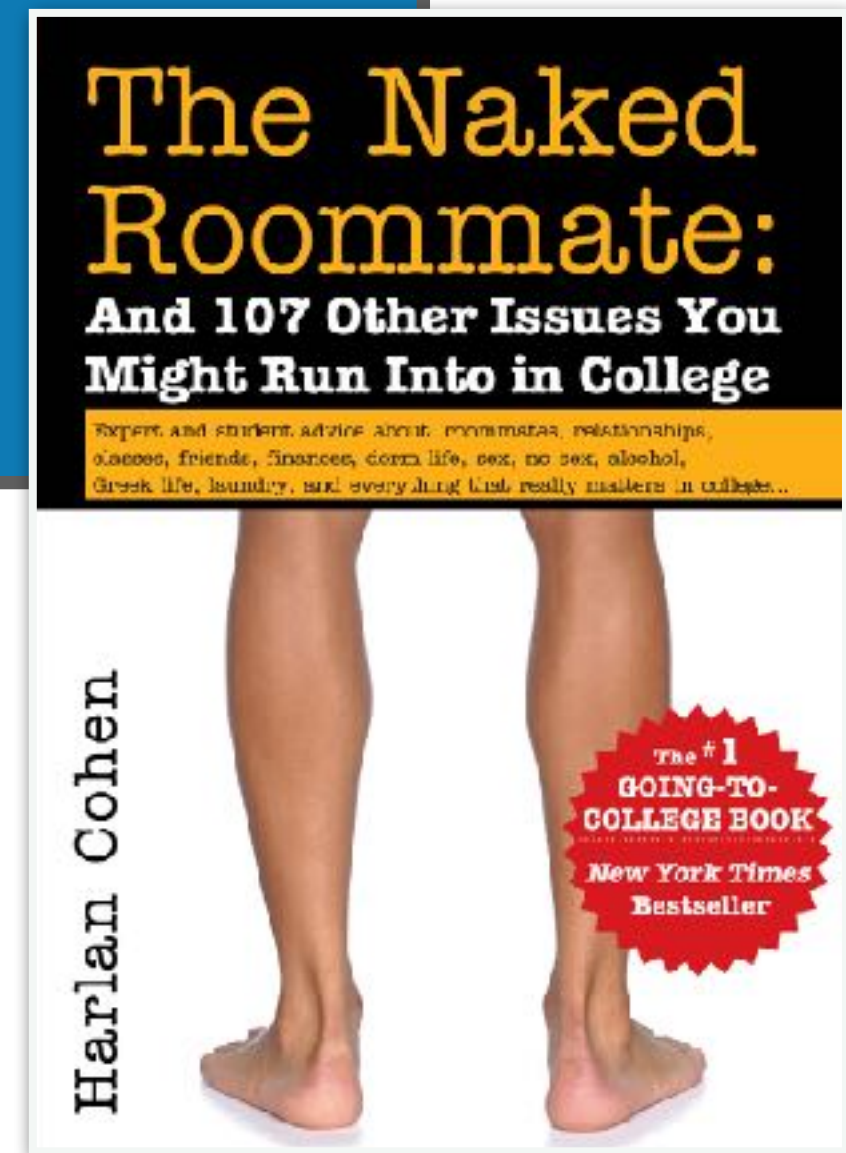
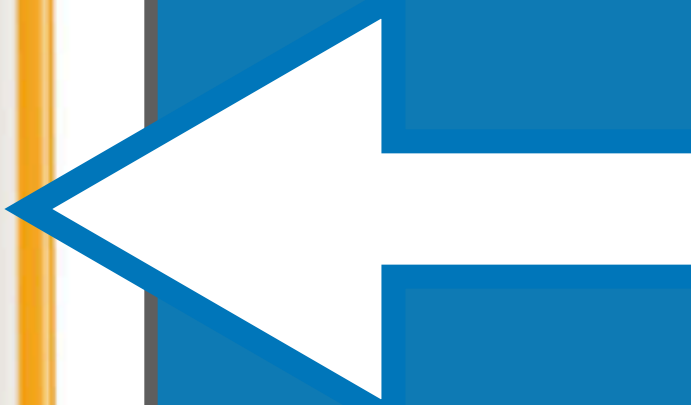
- *Nelson Mandela*





**COMMON READ
FIRST YEAR TEXT**

Email: harlan@helpmeharlan.com



www.HarlanCohen.com/win-or-learn



YOUR PLACE, YOUR PEOPLE, YOUR PASSION

Before College TV

One Of Your People Project

BCTV On YouTube



One of Your People Project

Real advice from real students & recent grads



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helpmeharlan

Harlan Cohen

591 Following 382.2K Followers 12.1M Likes

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

2help

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Find Me On TikTok

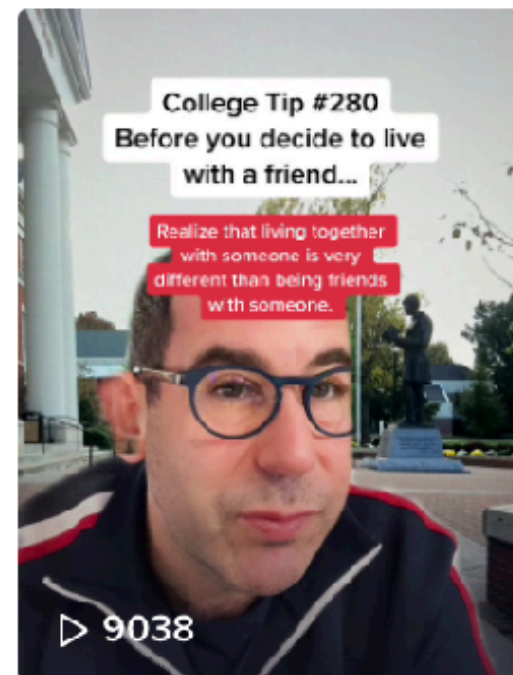


Videos

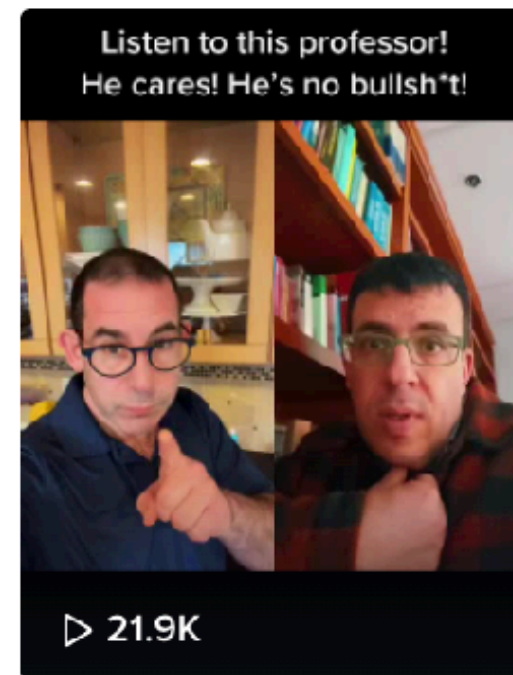
Liked



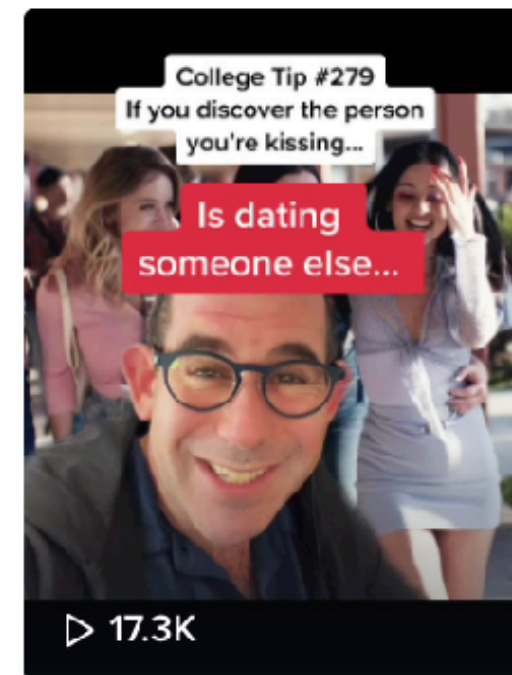
College Tip 281: Talk to a t...



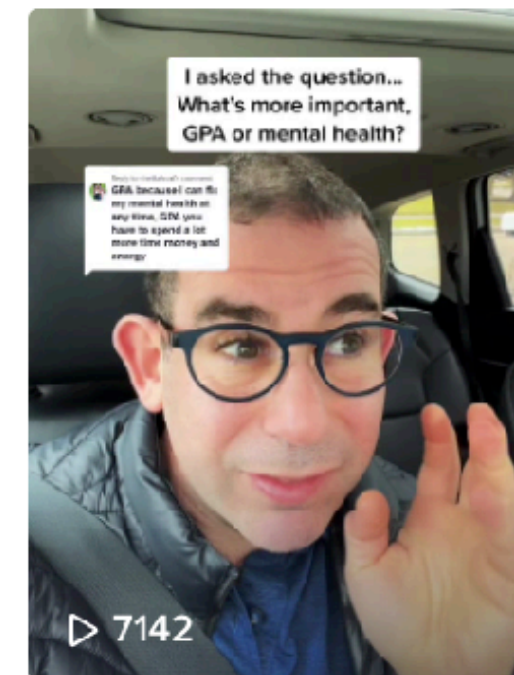
College Tip 280: Before y...



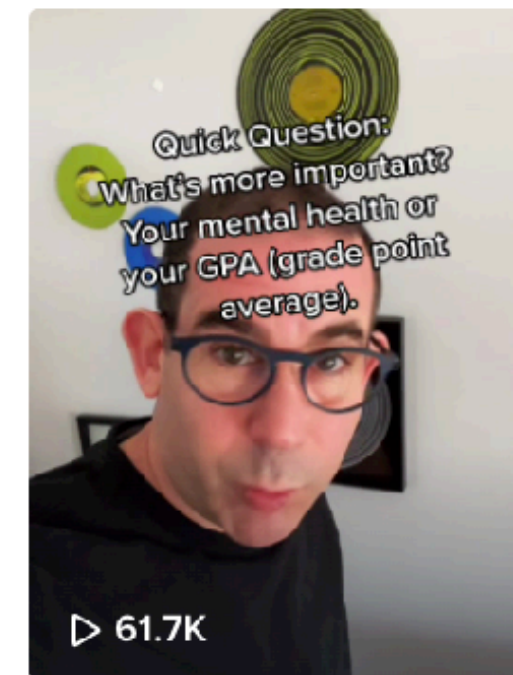
#duet with @drayalon ...



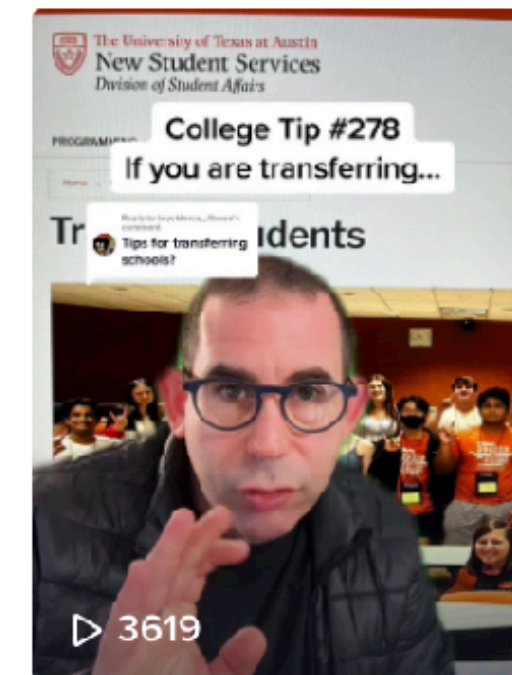
College Tip No. 279: If you...



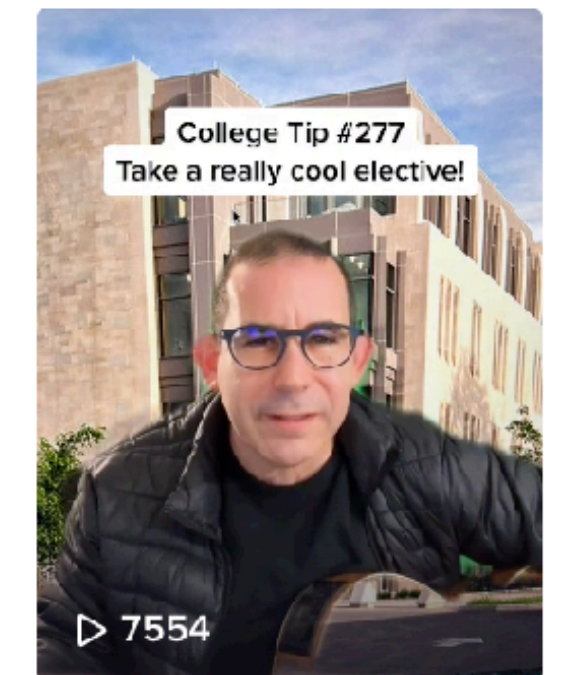
Reply to @sheikahcat Men...



What's more important? M...



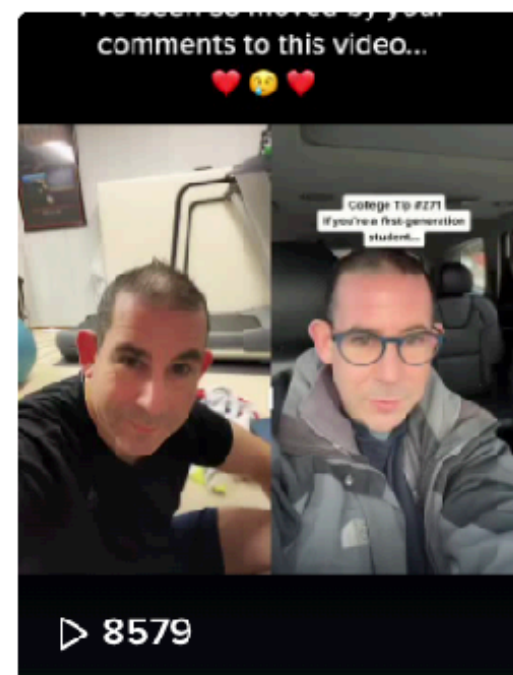
Reply to @blackforce_4be...



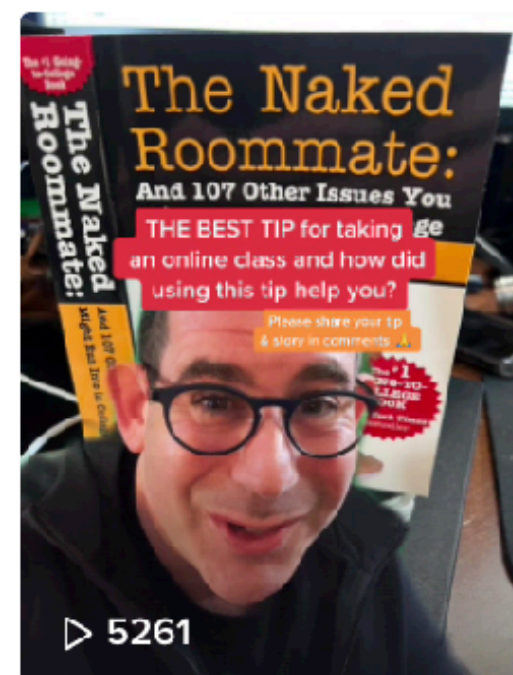
College Tip 277: Take a re...



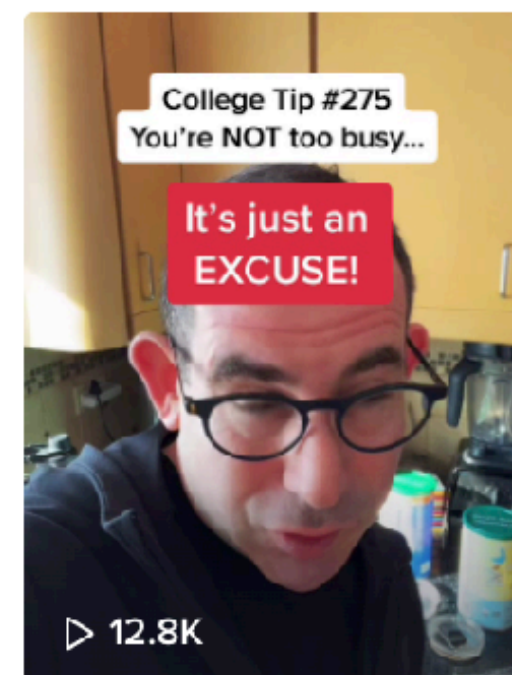
College Tip 276: Plan your...



#duet with ..



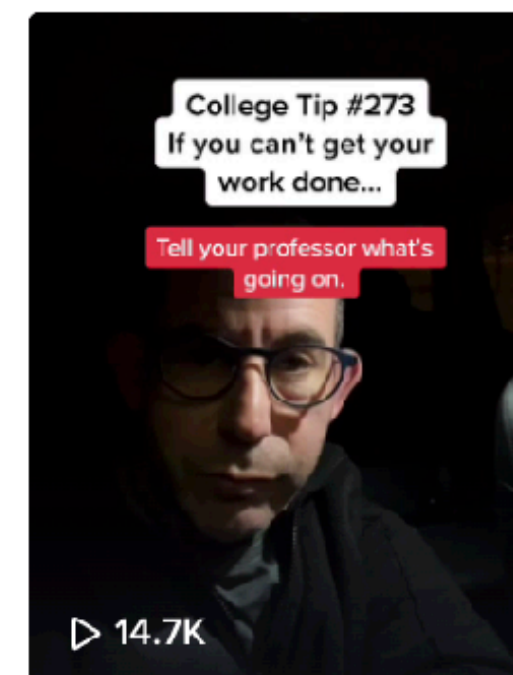
What's the best tip for taki...



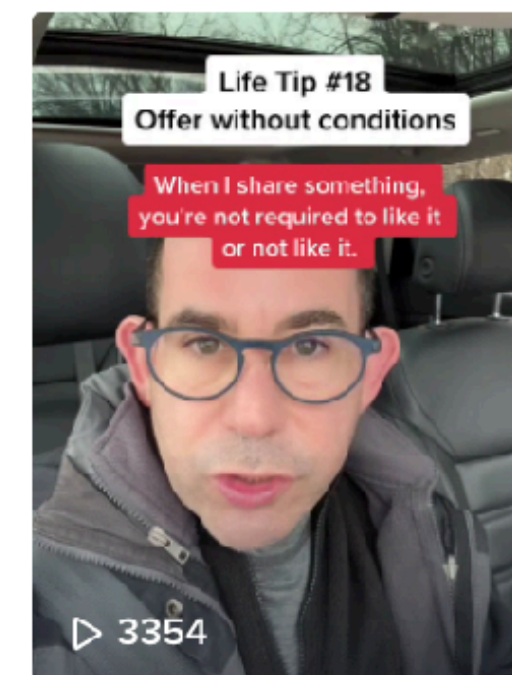
College Tip 275: Be hones...



College Tip 274: If your fa...



College Tip 273: if you can...



Life Tip 18: Offer without c...



College Tip No. 272: Ask y...

HARLAN COHEN

Text Me: 321-345-9070



/HelpMeHarlan



@HarlanCohen

<https://harlancohen.com/PIN2022/>

HELPING OUR STUDENTS: Get Comfortable With the Uncomfortable



Parents' Independent School Network, Inc.

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