

**HARLAN COHEN PRESENTS**



# 17 THINGS YOU NEED TO DO BEFORE GOING TO COLLEGE

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Harlan Cohen's  
17 Things You Need to Do...

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# \$2,500 Scholarship



## Harlan Cohen's 17 Things You Need to Do Before College

Perfect for high school seniors, juniors and their parents, this info-packed, interactive webinar will provide tips and strategies that are essential for college success. Learn how you can best prepare for and navigate the major changes ahead with other families in your community.

**REGISTER FOR OHIO EVENT →**

Tuesday, April 26 at 7 pm ET

**REGISTER FOR CHICAGO EVENT →**

Wednesday, April 27 at 7 pm CT

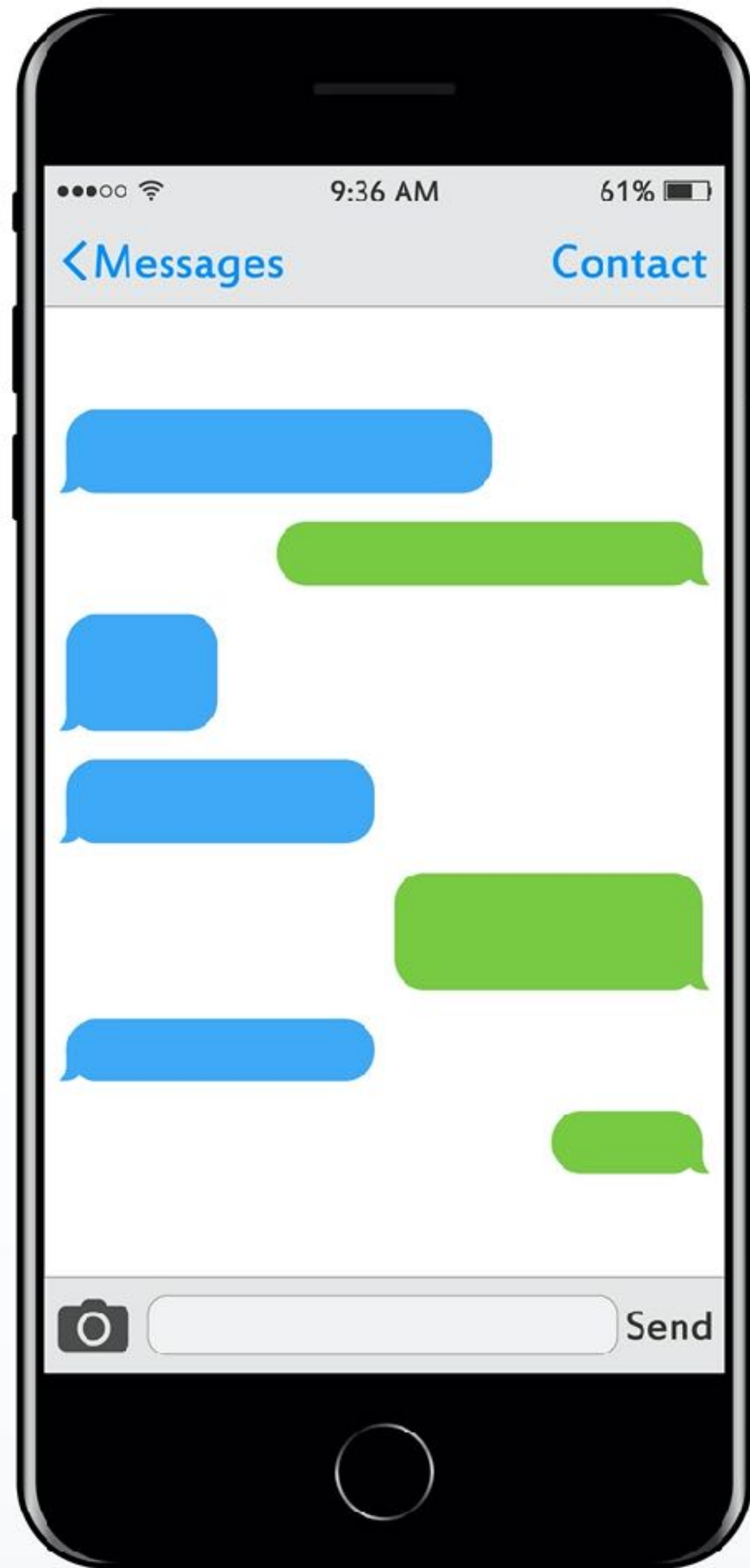
**REGISTER FOR BOSTON EVENT →**

Wednesday, May 4 at 7 pm ET

Win a \$2,500 Scholarship for College!

At College ave, we know paying for college can be stressful and want to help by giving one lucky family \$2,500 to cover college expenses. Enter below.

<https://collegeave.site/HarlanCohen>



On a scale 1-10

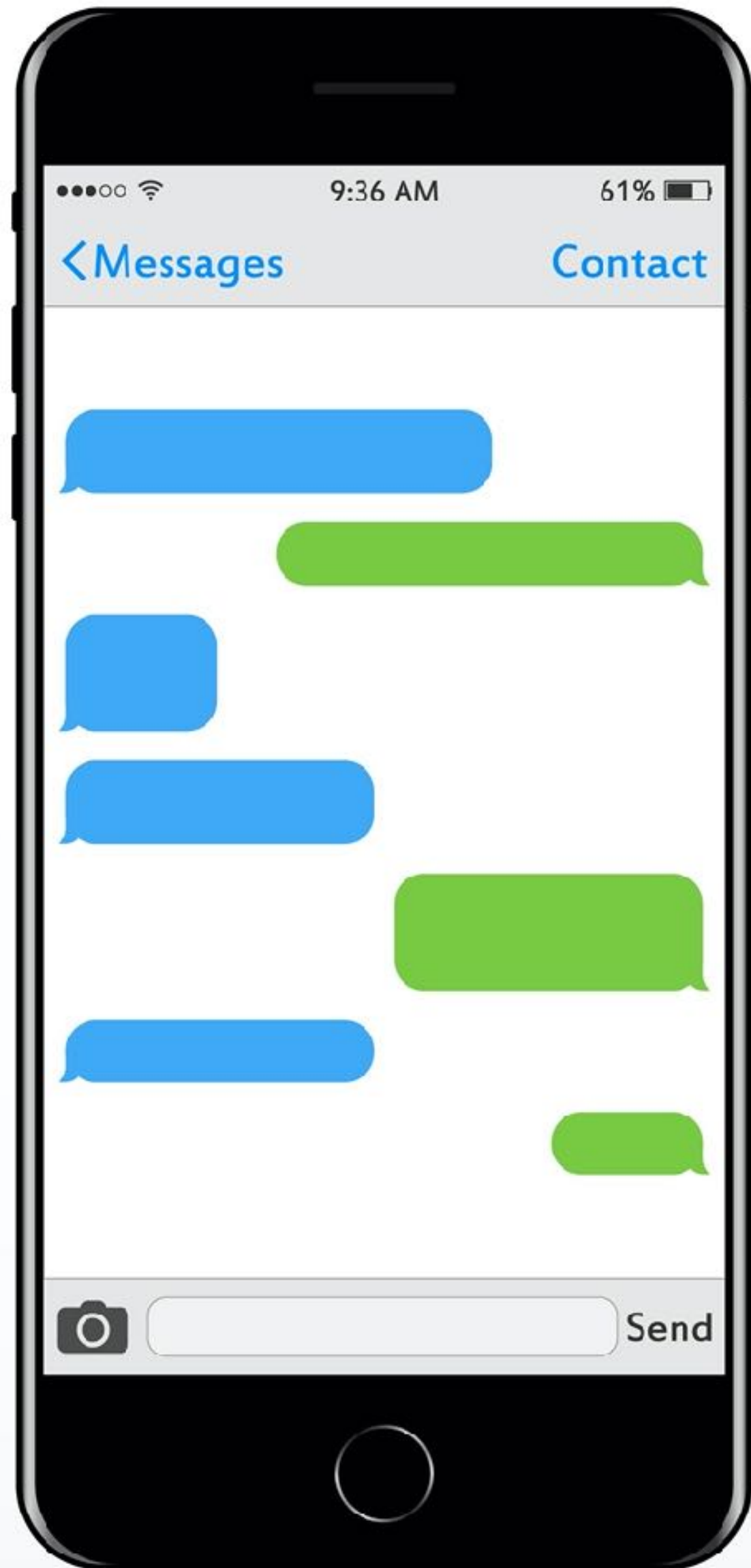
# How are you today?

---

- 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

Share in Chat | Text: 321-345-9070





# Did you get into your first choice school?

---

**YES**  
**NO**  
**I'M STILL WAITING**  
**HAVEN'T APPLIED YET**



Share in Chat | Text: 321-345-9070

Harlan Cohen's  
17 Things You Need to Do

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Kaitlyn Younger, a self-described perfectionist, plans to attend Arizona State.

## To Get Into the Ivy League, 'Extraordinary' Isn't Always Enough These Days

The responses are part of a wave of rejections swamping top students who applied to many highly selective schools during the most competitive year on record. Now, students have until May 1 to let schools know where they will attend.

Harvard received a record 61,220 applications during the current admissions year and accepted 1,954 (3.2%). Brown received a record 50,649 applications and offered admission to 2,546 (5%). Yale received 50,015 applications and admitted 2,234 (4.5%). University of California, Los Angeles, received a record 149,700 applications, 10,000 more than last year; the school's acceptance rate wasn't available.

A reason applications were so inflated is because more than three-quarters of colleges and universities have stopped mandating entrance exams. With that barrier removed, more students





Live!

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



**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



# THE LATEST...

LEARNING RESILIENCE

## Colleges Get Proactive in Addressing Depression on Campus

📺 Give this article



In the traveling exhibition “Send Silence Packing,” backpacks represent the more than 1,000 college students who commit suicide each year. Austin Bachand/Daily News Record, via Associated Press

By Alina Tugend

June 7, 2017

Harlan Cohen’s  
17 Things You Need to Do





# THE LATEST...

The Inner Pandemic | [Teens Face Mental Health Crisis](#) | [How to Help a Struggling Teen](#) | [How We Did Our Reporting](#)

## ***'It's Life or Death': The Mental Health Crisis Among U.S. Teens***

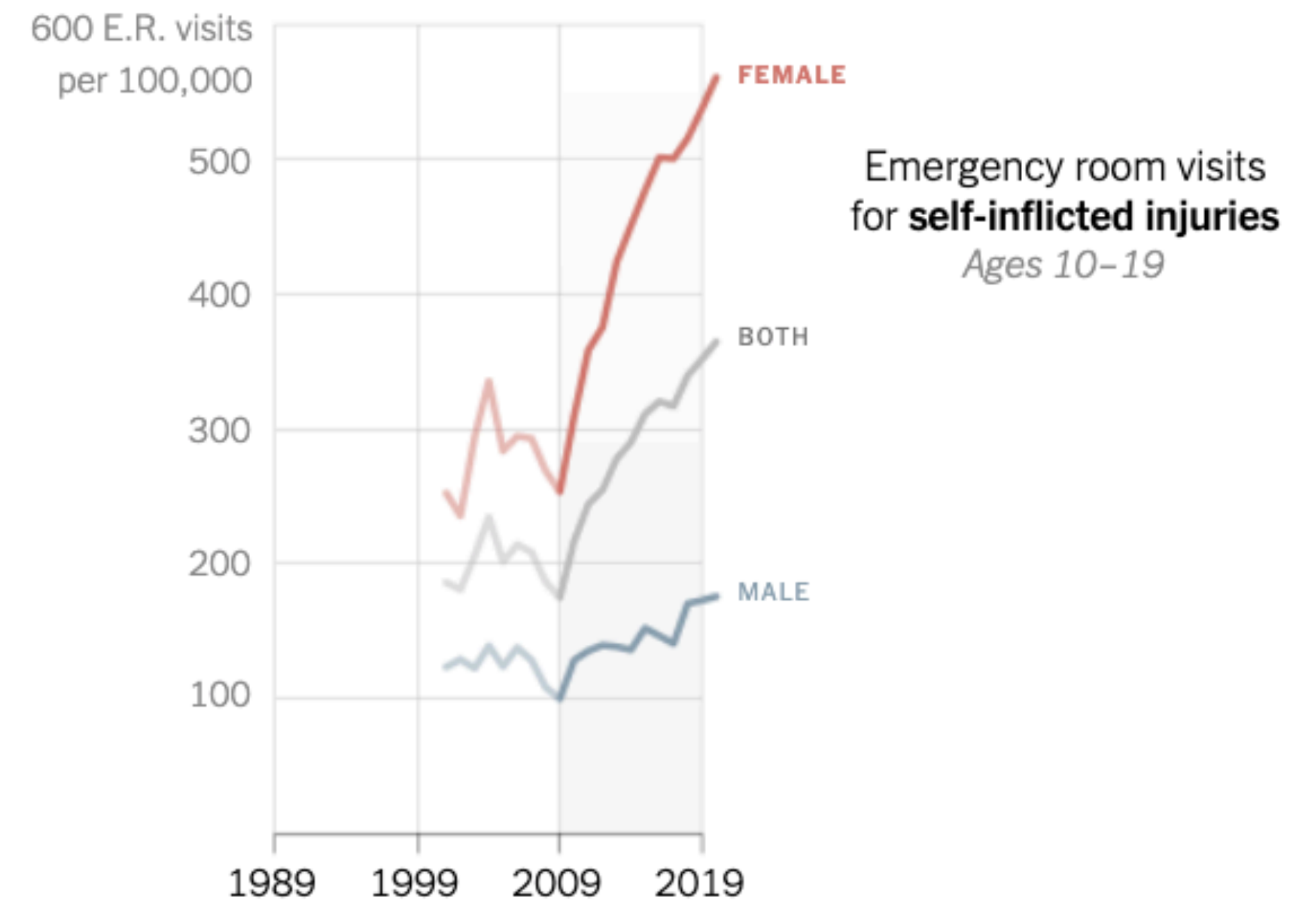
Depression, self-harm and suicide are rising among American adolescents. For M, a 13-year-old in Minnesota, the despair was almost too much to take.

[Give this article](#) [Share](#) [Bookmark](#)



Why are so many American teenagers feeling anxious, depressed and even suicidal? Our video looks at the science behind the teen mental health crisis. [The New York Times](#)

Emergency room visits for self-harm by children and adolescents rose sharply over the last decade, particularly among young women.



[New York Times](#) | Source: Centers for Disease Control and Prevention



# 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



GRAFXART8888/ISTOCK/GETTY IMAGES PLUS

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...

NEWS | ADVICE | THE REVIEW | DATA | CURRENT ISSUE | VIRTUAL EVENTS | STORE | JOBS | RENEW

ENROLLMENT WOES

## Why Students Quit College During Covid

By Sahalie Donaldson | APRIL 20, 2022



CRISTINA SPANO FOR THE CHRONICLE

Students cited emotional stress, health concerns, and financial worries as some of the biggest barriers to staying in college during the pandemic, according to a new report on a survey by the Lumina Foundation and Gallup.

Even among students who persisted, more than one-third of those seeking bachelor's degrees and 40 percent of those seeking associate degrees reported that it was difficult to stay enrolled in the 2021-22 academic year.

The study, conducted last fall, expanded on a 2020 Lumina/Gallup survey that explored students' concerns about the shift from in-person to remote learning. The number of students who considered dropping out of college in 2021 stayed about

PREPARING STUDENTS FOR CAREERS

Our students are ready to help companies solve their biggest challenges.

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PURDUE UNIVERSITY

Krannert School of Management

FROM THE CHRONICLE STORE

Managing the 21st Century Parent



TABLE 2

### Emotional stress is the most common reason students consider stopping out

Which of the following describes why you considered stopping your coursework?  
Select all that apply.

% Selected

	Bachelor's degree	Change from 2020	Associate degree	Change from 2020
<b>Emotional stress</b>	<b>76%</b>	<b>▲ +34%</b>	<b>63%</b>	<b>▲ +39%</b>
COVID-19	33%	▼ -18%	33%	▲ +3%
Cost of attendance	36%	▲ +3%	31%	▲ +6%
Coursework was too difficult	34%	▲ +17%	24%	▲ +10%
Health related reasons not related to COVID-19	20%	▲ +6%	20%	▲ +6%
Childcare/caregiver responsibilities	12%	▼ -12%	22%	▼ -10%
The degree was taking longer than expected	12%	▲ +5%	12%	▲ +2%
Education received was low quality	14%	▼ -1%	9%	▲ +1%
You did not believe the degree/credential would help you achieve your personal goals	12%	▲ +2%	12%	▲ +1%
The courses were not relevant to your future career	11%	▲ +3%	9%	▲ +2%
You got a new job	5%	▼ -6%	14%	▼ -6%
You did not believe the degree/credential would help you achieve your career goals	12%	▲ +5%	9%	▲ +2%
You lost your job	6%	▼ -6%	8%	▼ -8%
No longer interested	15%	*	14%	*

\* Not asked in 2020 survey.



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

**1. WANT SOMETHING**

**2. EXPECT THE UNEXPECTED**

**3. GET COMFORTABLE WITH THE UNCOMFORTABLE**

**4. EMBRACE THE UNIVERSAL REJECTION TRUTH**

**5. FIND YOUR THREE PLACES**

**6. FIND YOUR FIVE PEOPLE**

**7. BE PATIENT**

**8. TALK TO YOUR PARENTS**

**9. CHECK YOUR EMAIL**

**10. FOLLOW, LIKE, POST**

**11. READ THE CAMPUS NEWSPAPER**

**12. KNOW THESE ROOMMATE RULES**

**13. KNOW THESE RELATIONSHIP RULES**

**14. ASK, BUDGET, WORK**

**15. HAVE RULES FOR GOING OUT**

**16. FIND A THERAPIST & ACADEMIC SUPPORT**

**17. TELL YOUR STORY AS IF...**





# #1 WANT SOMETHING

**YOU ARE THE  
CREATOR  
OF YOUR JOY**

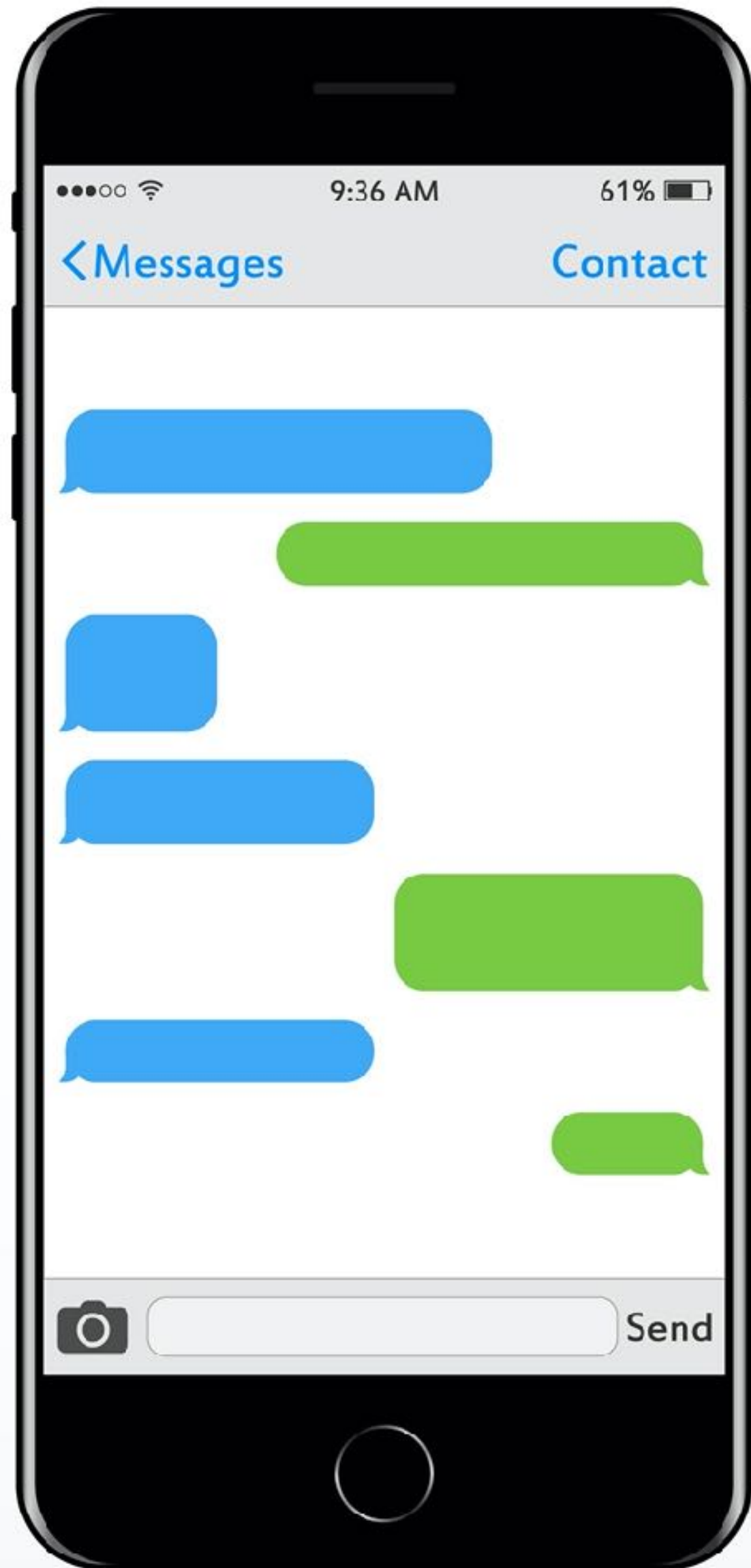
**YOU ARE THE  
MAKER OF  
YOUR DREAMS**



Harlan Cohen's  
17 Things You Need to Do

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# What do you want to happen your first year in college?

---

**New friends? Grades?  
Love? Adventure?  
Please be specific.**

**Share in Chat | Text: 321-345-9070**

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

Today is the future

I created yesterday



# Forget about being wanted...



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# Focus on what **YOU** want

Think friends,  
relationships,  
experiences...

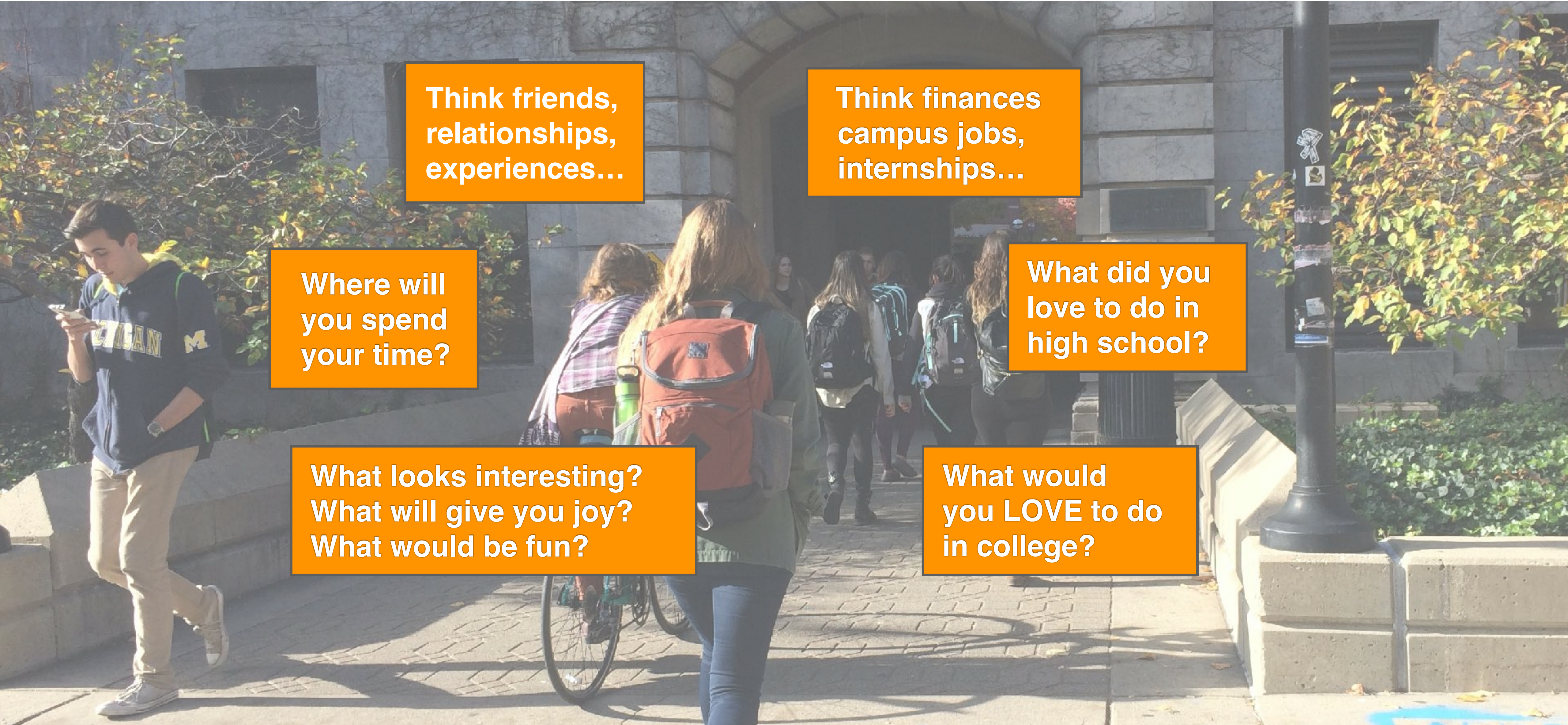
Think finances  
campus jobs,  
internships...

Where will  
you spend  
your time?

What did you  
love to do in  
high school?

What looks interesting?  
What will give you joy?  
What would be fun?

What would  
you **LOVE** to do  
in college?





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

- *Nelson Mandela*





# #2 EXPECT THE UNEXPECTED



RAs Kim Cahill (Wheelock'21) (from left) and Kelly Bertkus (Wheelock'21) helping Abdullah Robins (CAS'21), who's showing his proof of a scheduled COVID-19 test before getting the key to his dorm. Showing proof of a scheduled COVID-19 test is required for all students moving into campus housing.

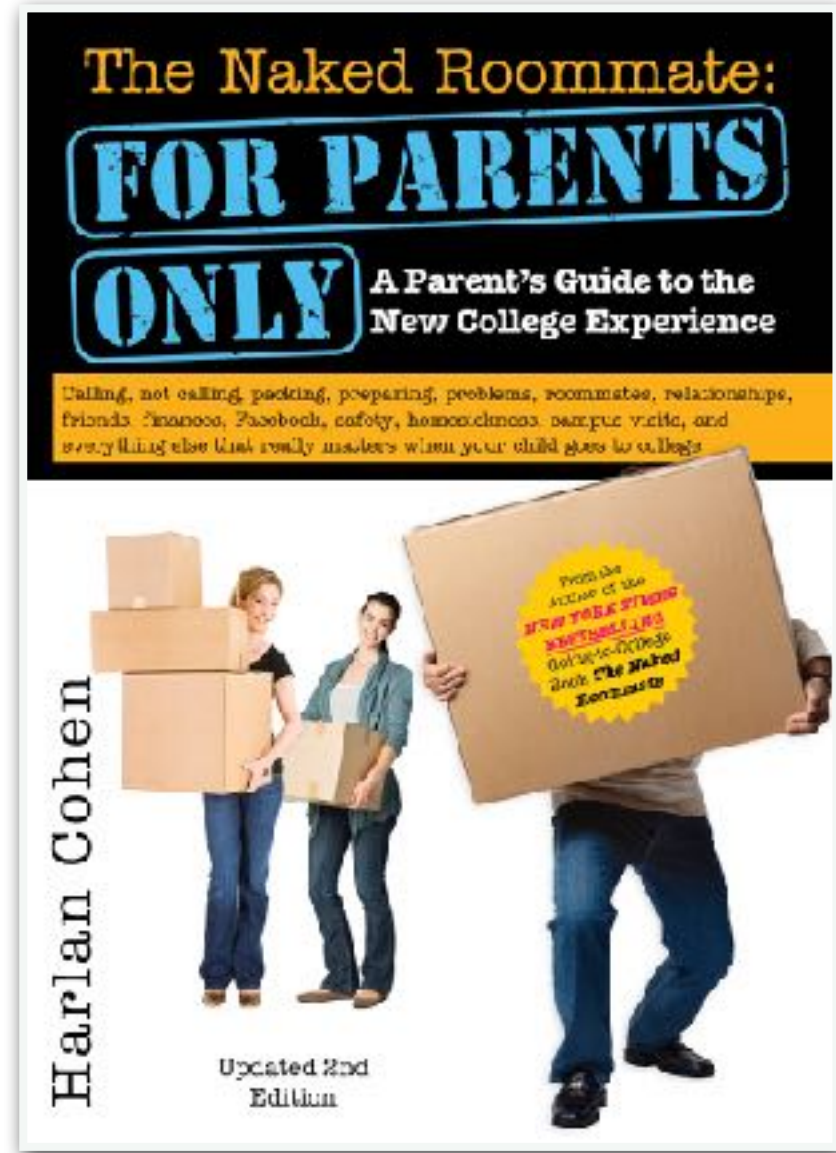
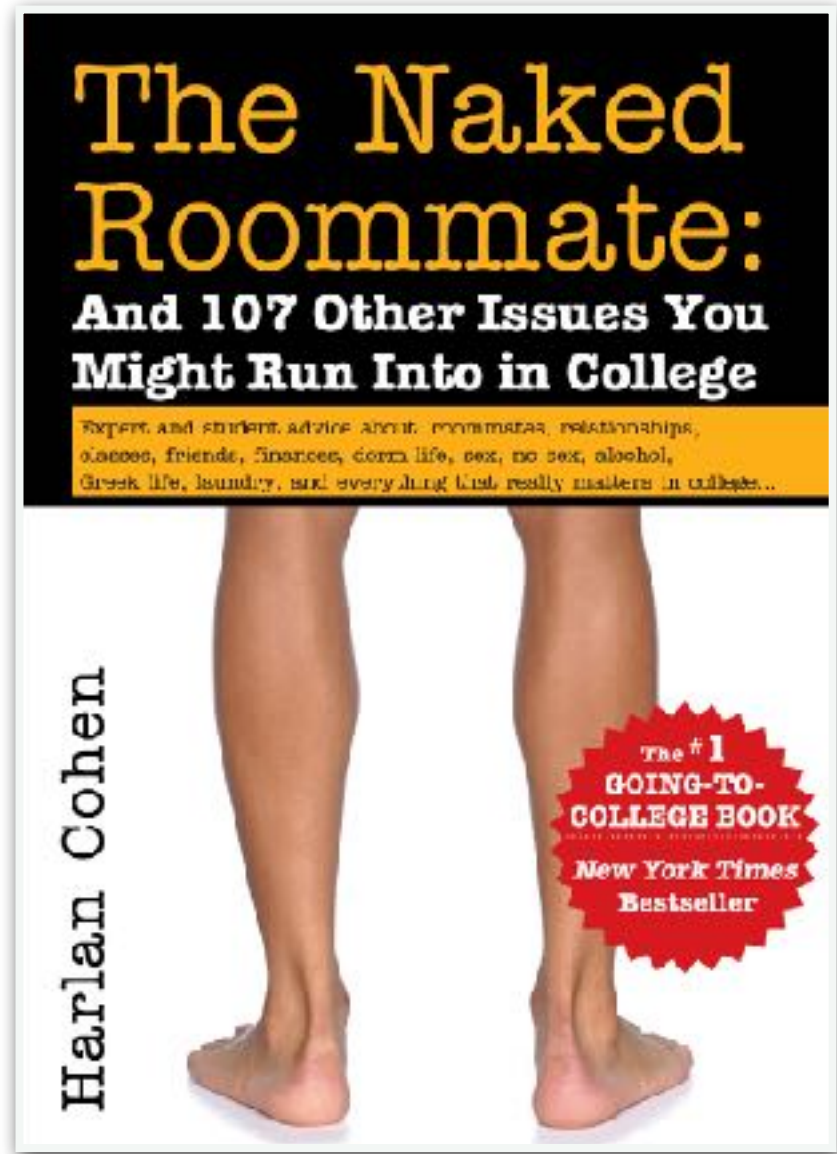
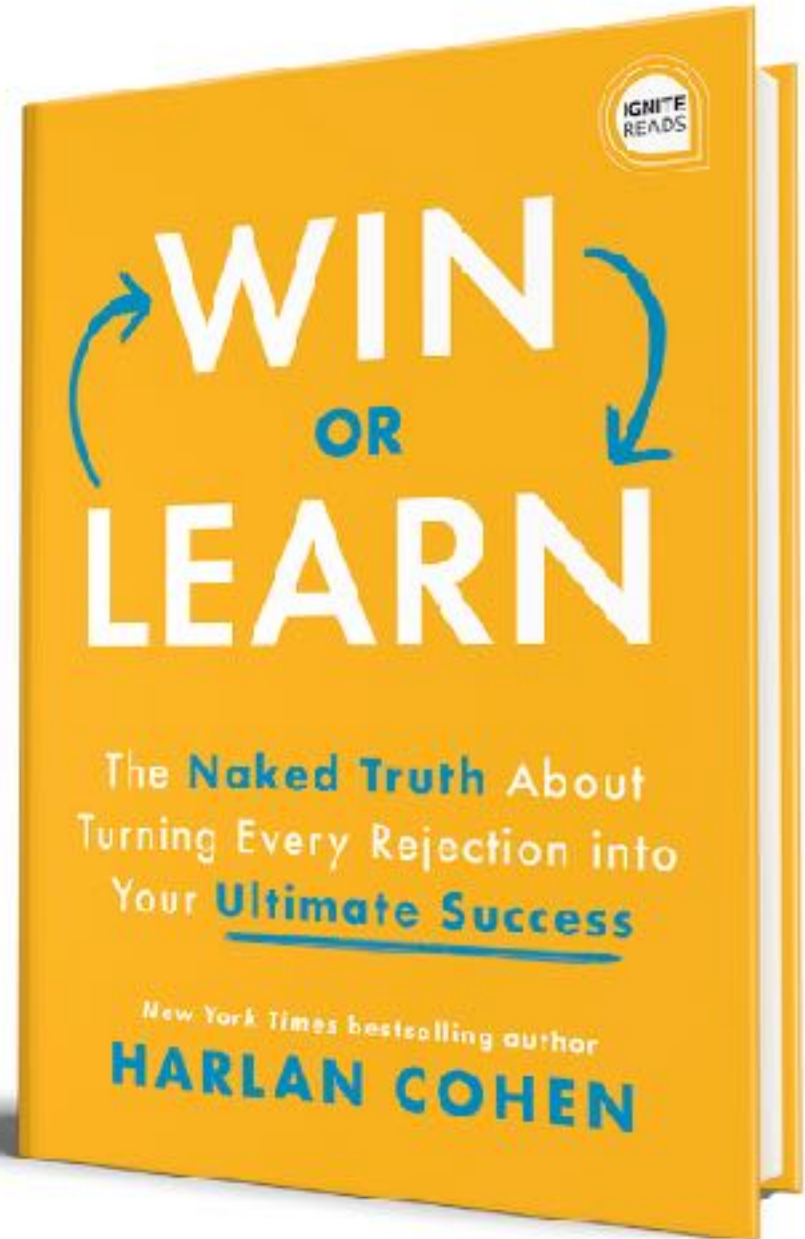
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<http://www.bu.edu/articles/2020/a-quiet-start-to-boston-university-move-in/>



# WHAT DO I DO? Research and Write Books



BEST SELLERS > EDUCATION

## Best Sellers

June 2015 < May 2015 July 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>
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>
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>

**OVERVIEW**

**PRINT & E-BOOKS**  
Fiction  
Nonfiction

**HARDCOVER**  
Fiction  
Nonfiction

**PAPERBACK**  
Trade Fiction  
Mass-Market Fiction  
Nonfiction

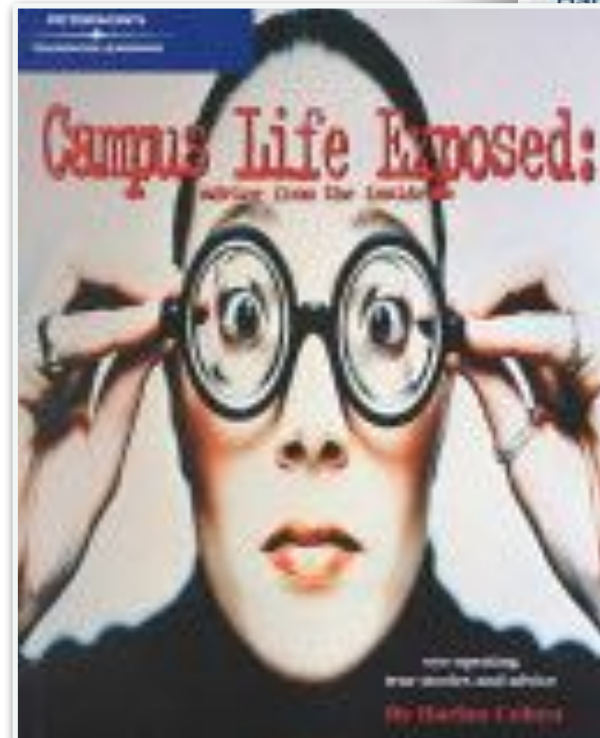
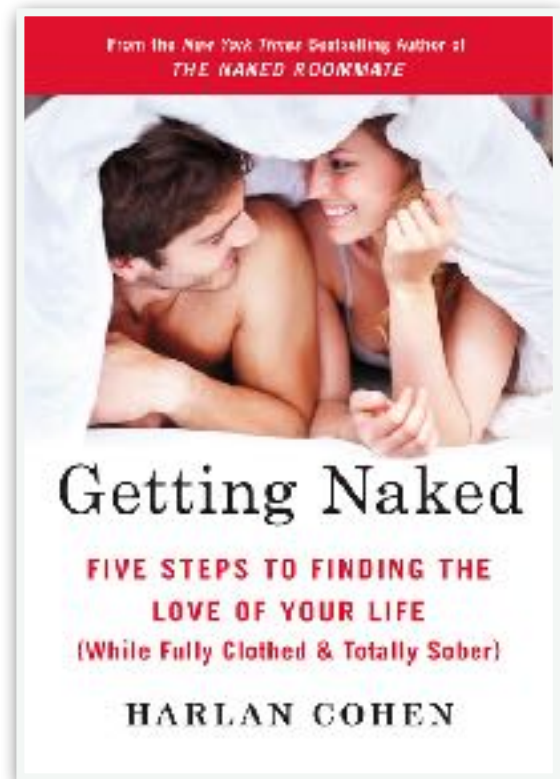
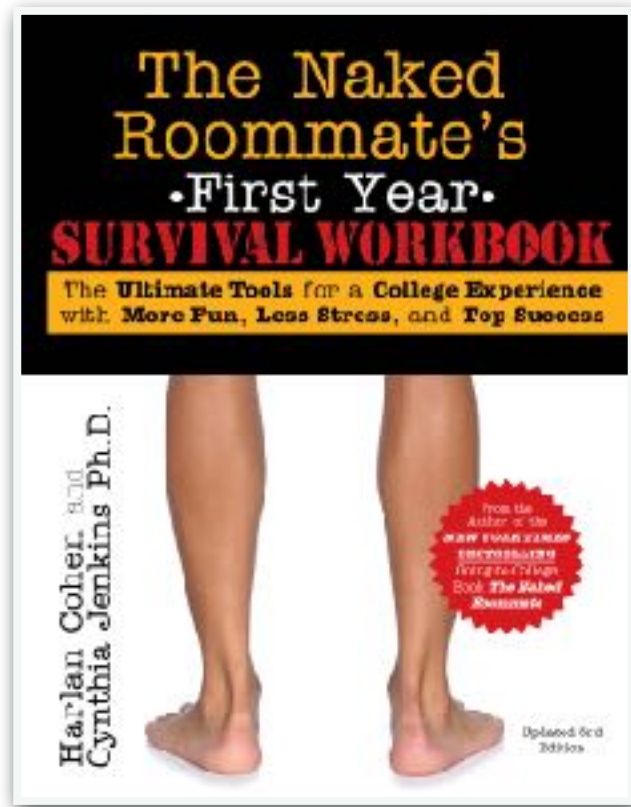
**E-BOOKS**  
Fiction  
Nonfiction

**ADVICE & MISC.**  
Combined

**CHILDREN'S**  
Picture Books  
Middle Grade  
Young Adult  
Series

**GRAPHIC BOOKS**  
Hardcover  
Paperback  
eBook

**MONTHLY LISTS**  
Fiction  
Nonfiction  
Business  
Biographies  
eBook  
Graphic Novels





# WHAT DO I DO? Support College Students



**helpmeharlan**

Harlan Cohen



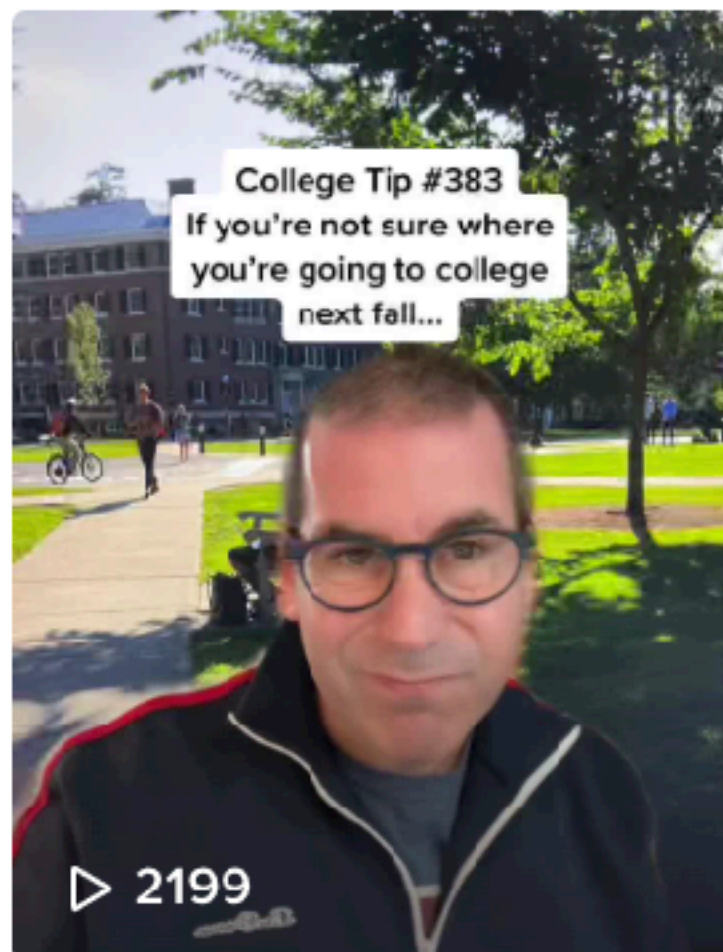
656 Following 391.4K Followers 13.3M Likes

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

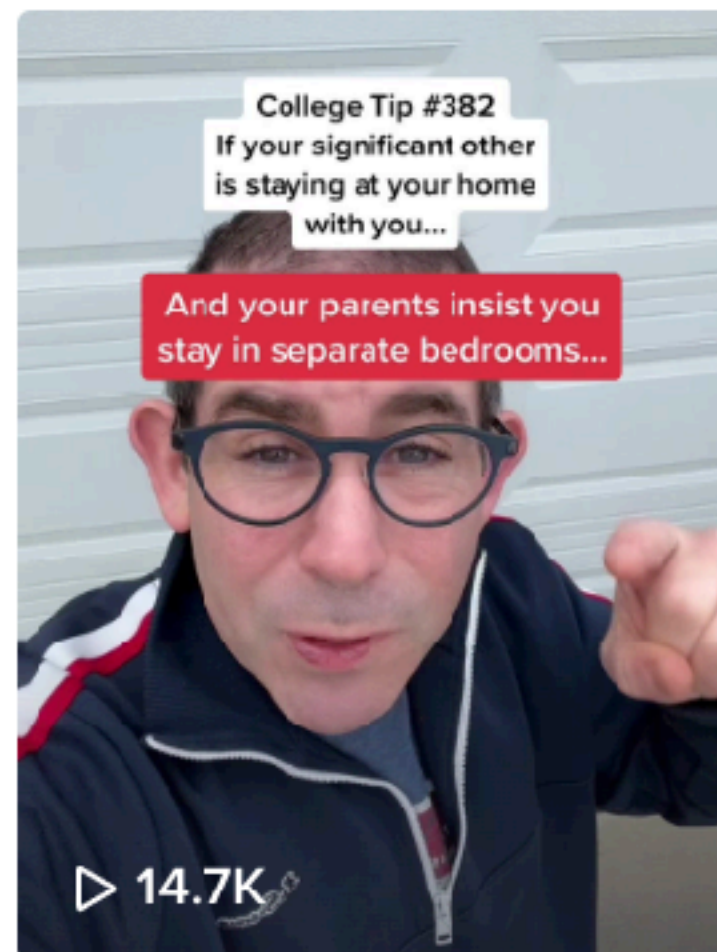
♥️ 2help

Videos

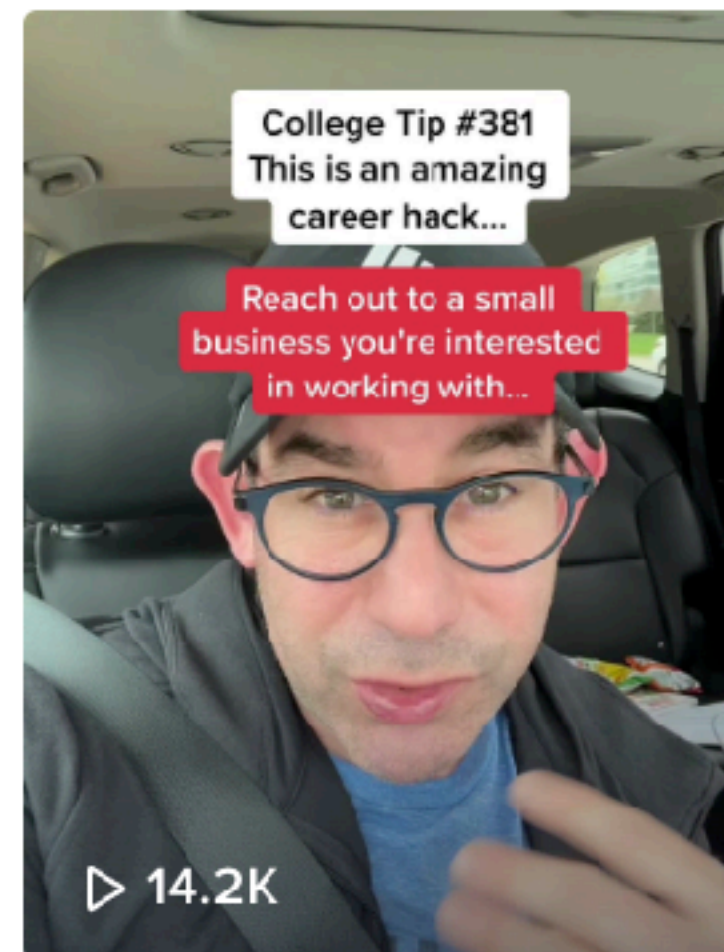
🔒 Liked



College Tip 383: If you're ...



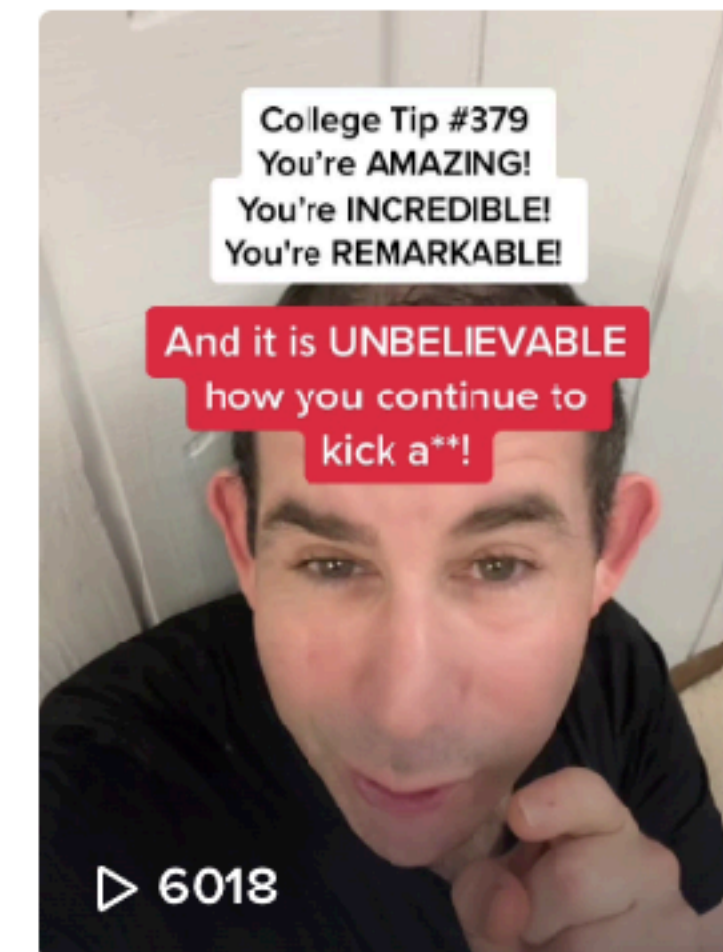
College Tip 382: If your sig...



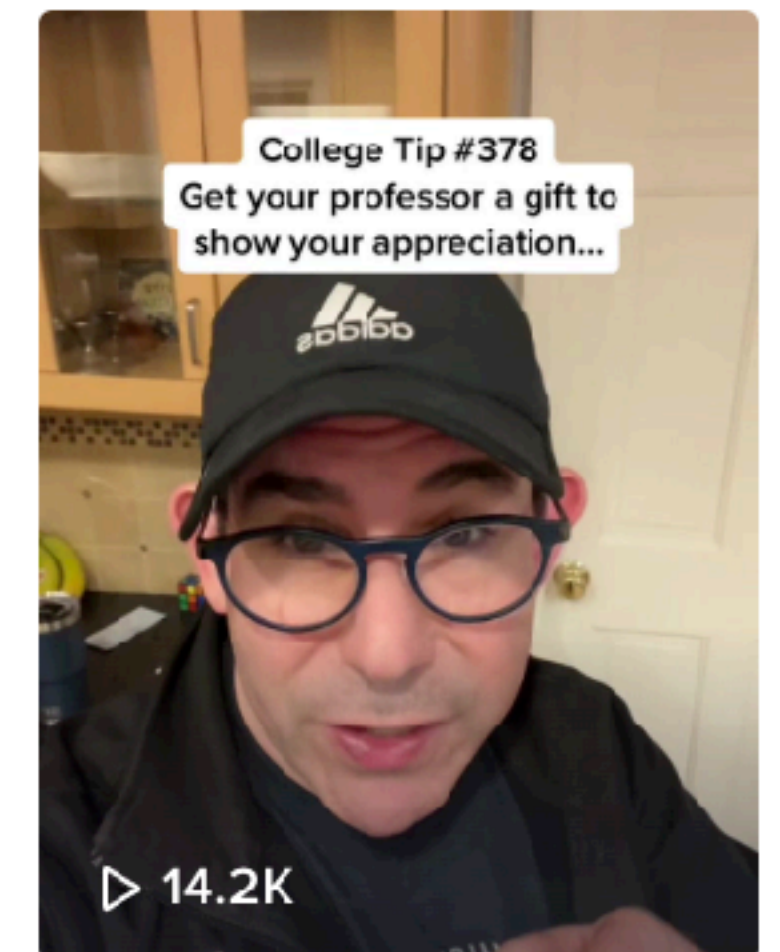
College Tip 381: This is an ...



College Tip 380: Do not fi...



College Tip 379: You are ...



College Tip 378: Give your...



# 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

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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

YOUR PLACE, YOUR PEOPLE, YOUR PASSION Before College TV One Of Your People Project BCTV 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](#)

**WHY WE CHOSE**  
The UNIVERSITY of VERMONT

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### 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

Harlan Cohen's  
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# No one told me what to expect...

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





**X Roommate was not my friend**

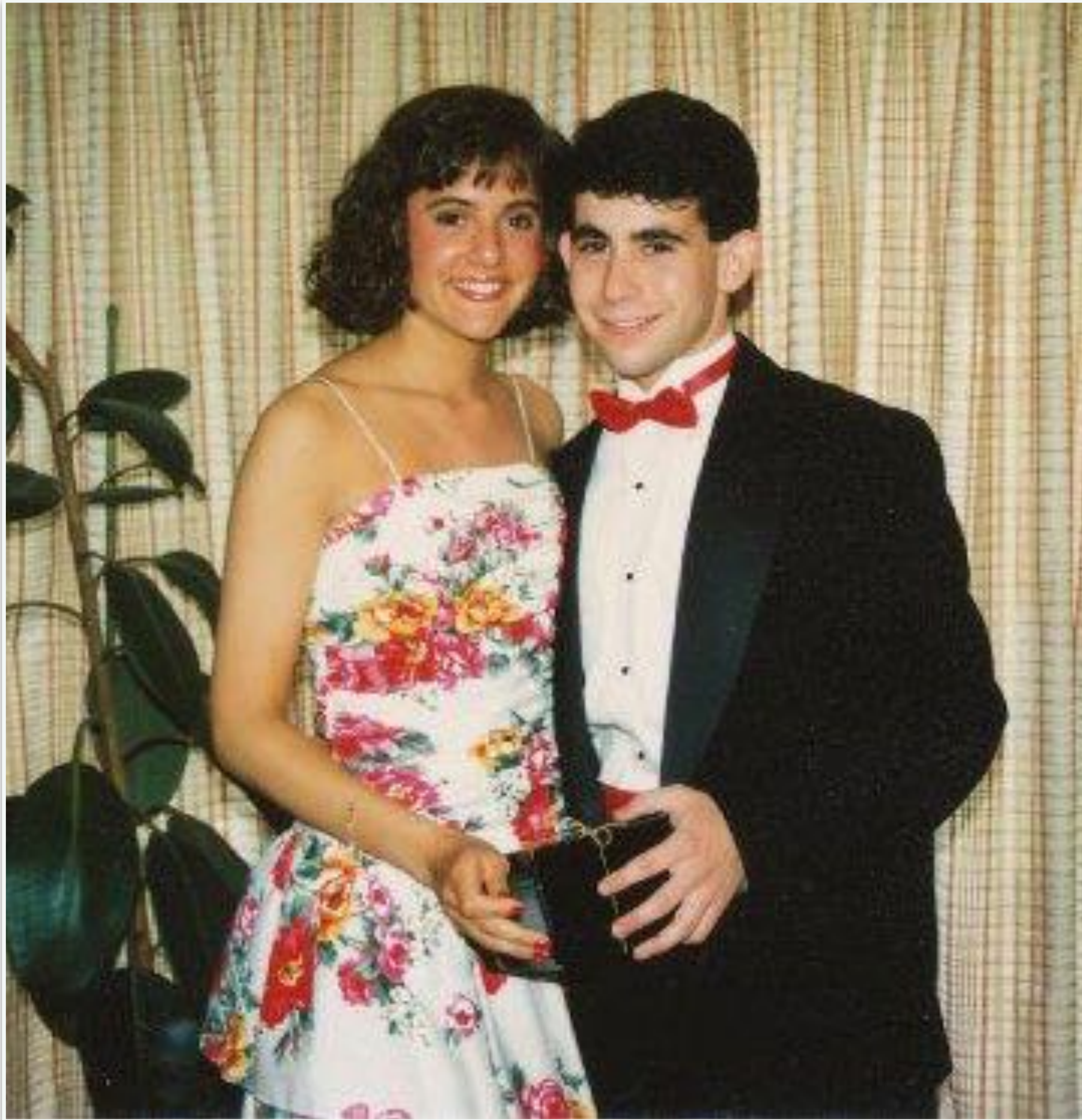


**X Didn't get into a fraternity**





**X My girlfriend broke up with me...**



**shot the LDR puppy**





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

MyUW ▾

LIBRARIES

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ACADEMICS

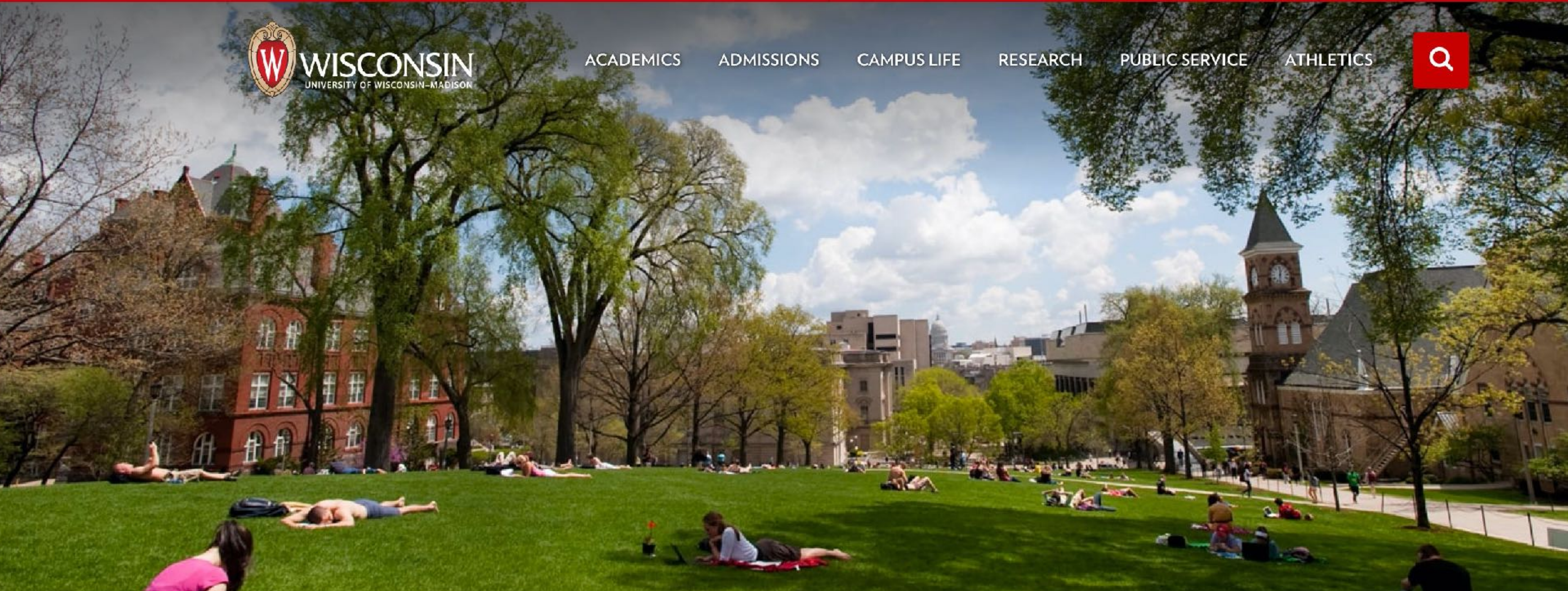
ADMISSIONS

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...**







[ABOUT](#)

[ADMISSIONS](#)

[ACADEMICS](#)

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



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

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





# If you don't know what's coming...

## It's easy to panic, get lost, give up, or lose control.

### H. Mental Health

2019

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 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 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 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

### H. Mental Health

2011

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 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 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 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



**SEARCH**

**SELECTION**

**TRANSITION**

**TRANSITION IS HIGH STAKES, EMOTIONAL, AND INTENSE**



**S**

**Social**

**E**

**Emotional**

**P**

**Physical**

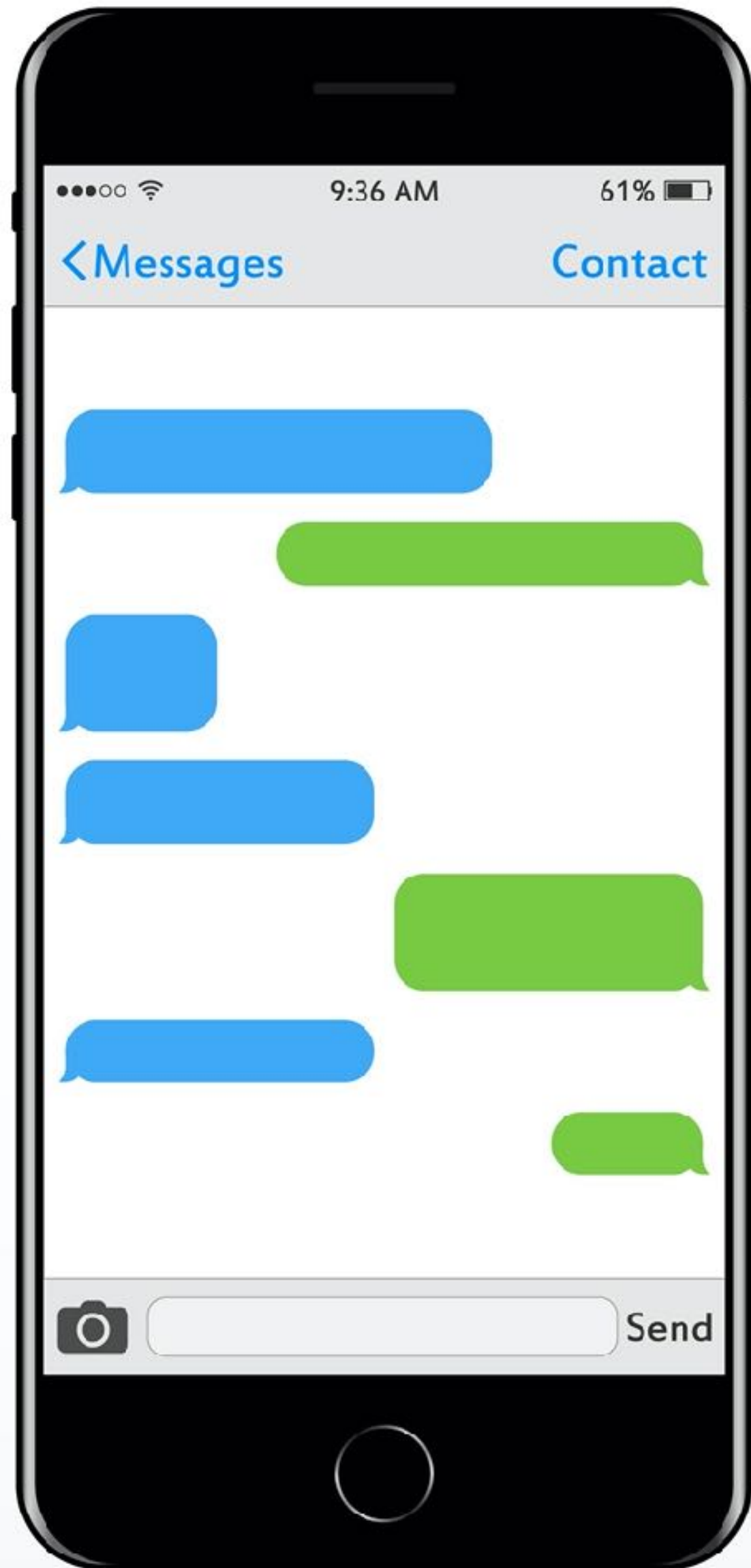
**F**

**Financial**

**A**

**Academic**





# Which Transition Makes You The Most Uncomfortable?

---

**SOCIAL**  
**EMOTIONAL**  
**PHYSICAL**  
**FINANCIAL**  
**ACADEMIC**

Share in Chat | Text: 321-345-9070



# **#3 GET COMFORTABLE WITH THE UNCOMFORTABLE**





# The 90/10 Rule

**Life is 90%  
amazing**

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





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



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





# #4 EMBRACE THE UNIVERSAL REJECTION TRUTH





Win or Learn

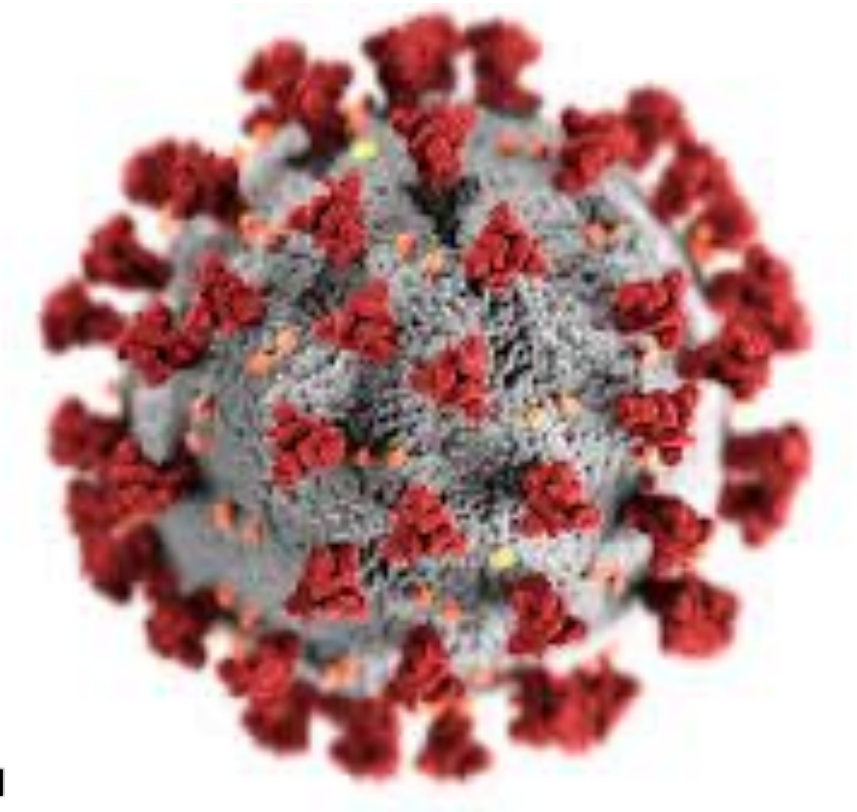
## **The Universal Rejection Truth**

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



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



**AND YOU WILL  
STILL FACE  
REJECTION**



UPDATED EDITION

CAROL S. DWECK, Ph.D.

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

2  
MILLION  
COPIES  
IN PRINT

- \*parenting
- \*business
- \*school
- \*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 DENIAL**

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







# Face The Truth

---

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

Brought to you by:

**College AVE**<sup>®</sup>  
STUDENT LOANS



# #5 FIND YOUR THREE PLACES

(VIRTUAL AND ON CAMPUS)



<https://uvmcampusrec.com/index.aspx>



# PLACES ARE WHERE YOU CAN...

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

✧ SWEAT

✧ PLAY

✧ PRAY

✧ LIVE

✧ LEARN

✧ LEAD

✧ LOVE

✧ WORK

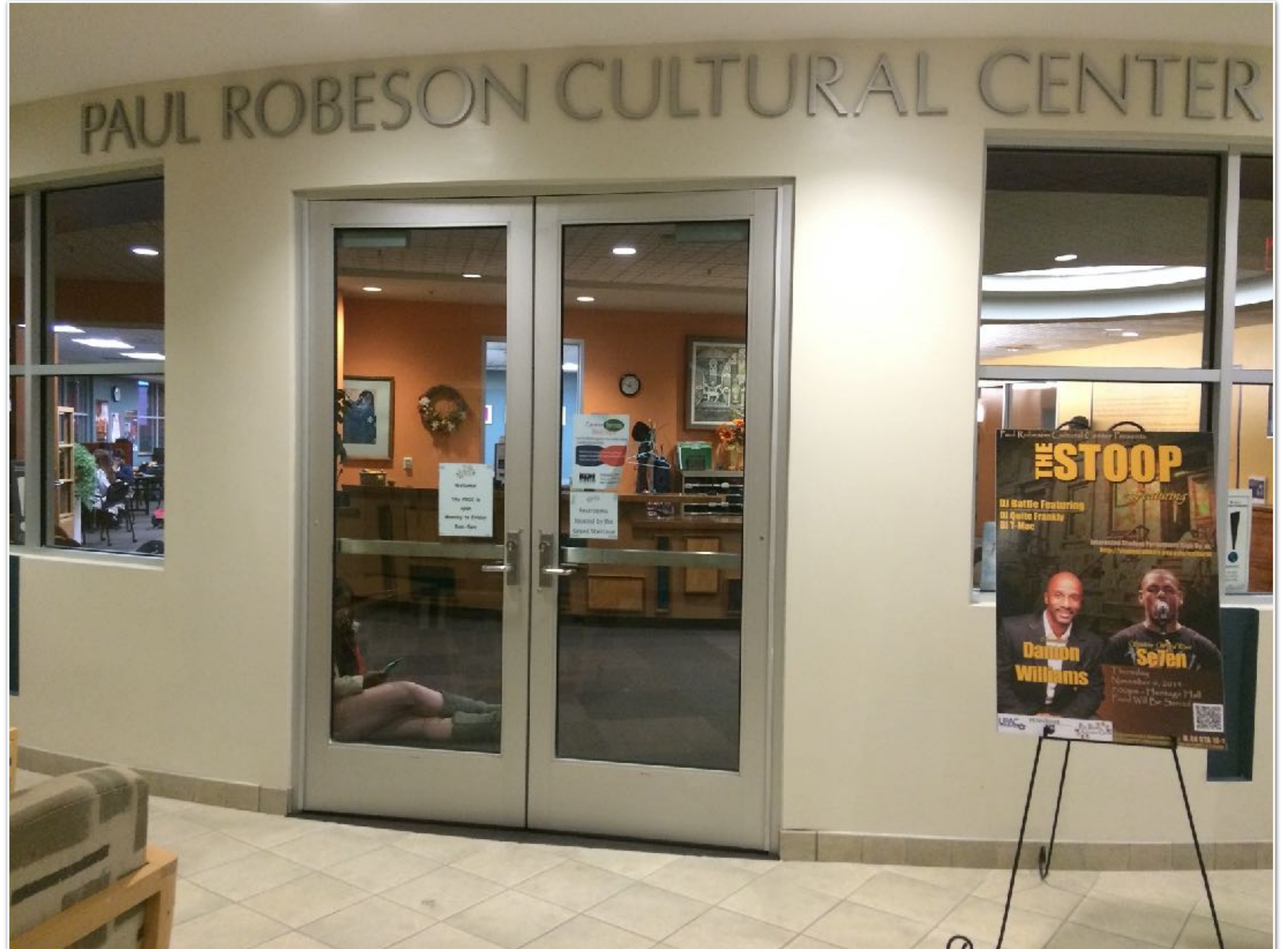


Harlan Cohen's  
17 Things You Need to Do

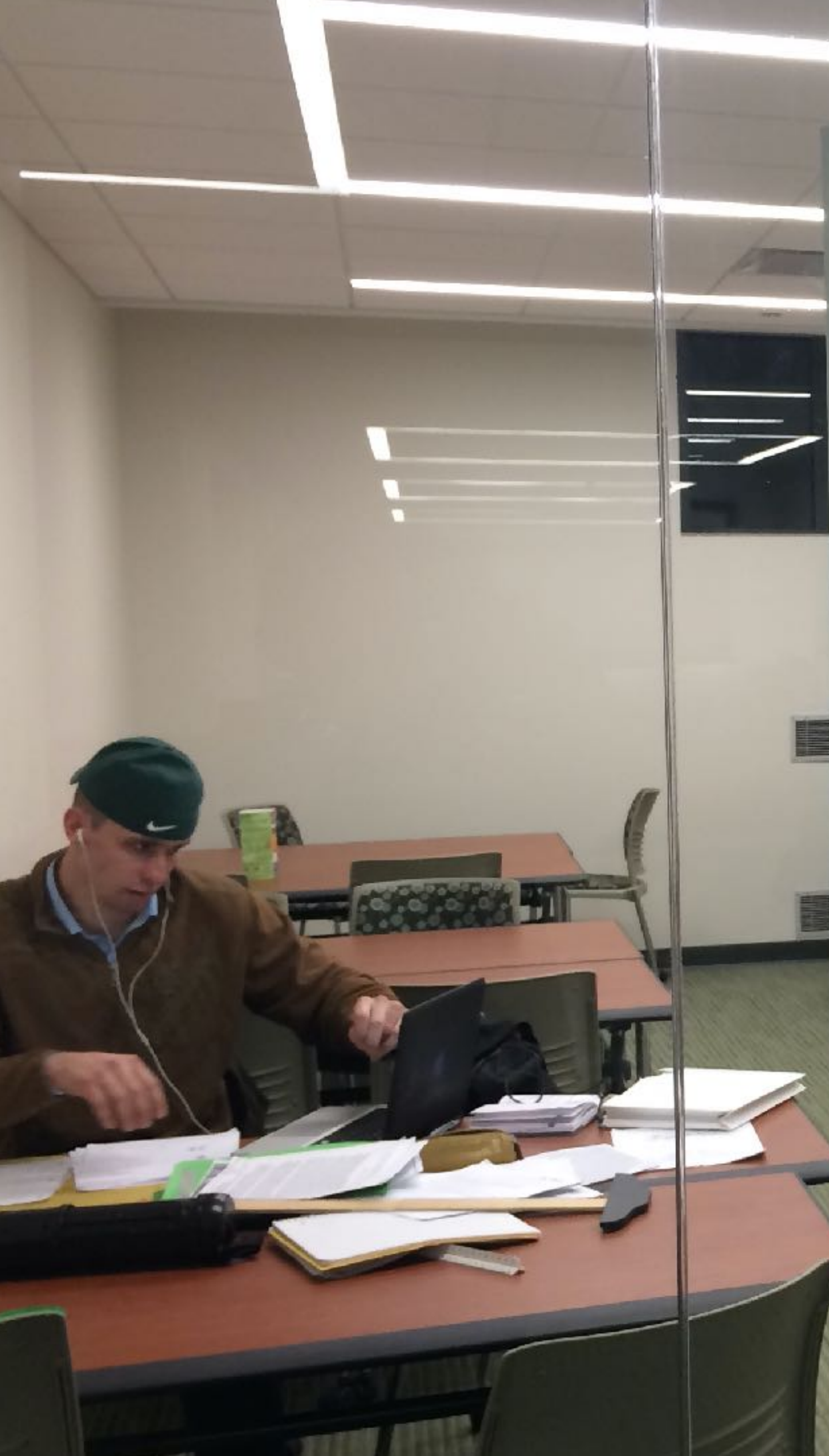


# Places

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







# The Writing Center @MSU

41

Tutoring

For information on how  
to book this room, see  
the MSU Union  
Resource Center, Room  
25, Ground Level



# PLACES



## Badger Support Network

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



## Badger Tank UW-Madison

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



## Badger Twins

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



## Badger Yogis

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



## Badgerloop

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



## Badgers & Books

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



HOME

EVENTS

ORGANIZATIONS

NEWS

FORMS



## Badger Support Network

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

### Contact Information

E: machoka@wisc.edu

P: 651-666-9648



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



# PLACES

DENISON

Campus / Get Involved / Student Organizations

## Student Organizations



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

- › [Arts Organizations](#)
- › [Club Sports & Intramurals](#)
- › [Cross-Cultural Communities](#)
- › [Events & Traditions](#)
- › [Fraternities & Sororities](#)
- › [Honoraria & Academic Interest Organizations](#)
- › [Media Organizations](#)
- › [Religious & Spiritual Life](#)
- › [Service Organizations](#)
- › [Social Justice & Advocacy Organizations](#)
- › [Special Interest Organizations](#)

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

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

[Forms, Policies, Publications](#)

### Contact Us

#### Phone

740 587 6394

[Slayter Hall Student Union 310](#)

[View all contacts »](#)

#### Dana Pursley

Director

[pursleyd@denison.edu](mailto:pursleyd@denison.edu)

740-587-5557

#### Kim Bentley

Assistant to the Director

[bentleyk@denison.edu](mailto:bentleyk@denison.edu)

740-587-5556







# #6 FIND YOUR FIVE PEOPLE







**People who  
volunteer to help**

**People you ask  
or enlist to help**

**People who are  
paid to help**

**Who are some of these people?**

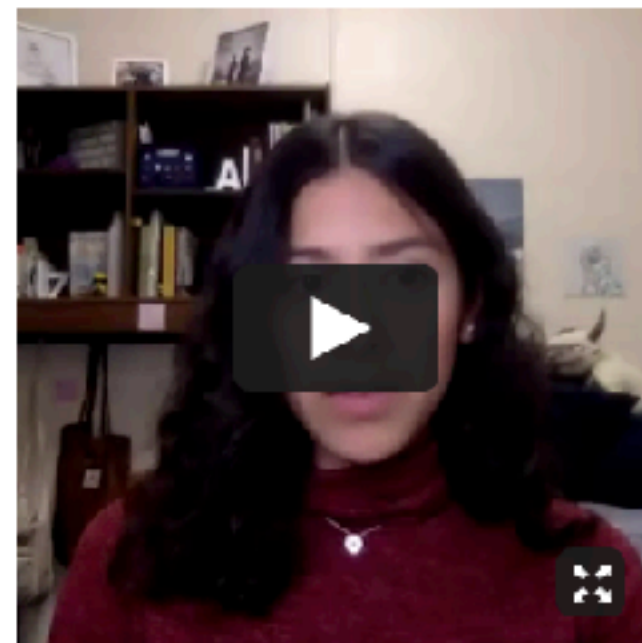
- Orientation leaders - peer mentor - professors - spiritual leaders
- residence life staff - counselors - coaches - captains - advisors
- student ambassadors - leaders of orgs - therapists - specialists
- students - professional staff, tutors - teaching assistants - grads
- high school mentors - friends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



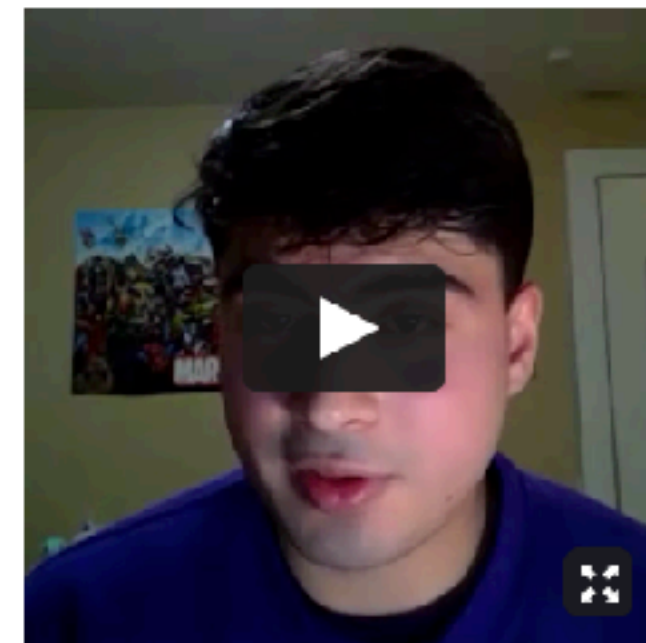
# GEAR UP | SUNNYSIDE HIGH SCHOOL



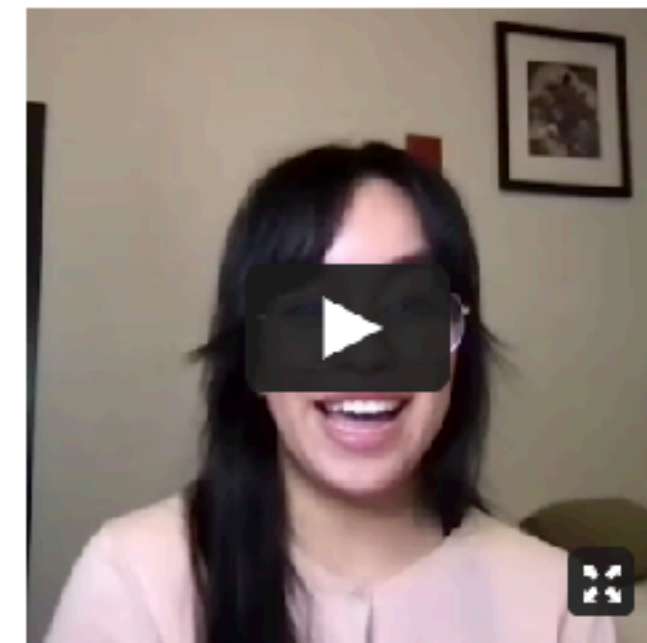
We spoke with Sunnyside High School graduates about their experiences in high school and how they were able to navigate life in college. The panelists volunteered to share their stories.



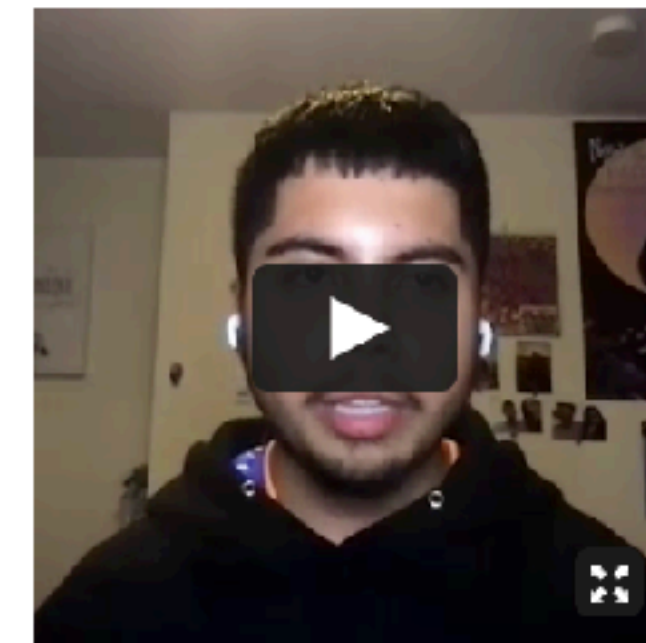
How Karen afforded to attend Stanford University.



How Erik struggled with imposter syndrome during his first year at The U of Washington.



How Nora overcame big challenges her first year in college...



How Jesus was able to attend UW, his dream school.

Harlan Cohen's  
17 Things You Need to Do



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










# #7 BE PATIENT







**How long will it  
REALLY take to get  
what you want?**

**Give it a couple of semesters,  
quarters, years...**



# FOLLOW THE 24 HOUR RULE

## What's going to happen?

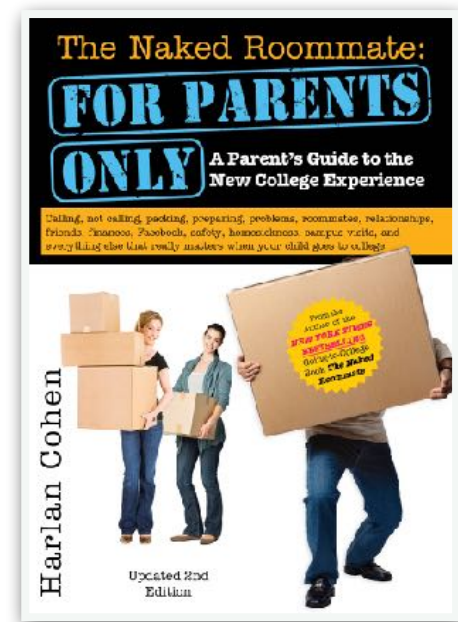
- ♦ **NOTHING** - The problem will still be there tomorrow.
- ♦ **SOLUTION** - You (or your child) will solve the problem.
- ♦ **NEW PROBLEM(S)** - The old problem will no longer be a problem because new and exciting other problems will pop up.



Harlan Cohen's  
17 Things You Need to Do



# #8 TALK TO YOUR PARENTS



## Talk about...

- Communicating
- Visiting
- Breaks
- Money / Budget
- Academic Expectations
- Getting Help
- HIPAA & FERPA





# #9 CHECK YOUR EMAIL

## (DEADLINES, REFUNDS, POLICIES)

### BU Webmail

The easy, centralized way to access BU Google Mail or Exchange.

**REMEMBER: No one at Boston University will ever ask you for your password in email! Don't become a victim of identity theft.**



#### BU Google Mail

Sign in to your BU Google Mail account below. Note that you can also access your mail via a desktop e-mail program or mobile device.

[Sign in to BU Google Mail](#)



#### Office 365

Faculty, staff, and other members of the community who have been migrated to Office 365 can sign in below. Note that you can also access your Office 365 account using a desktop e-mail program or mobile device.

[Sign in to Office 365](#)

Harlan Cohen's  
17 Things You Need to Do



# #10 FOLLOW, POST, LIKE



**University of Wisconsin-Madison**

@UWMadison · College & University

Watch Video

go.wisc.edu

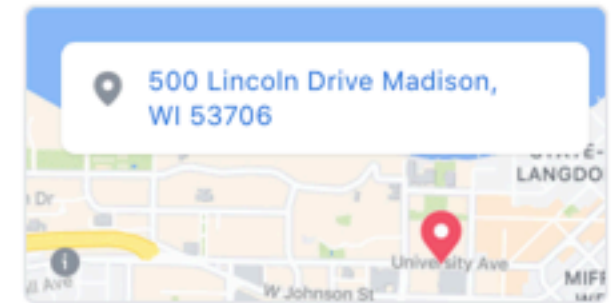
Home Events Videos Photos More

Like

Message

About

See All



The official Facebook page for the University of Wisconsin-Madison. Managed by staff of University Communications, a unit located within the Office of...

309,177 people like this including 35 of your friends

309,314 people follow this

374,918 people checked in here

https://www.wisc.edu/

(608) 263-2400

Send Message

askbucky@uwmad.wisc.edu



University of Wisconsin-Madison

Celebrate Earth Day this Thursday and Friday with the Nelson Institute for Environmental Studies, UW-Madison. Learn from interdisciplinary experts who will address how we can equitably respond to environmental issues that are placing unjust burdens on the most vulnerable populations.

Register at <https://earthday.nelson.wisc.edu>

NELSON INSTITUTE FOR ENVIRONMENTAL STUDIES  
**EARTH DAY 2021**

EARTHDAY.NELSON.WISC.EDU

Home

The annual Earth Day Conference, hosted by the Nelson Insti...

1

1 Comment

Like

Comment

Share

Most Relevant

Instagram

Search



uwmadison

Follow

2,568 posts

150k followers

1,201 following

UW-Madison

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

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

Followed by [poosafoundation](#), [collegiacounselorsmith](#), [colageza-loans](#) + 3 more



Safer Badger



Support



COVID-19



Study spa...

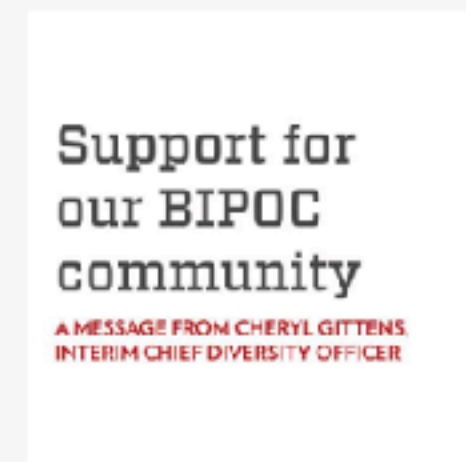
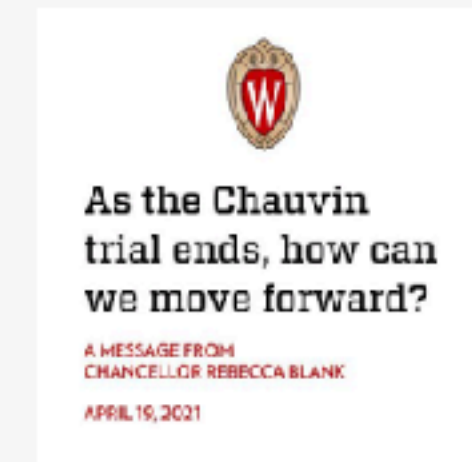
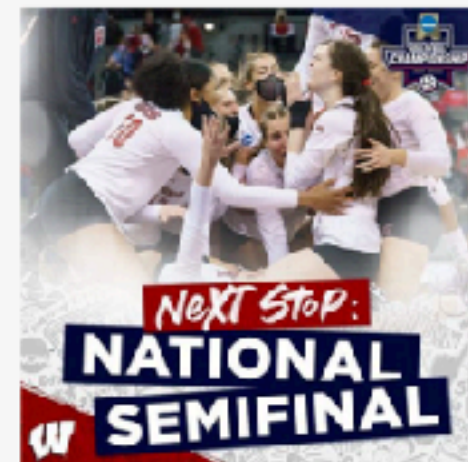


#BadgerA...

POSTS

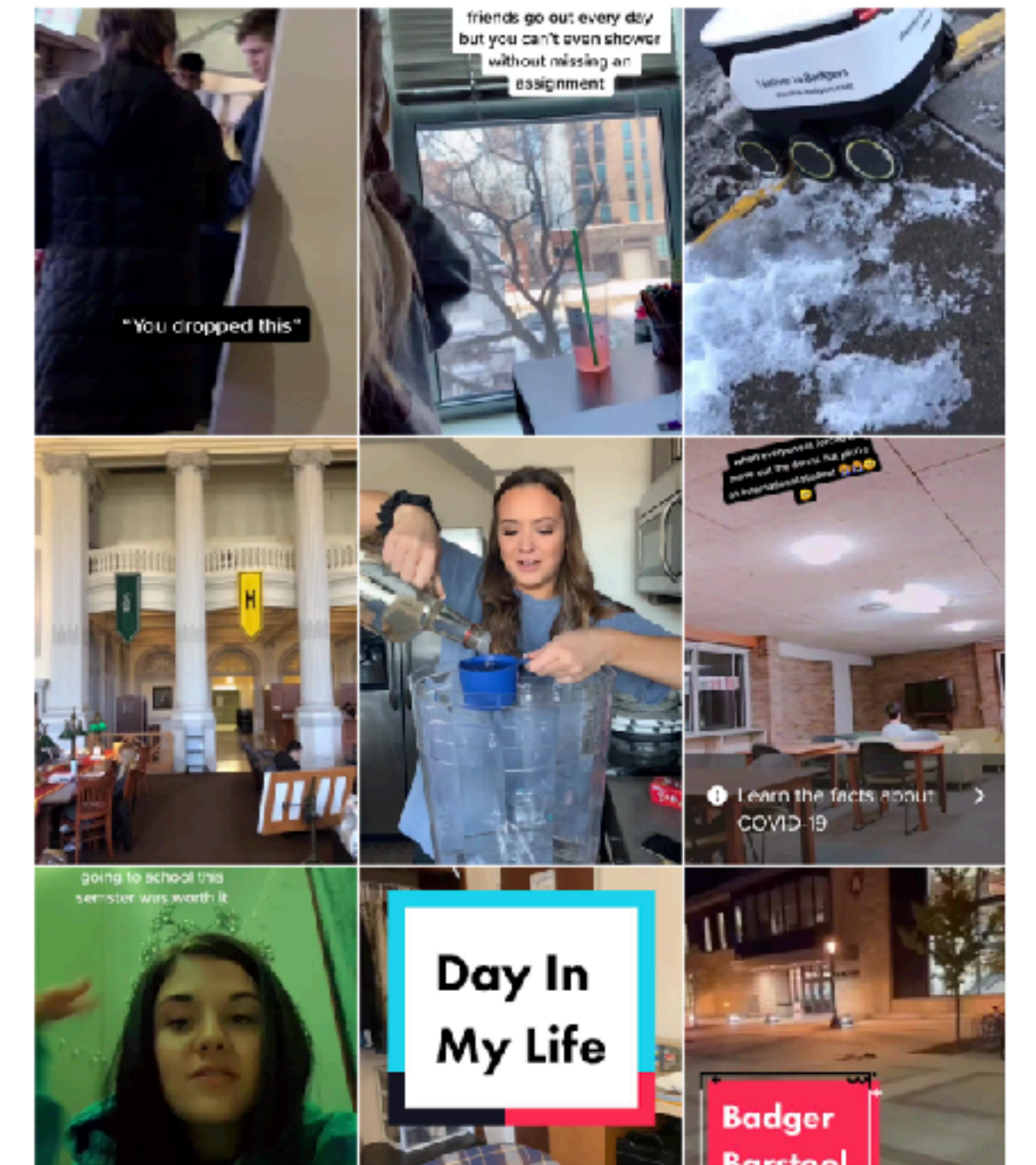
IGTV

TAGGED



#uwmadison

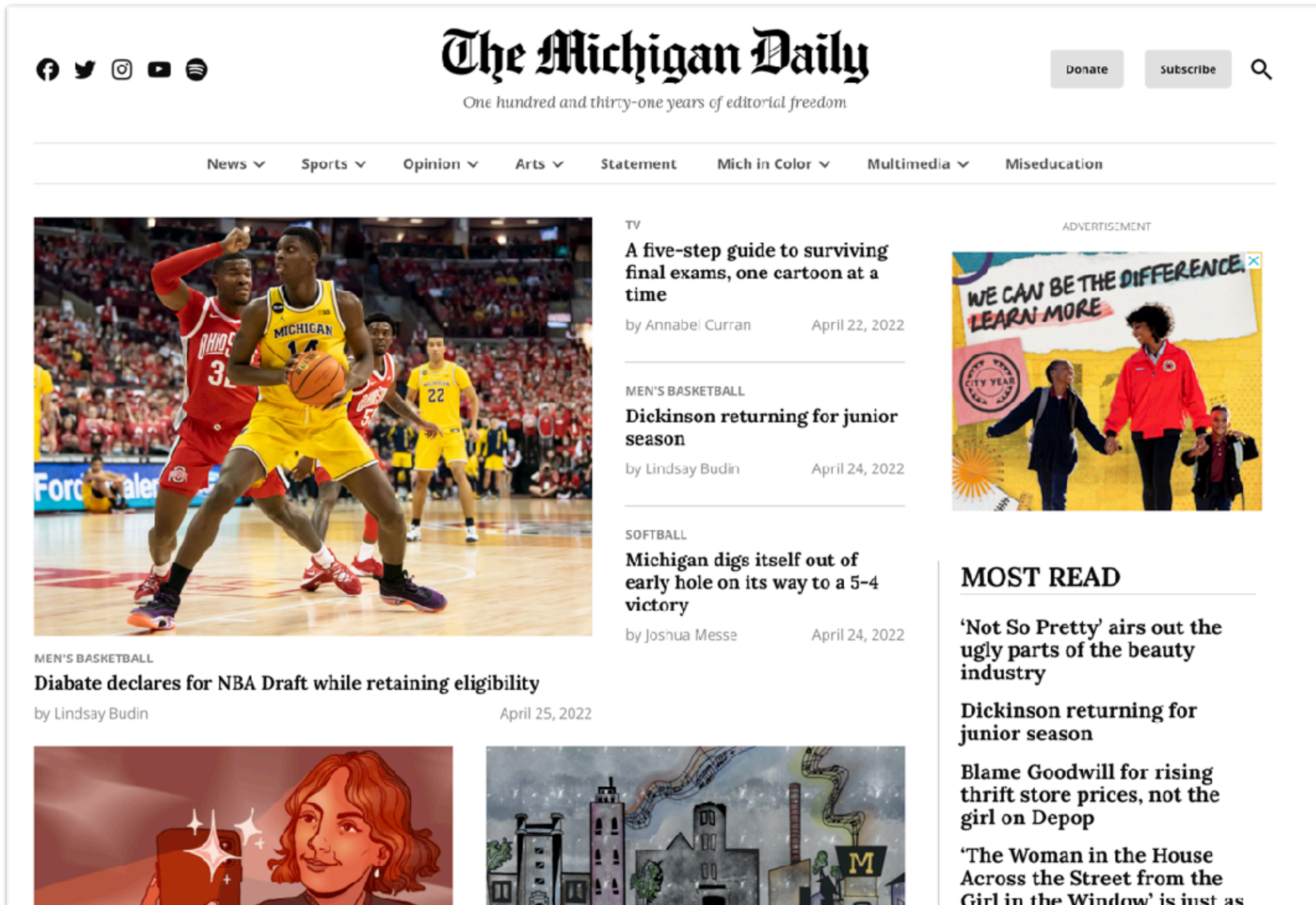
35M views



ram



# #11 READ THE CAMPUS NEWSPAPER



The Michigan Daily  
One hundred and thirty-one years of editorial freedom

News ▾ Sports ▾ Opinion ▾ Arts ▾ Statement Mich in Color ▾ Multimedia ▾ Miseducation

**MEN'S BASKETBALL**  
**Diabate declares for NBA Draft while retaining eligibility**  
by Lindsay Budin April 25, 2022

**TV**  
**A five-step guide to surviving final exams, one cartoon at a time**  
by Annabel Curran April 22, 2022

**MEN'S BASKETBALL**  
**Dickinson returning for junior season**  
by Lindsay Budin April 24, 2022

**SOFTBALL**  
**Michigan digs itself out of early hole on its way to a 5-4 victory**  
by Joshua Messe April 24, 2022

**ADVERTISEMENT**  
WE CAN BE THE DIFFERENCE. LEARN MORE

**MOST READ**  
**'Not So Pretty' airs out the ugly parts of the beauty industry**  
**Dickinson returning for junior season**  
**Blame Goodwill for rising thrift store prices, not the girl on Depop**  
**'The Woman in the House Across the Street from the Girl in the Window' is just as**



Harlan Cohen's  
17 Things You Need to Do

College AVE  
STUDENT LOANS

<https://www.michigandaily.com/>



# #12 KNOW THESE ROOMMATE RULES

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

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

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

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





# **#13 KNOW THESE RELATIONSHIP RULES**

- I. Have a life independent of your significant other**
- II. Stay on campus on the weekends (as much as possible)**
- III. DO NOT restrict your significant other or be restricted**
- IV. Meet other people and form friendships**
- IV. Learn to be happy while apart and you'll be happier together**





# #14 ASK, BUDGET, WORK

- ▶ See if you can get more money
- ▶ Put together a budget (download Mint)
- ▶ Investigate jobs (might change due to COVID)
- ▶ Plan for hidden costs (food, dues, fees, travel, etc)
- ▶ Talk to juniors and seniors to find the money
- ▶ Know how much your loans will REALLY cost
- ▶ Graduate on time or early
- ▶ Go to meetings with FREE FOOD!!!




<https://money.com/college-financial-aid-appeal-for-more-money/>



# Student Loan Calculator

Use our student loan calculator to estimate your student loan.<sup>1</sup>

LOAN DETAILS	LOAN BREAKDOWN	
Loan Amount \$25,000	In-School Monthly Payment <b>\$0.00</b> 42 Months <sup>2</sup>	Post-School Monthly Payment <b>\$275.32</b> 120 Months
Loan Term 10 years	 <ul style="list-style-type: none"><li>Total Cost <b>\$33,038.96</b></li><li>Total Interest <b>\$8,038.96</b></li><li>Loan Amount <b>\$25,000.00</b></li></ul>	
Interest Rate 3.4%		
Years Remaining In School 3 years		
Monthly Payments In School \$0.00		
<b>CALCULATE</b>	For more personalized results, estimate a loan with College Ave	

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

JULY 19, 2019 BY HARLAN COHEN

# The Benefits of Working on Campus



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

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

## Work-Study Jobs

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

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



# #15 HAVE RULES FOR GOING OUT

Rules will help you make safe choices and set boundaries. People who don't respect your rules are not people you need in your life. If you want to avoid parties, schedule jobs, activities, and obligations that will give you a place to go at night.



## —————→ **Going out**

Everyone who comes together leaves together

## —————→ **Hooking up**

While totally sober or not at all

## —————→ **Staying safe**

No walking home alone at night. EVER.  
Follow campus guidelines



# #16 FIND A THERAPIST & ACADEMIC SUPPORT

Find a therapist, doctor, or specialist before you need help...

Identify academic campus support resources...

The screenshot shows the website for the Counseling and Consultation Service (CCS) at The Ohio State University. The header includes the OSU logo and navigation links. The main content area features a large banner with the text "COVID-19 UPDATES" and a "Learn More" button. Below the banner, there is a section titled "Our Services" with a grid of icons representing various services: Phone Screenings, Group Counseling, On Demand Services, Mental Health Support, Family and Loved Ones Consultation, Faculty and Staff Consultation, Immediate Assistance, Referrals and Linkage, and Campus Outreach. A text box on the left describes the services provided by CCS.

The screenshot shows the Tutoring Services page on the Northeastern University website. The header includes the university logo and navigation links. The main content area features a large banner with the text "Tutoring Services" and a paragraph describing the services. Below the banner, there is a section titled "Northeastern Writing Center" with a paragraph describing the services and a list of bullet points detailing the center's offerings.

If after reviewing these options, you do not find one that meets your academic needs, please contact your instructor and your Career and Academic Coach to determine your best support options and next steps. If you have any questions about available support options, please email the Associate Director of Academic Integrity, [Mr. Ori Fienberg](#).

**Northeastern Writing Center**

45-minute appointments cover writing topics from start-to-finish such as research, organization, development, introductions, conclusions, multimedia projects, and formatting.

- **Available to:** All CPS students
- **Locations:** 412 Holmes Hall, 136 Snell Library and online
- **Type of Tutor:** Trained Undergraduate, MA, and PhD students
- **Appointment Types:** In-person and online



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





**It's May 2023,  
Here's what happened this year in college...**





# Tell Your Story As If...

It's May 1, 2023 and I had the most incredible year! I reached my goals and accomplished (Fill in Outcome). The most challenging part was (Fill In). I got through it by leaning on (Person #1), (Person #2), and (Person #3) for answers and support. I found people to help me find answers at (Place #1), (Place #2), and (Place #3). It took me (Fill in Time) to get where I wanted to go. I'm so grateful and proud of myself and my accomplishments.







Relax.

Have fun.

Enjoy every minute.

Your job is simple:

Be your personal best,

Meet lots of people,

Make new friends,

Make smart decisions,

Possibly find a career,

Possibly find love,

And take risk after risk after risk so that you can figure out what you love and what you don't love. Expect that all the risks you take will not always go as planned. Many will, but not all. When a risk doesn't go as planned, don't go on the attack, don't give up and hide—look inward, look outward, and move forward. Find your people. Find your places. Be patient. Do this and you'll leave college with more than a degree. You'll leave knowing what it takes for you to be happy. And really, what more could you possibly want out of your life in college?



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

**1. WANT SOMETHING**

**2. EXPECT THE UNEXPECTED**

**3. GET COMFORTABLE WITH THE UNCOMFORTABLE**

**4. EMBRACE THE UNIVERSAL REJECTION TRUTH**

**5. FIND YOUR THREE PLACES**

**6. FIND YOUR FIVE PEOPLE**

**7. BE PATIENT**

**8. TALK TO YOUR PARENTS**

**9. CHECK YOUR EMAIL**

**10. FOLLOW, LIKE, POST**

**11. READ THE CAMPUS NEWSPAPER**

**12. KNOW THESE ROOMMATE RULES**

**13. KNOW THESE RELATIONSHIP RULES**

**14. ASK, BUDGET, WORK**

**15. HAVE RULES FOR GOING OUT**

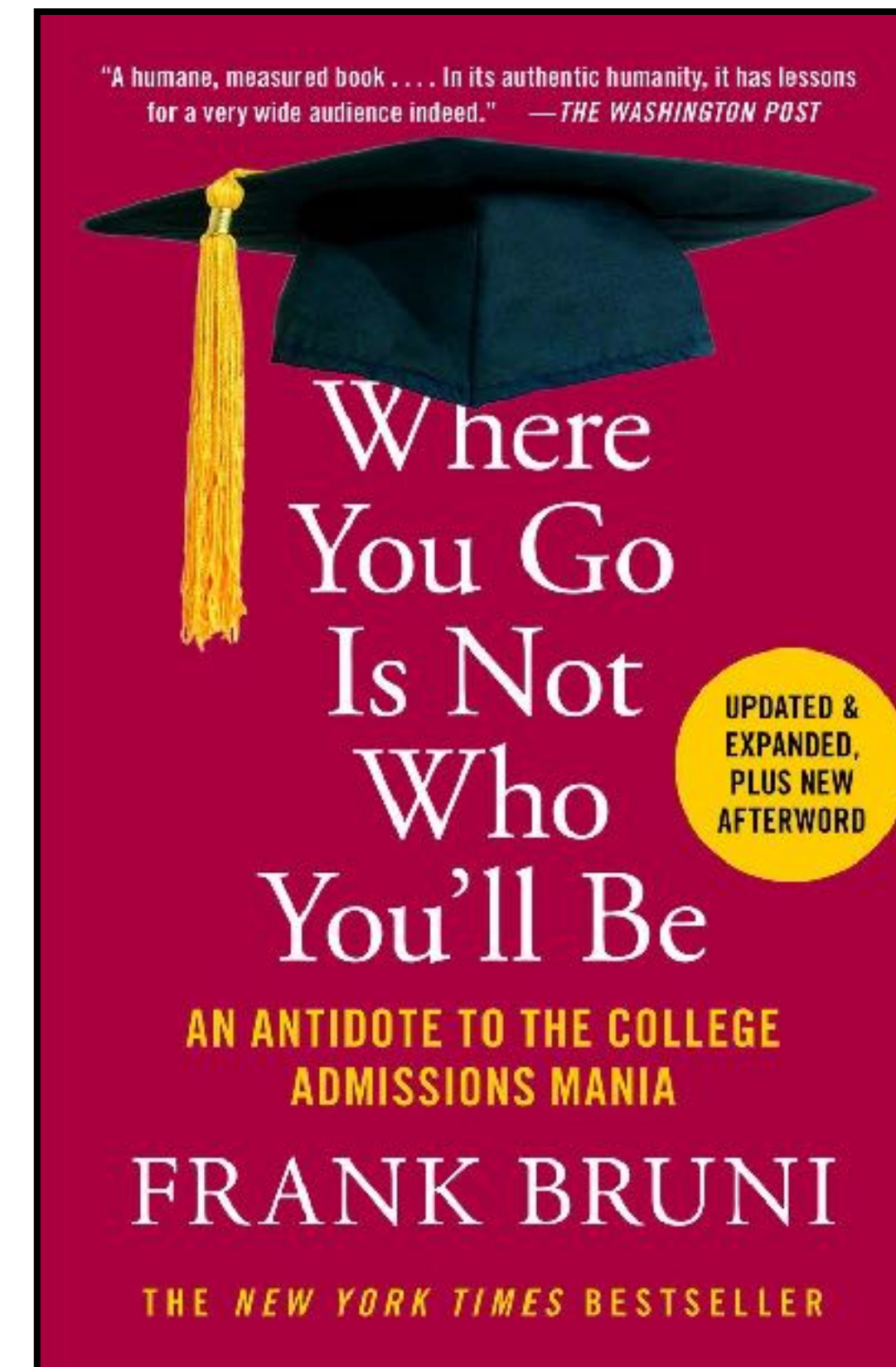
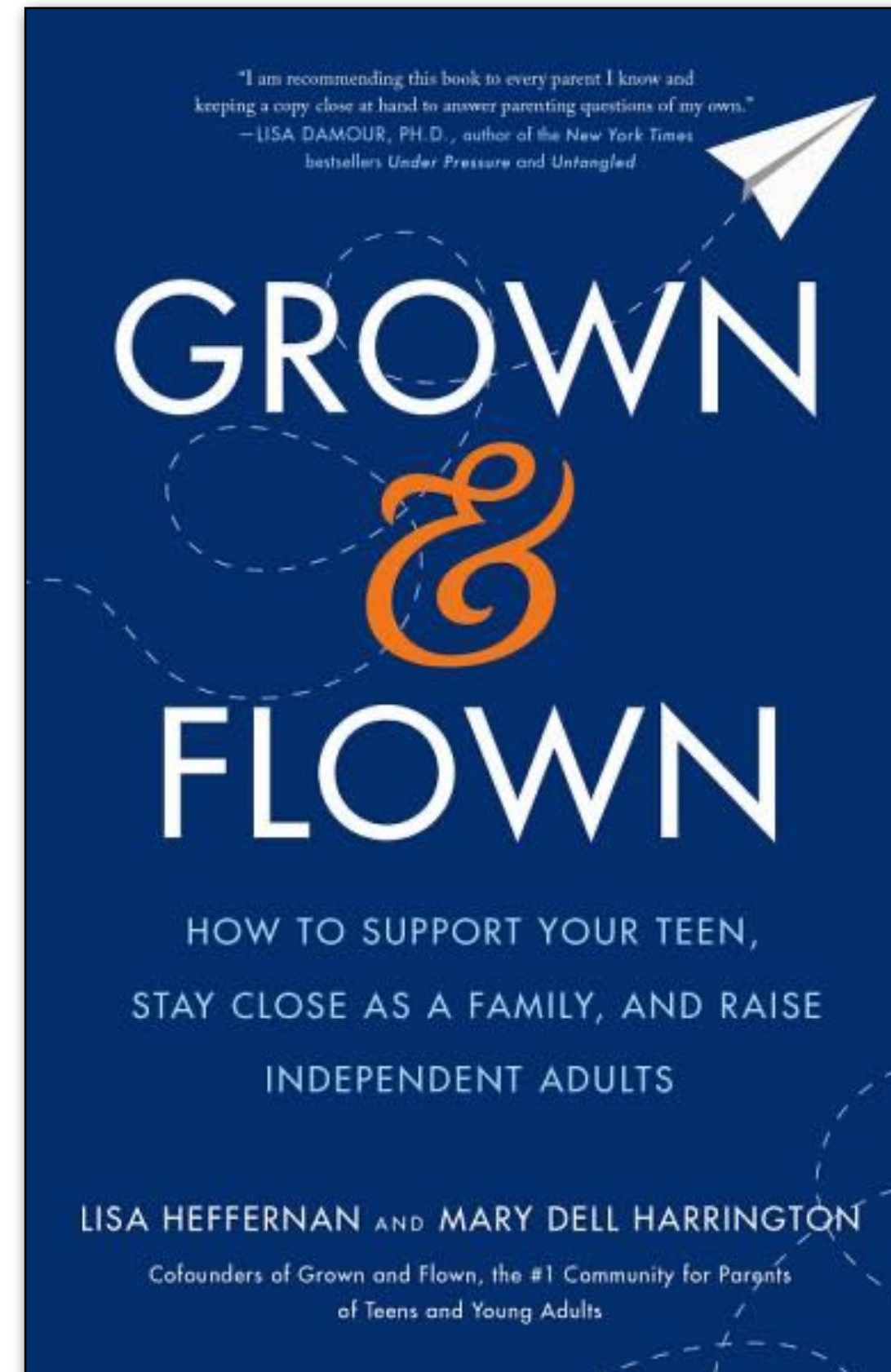
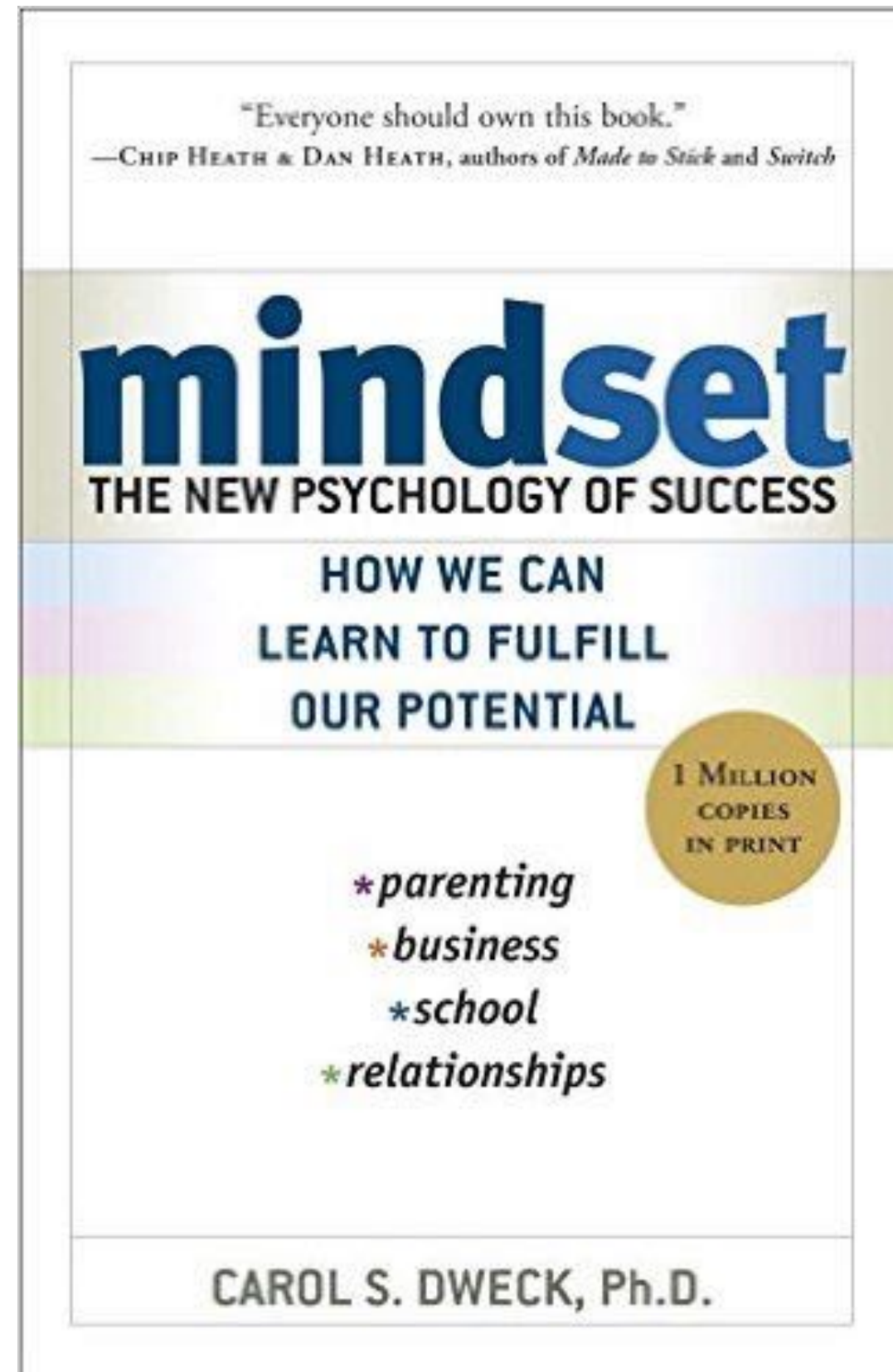
**16. FIND A THERAPIST & ACADEMIC SUPPORT**

**17. TELL YOUR STORY AS IF...**





# BOOKS TO CHECK OUT...



Harlan Cohen's  
17 Things You Need to Do



Harlan Cohen's  
17 Things You Need to Do...



# \$2,500 Scholarship



## Harlan Cohen's 17 Things You Need to Do Before College

Perfect for high school seniors, juniors and their parents, this info-packed, interactive webinar will provide tips and strategies that are essential for college success. Learn how you can best prepare for and navigate the major changes ahead with other families in your community.

[REGISTER FOR OHIO EVENT →](#)

Tuesday, April 26 at 7 pm ET

[REGISTER FOR CHICAGO EVENT →](#)

Wednesday, April 27 at 7 pm CT

[REGISTER FOR BOSTON EVENT →](#)

Wednesday, May 4 at 7 pm ET

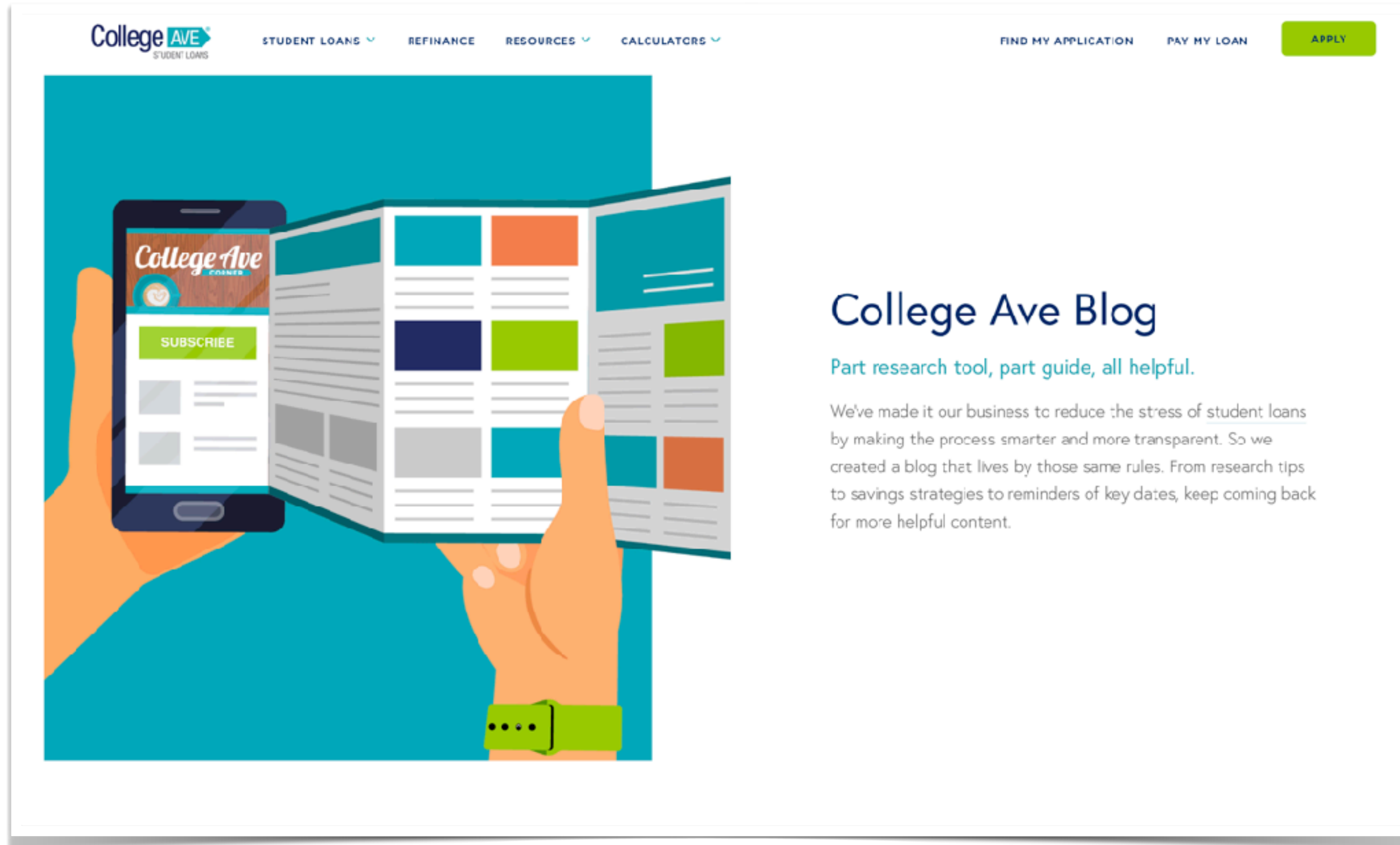
Win a \$2,500 Scholarship for College!

At College ave, we know paying for college can be stressful and want to help by giving one lucky family \$2,500 to cover college expenses. Enter below.

<https://collegeave.site/HarlanCohen>



# ADDITIONAL RESOURCES



The screenshot shows the College Ave Student Loans website. The navigation bar includes links for STUDENT LOANS, REFINANCE, RESOURCES, and CALCULATORS. On the right, there are links for FIND MY APPLICATION, PAY MY LOAN, and an APPLY button. The main content area features a large illustration of a hand holding a smartphone displaying the College Ave logo and a SUBSCRIBE button, next to a hand holding a tablet displaying a grid of colorful content cards. Below the illustration, the text reads:

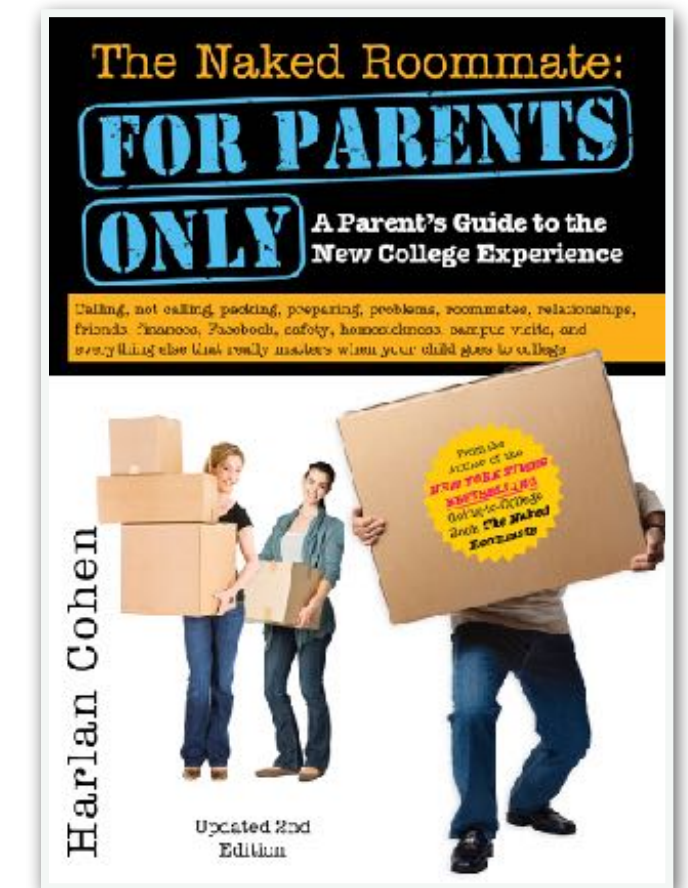
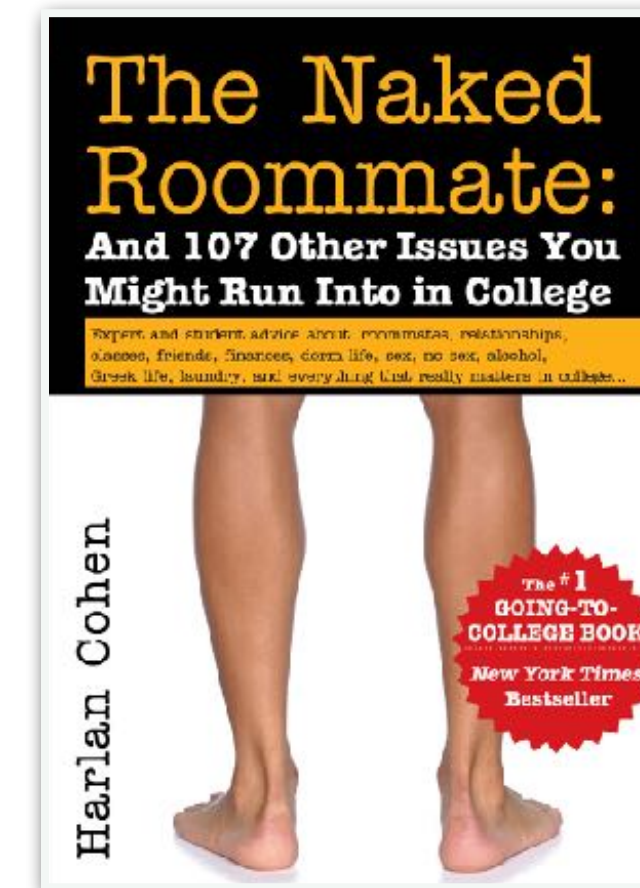
## College Ave Blog

Part research tool, part guide, all helpful.

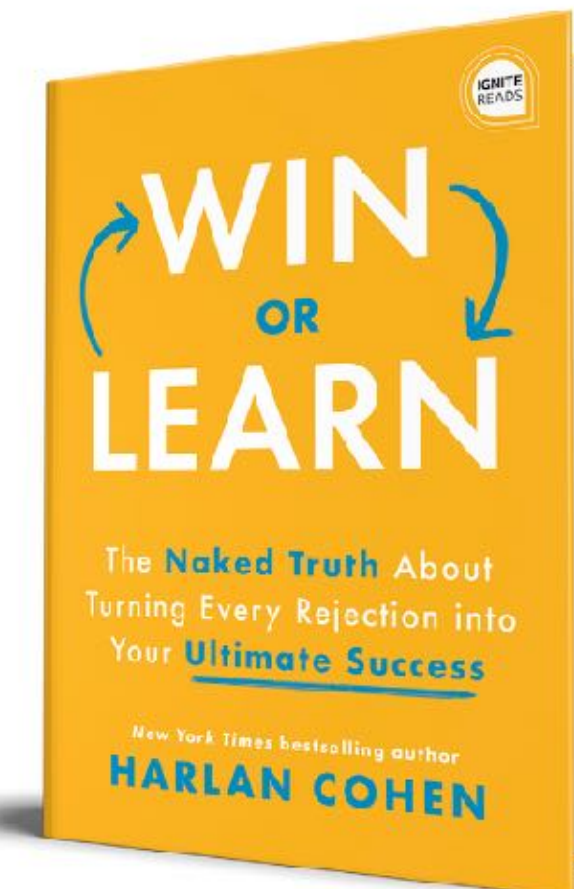
We've made it our business to reduce the stress of student loans by making the process smarter and more transparent. So we created a blog that lives by those same rules. From research tips to savings strategies to reminders of key dates, keep coming back for more helpful content.

[www.collegeavestudentloans.com/blog/](http://www.collegeavestudentloans.com/blog/)

# MY BOOKS



**New Book!**





# BEFORE COLLEGE.TV

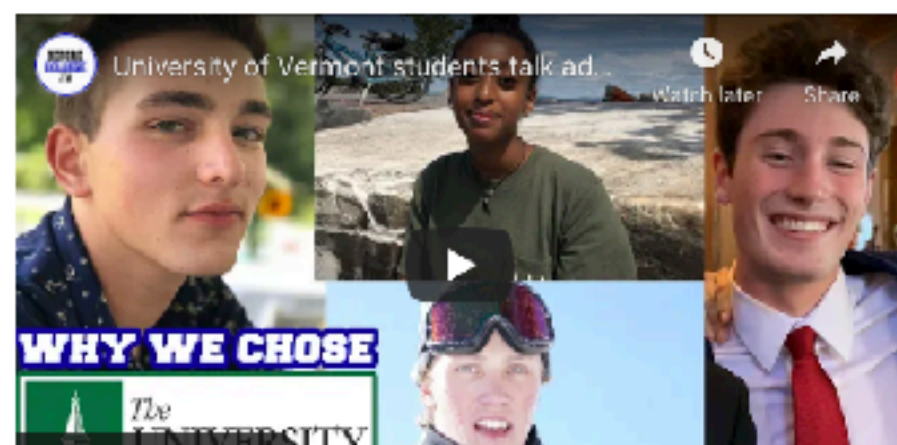
YOUR PLACE, YOUR PEOPLE, YOUR PASSION



## One of Your People Project

Real advice from real students and recent grads living your dream

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COLLEGE LOGO TO WATCH:

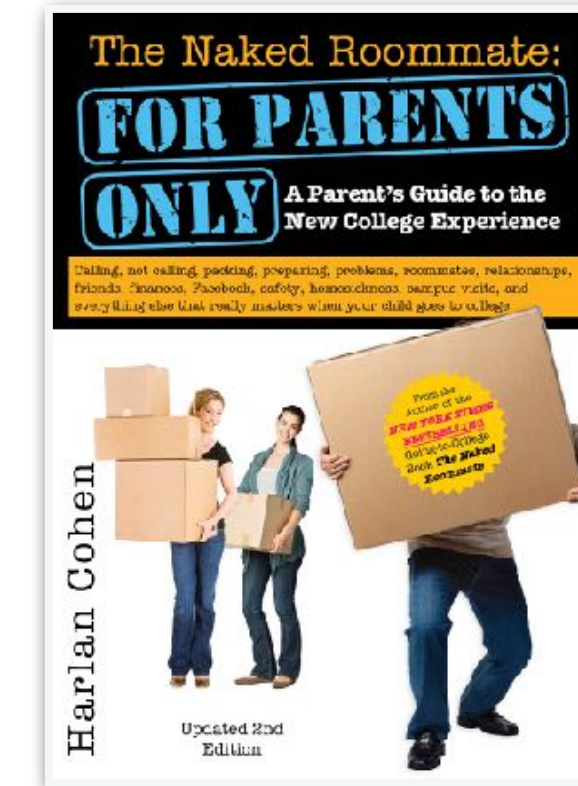
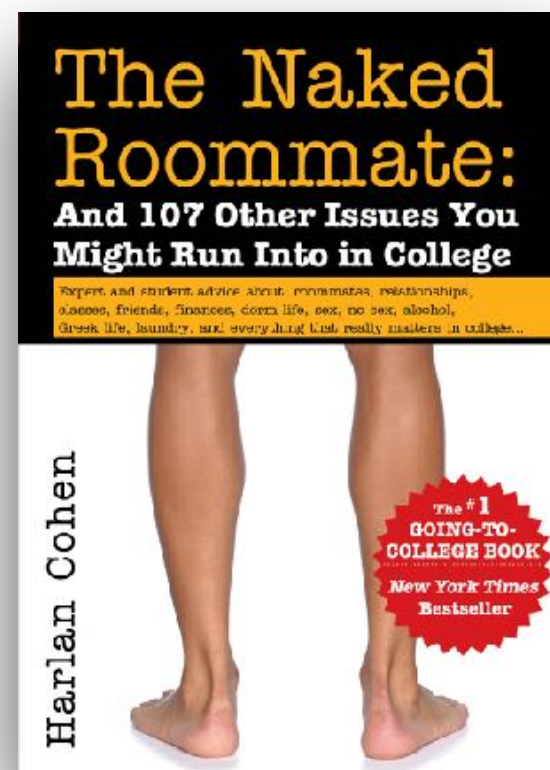
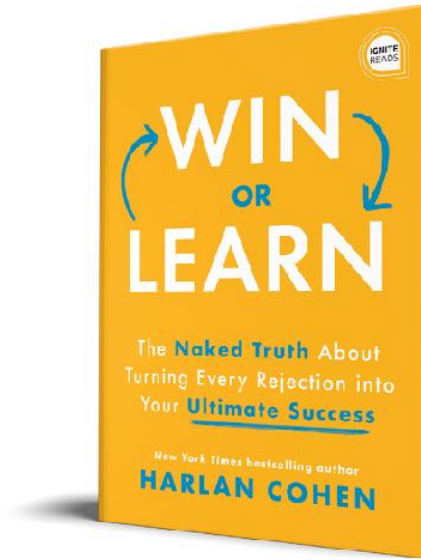


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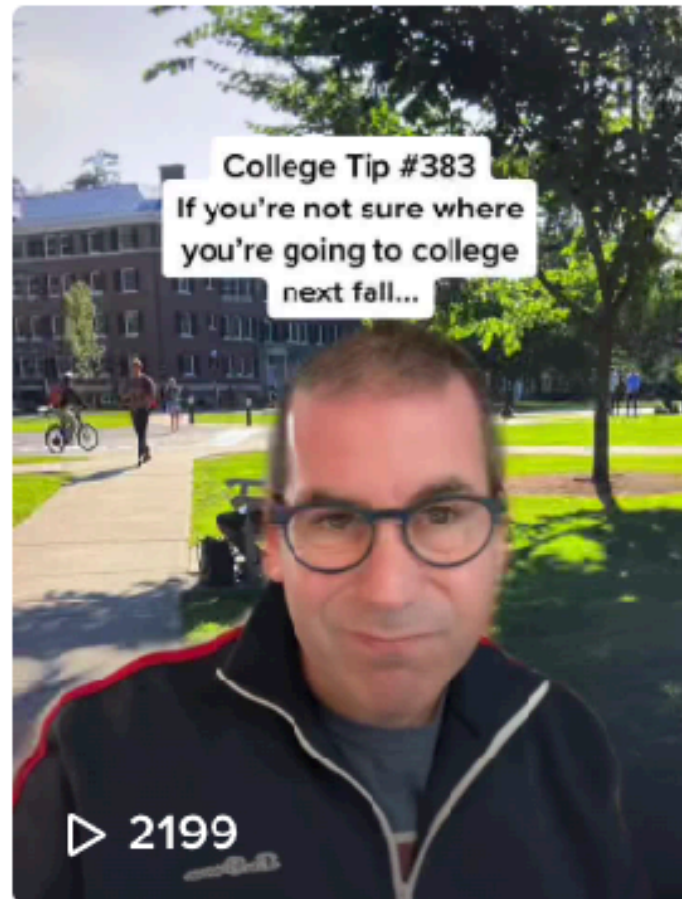


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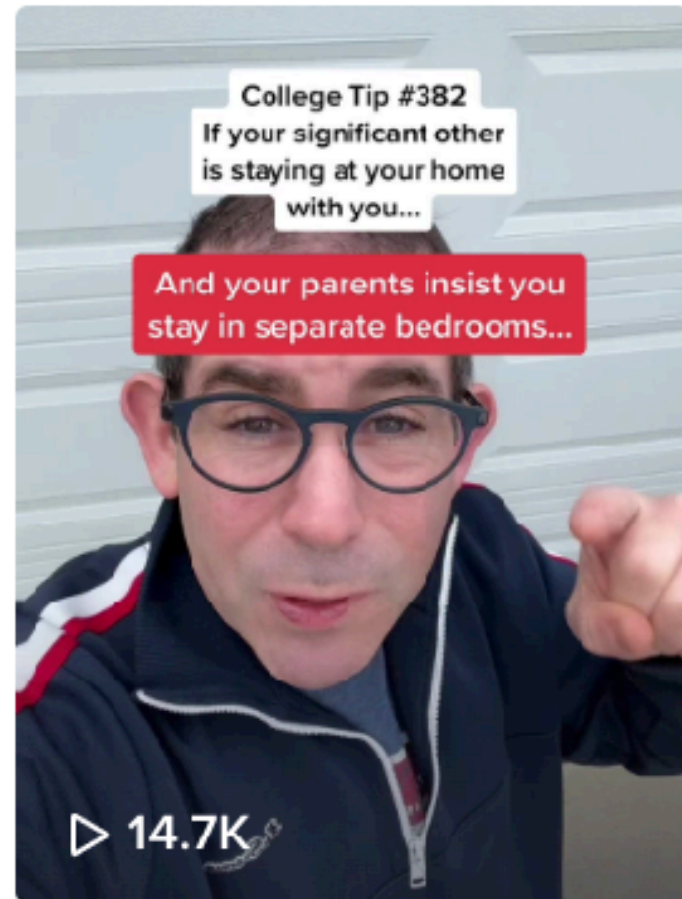
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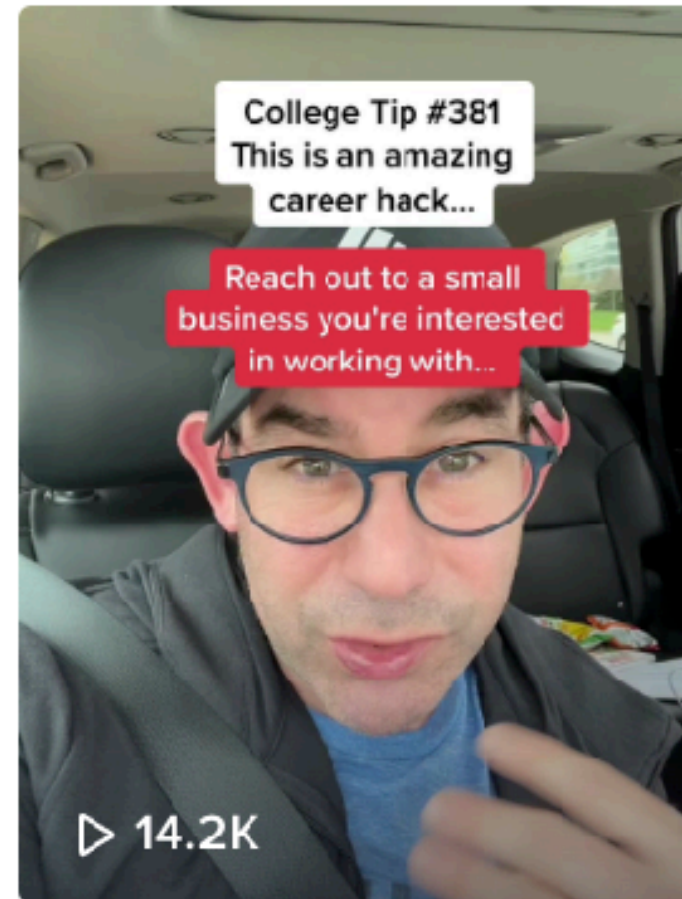
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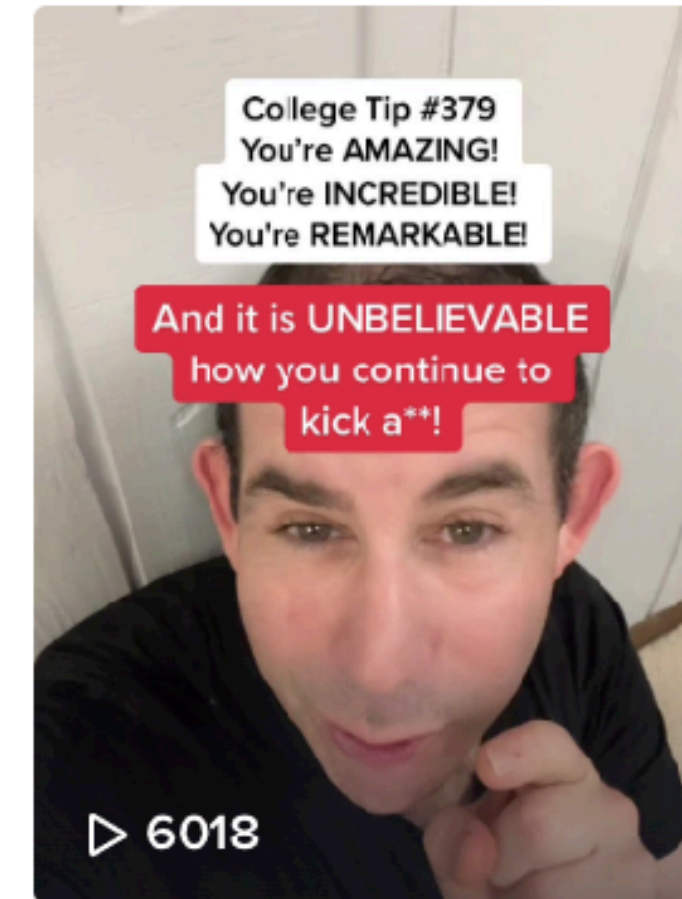
College Tip 382: If your sig...



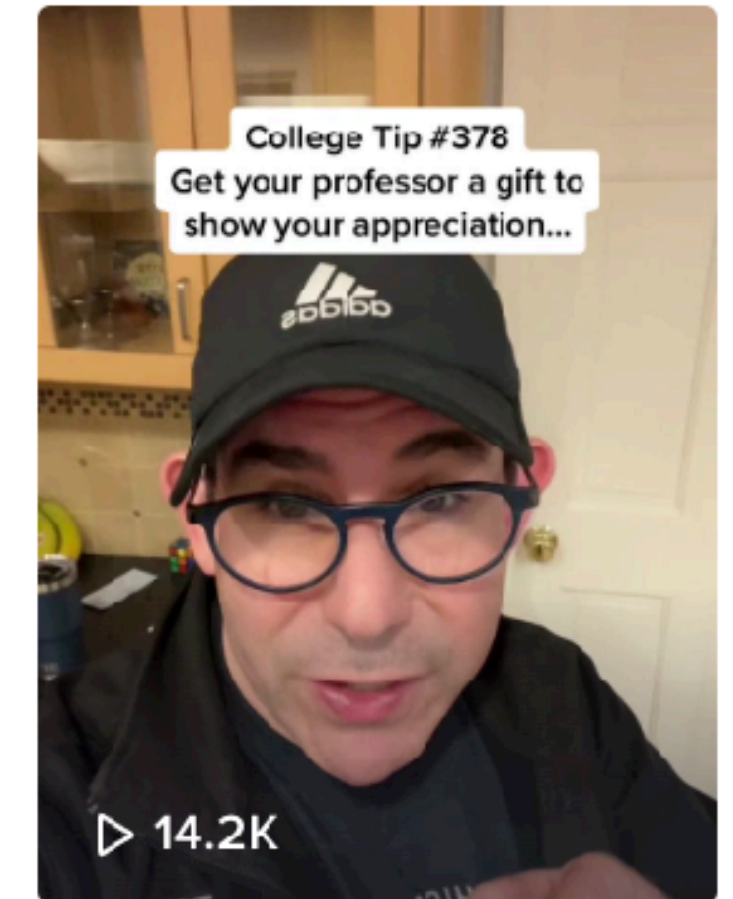
College Tip 381: This is an ...



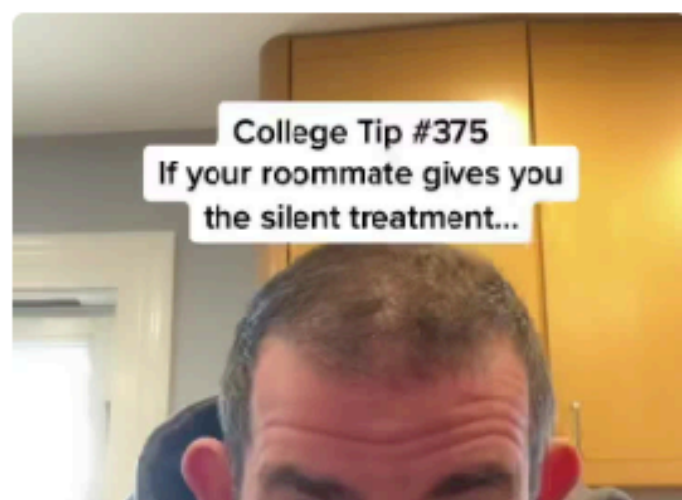
College Tip 380: Do not fi...



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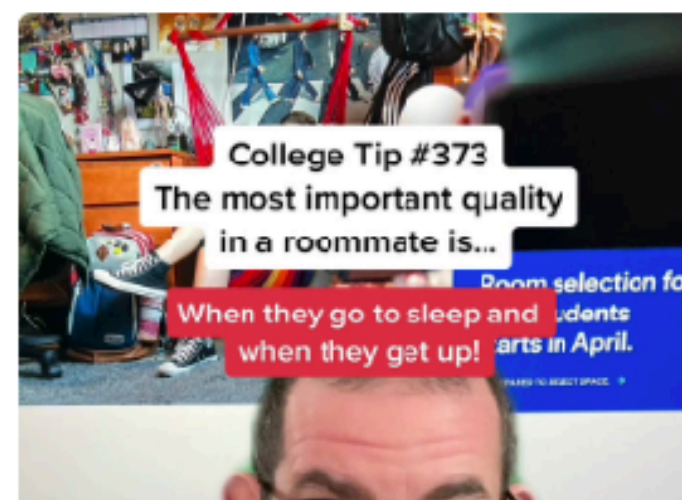
College Tip 378: Give your...



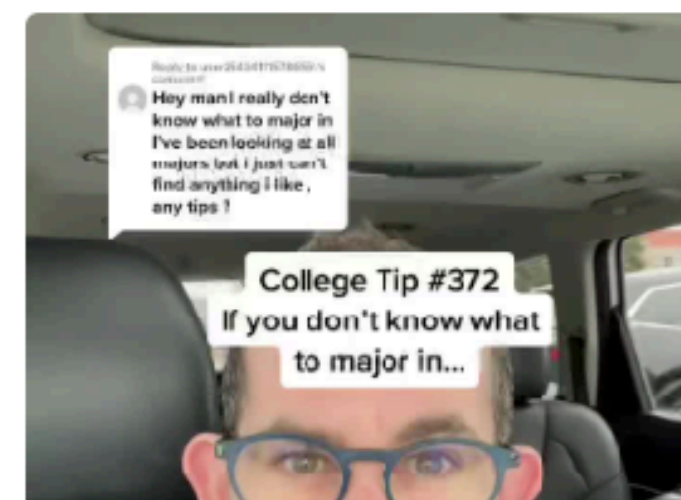
College Tip #375: If your roommate gives you the silent treatment...



College #374: I got more roommate tips for you...



College Tip #373: The most important quality in a roommate is...



College Tip #372: If you don't know what to major in...



College Tip #372: If you don't know what to major in...



College Tip #371: Breakup with your imaginary significant other...



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17 Things You Need to Do

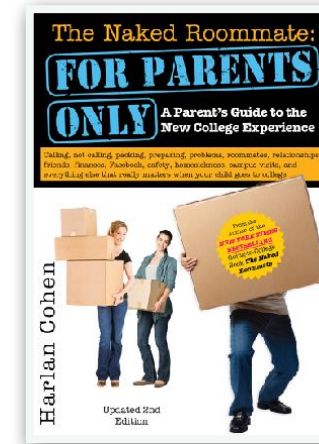
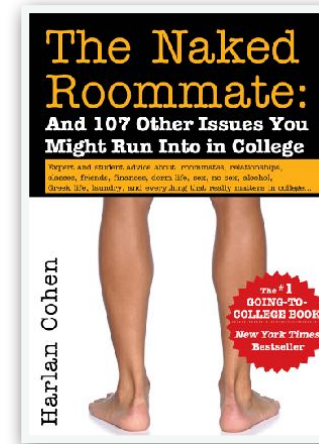


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# 17 THINGS YOU NEED TO DO BEFORE GOING TO COLLEGE

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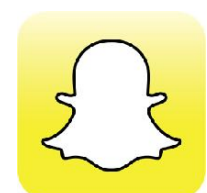
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