

Beth Littleford

COLLEGE COUNSELING

Start your journey at

BethLittleford.com



10 TIPS

FOR LOWERING STRESS

in the College Admissions Process

1



Focus on Opportunities, Not Outcomes

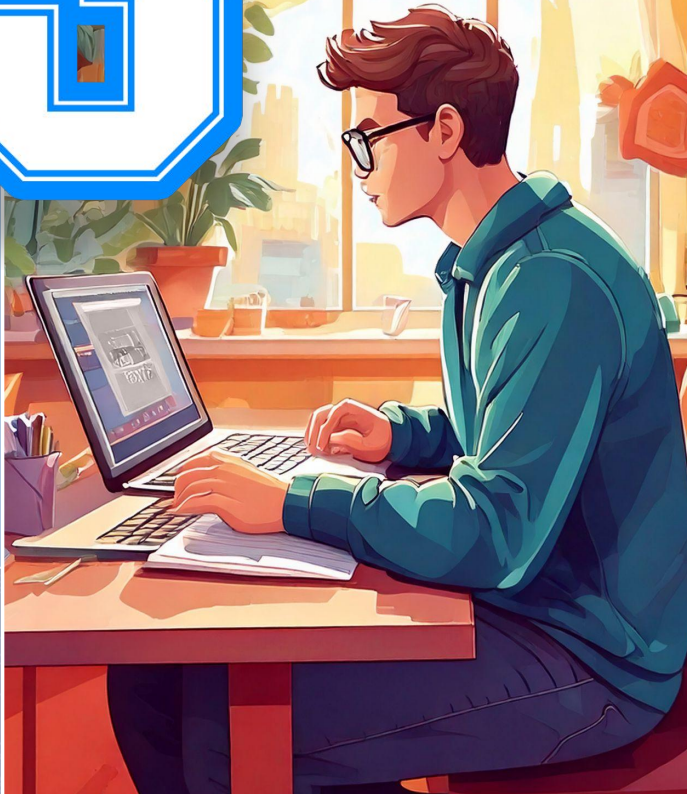
- College is what you make of it.
- Keep an open mind.
- Approach every school intent on finding something that speaks to you.



Focus on Fit: Financial, Social, & Academic

- It's a match to be made, not a prize to be won.
- You win by having a nice variety of options come senior spring.

3



Balance Your List

- 9-12 schools balanced between reach, target, and likely schools.
- Colleges with acceptance rates of 20% or less are hard reaches for any student.

Ignore Rankings & Forget About “Dream Schools”

- No school is perfect, but there are tons of great schools and great fits.
- College rankings are marketing tools, not measures of quality.
- They reward wealth and exclusivity, not education.

4





Fall in Like with a Likely School

- Visit likely schools, if possible (NOT reaches). Try to see yourself there.
- Apply to them as early as possible.
- But don't apply if you don't want to go there.

Start Your Applications Early

- June and July for personal statement.
- August for supplemental essays.
- Done by mid-October.



Tell Your Parents How To Support You

- Do you need them to be cheerleaders? Manage the logistics? Stay in the background, all cool and detached?
- Be in the driver's seat but meet with them once a week to discuss.
- Remind them you just want them to be proud. Remember they just want you to be happy.

8



Limit College Discussions with Peers & Other Parents

- It's enough to make anyone cuckoo.
- Talk college only with those a year or more ahead of you.
- Stay away from social media.
- Be gracious about outcomes.



Take None of It Personally

- It's a crapshoot, so make your best effort and let it go. After that, there are too many variables beyond your control.
- It is not about anything you did wrong!

10



Celebrate Every Acceptance with Family

- A toast at dinner, a treat for dessert... just a fun moment of congrats on a job well done – you're going to college!

The good news?

Anyone who wants to get into college can. There are over 4000 four-year colleges in the US, and the average acceptance rate is around 75%.

It's not where you go. It's what you do when you get there.

A study of 30,000 college grads found six key college experiences linked to later success and wellbeing:

- ✓ At least one professor who made them excited about learning.
- ✓ A professor who cared about them as individuals.
- ✓ A mentor who encouraged them to pursue their goals and dreams.
- ✓ Work on a project that took a semester or more to complete.
- ✓ An internship or job that allowed them to apply what they are learning in the classroom.
- ✓ Being extremely active in extracurricular activities and organizations.

You can make all these happen—wherever you go!

The best advice?

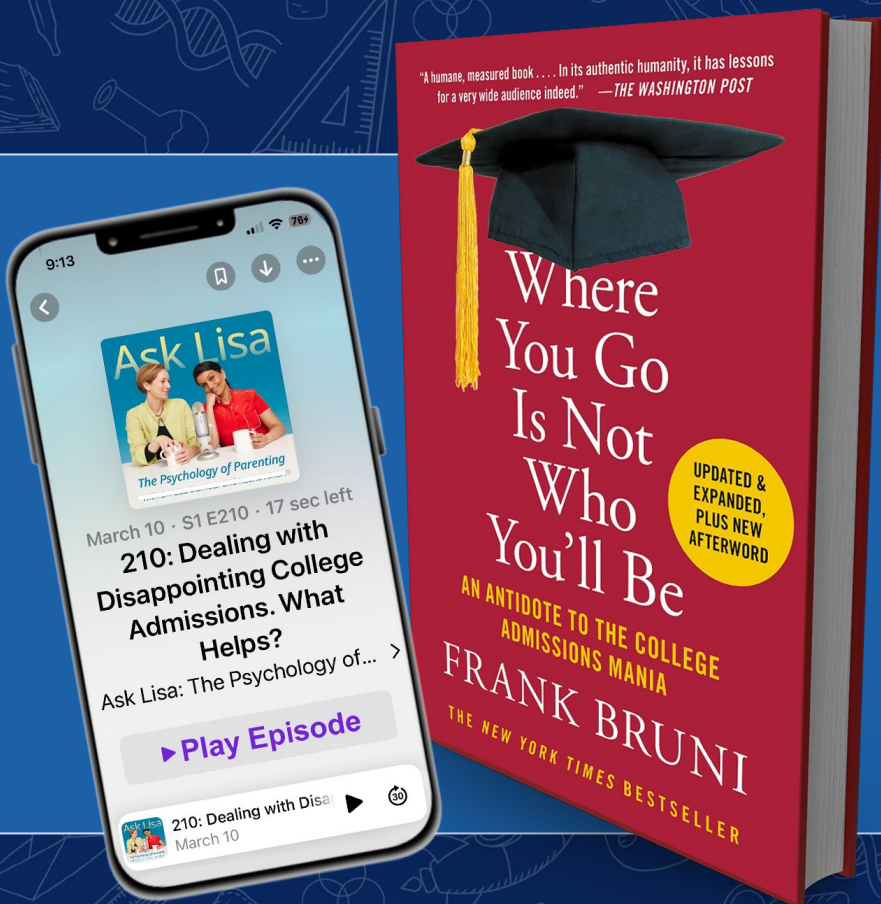
Be your quirky, curious,
imperfect self. That's who
colleges want to meet.

Resources for Parents

Where You Go Is Not Who You'll Be: An Antidote to College Admissions Mania
by Frank Bruni

Ask Lisa: The Psychology of Parenting
Dr. Lisa Damour Podcast

- Ep. 187: Getting into College with Rick Clark
- Ep. 210: Dealing with Disappointing College Admissions. What Helps?



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