

Taking the Stress Out of the College Process

**Perspective
Myth-Busting
Resources**

**Tara Powers-Hausmann
College Fit Consulting**

Perspective



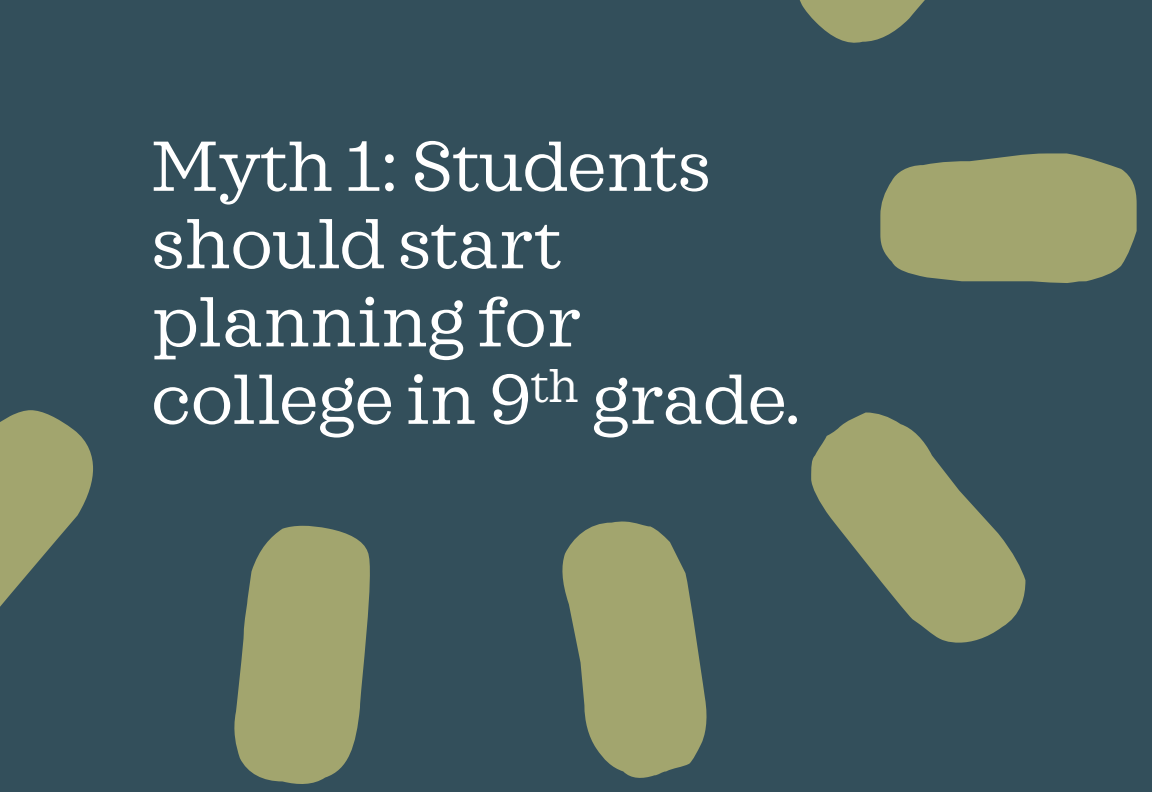
Times have changed since we applied to college!

- The application process has changed and has become more complicated.
- Students are applying, on average, to many more colleges than we did.
- We all have access to significantly more information about colleges.
- Easier air travel has opened up more, distant college options.
- Elite/brand name colleges have become much much much more competitive.
- Most colleges have changed quite a bit since we were there.

Identity

- Guide and give space
- Let the process help them grow
- Our kids are not us
- Be the navigator, not the driver



The slide features several decorative olive green shapes: a semi-circle at the top center, a horizontal pill shape below it, a vertical pill shape on the left, another vertical pill shape in the center, and a diagonal pill shape on the right.

Myth 1: Students
should start
planning for
college in 9th grade.

- Plan for a meaningful high school experience.
- Encourage your student to take challenging-but-not-too-hard classes.
- Keep an eye on their 5-year plan.
- Encourage them try new things.
- Support your student in their interests.

Myth 2: Colleges are either good or bad.

- A college is good if it is a good fit for your student! It is bad if it is not a good fit for your student.
- Put your energy into finding a good fit!
- Ignore rankings!



Myth 3: Future employers and grad schools prefer students who graduated from prestigious universities.

1

They care much less about the name and more about what the student did in college.

2

How did the student enhance their learning in college?

3

Did the student take advantage of what their college had to offer outside the classroom?

4

How will they contribute to the workplace or master's program?

Myth 4: Colleges always pick the “best” students.

- It's 100% subjective.
- What is the case one year may be different the next.
- Students should apply to a variety of colleges.



This

Myth 5: Colleges that cost more and are most popular are better.

- Why do some colleges cost more?
- Popular doesn't mean higher quality
- Family affordability





Myth 6: Test scores are the most important factor in college admissions.

- Trend
- Test-optional and test-blind
- GPA and rigor

Myth 7: There is only one perfect college for me.



There will be multiple great choices for your student.



Avoid putting all of the eggs in one basket.



Students should work to fall in love with all of the colleges on their list.



Be realistic.



Myth 8: Some secret strategy can get me admitted to an elite college.

What's the secret strategy???

- ☐ Hire Rick Singer (Varsity Blues)
- ☐ Buy a \$20,000,000 building
- ☒ Be realistic

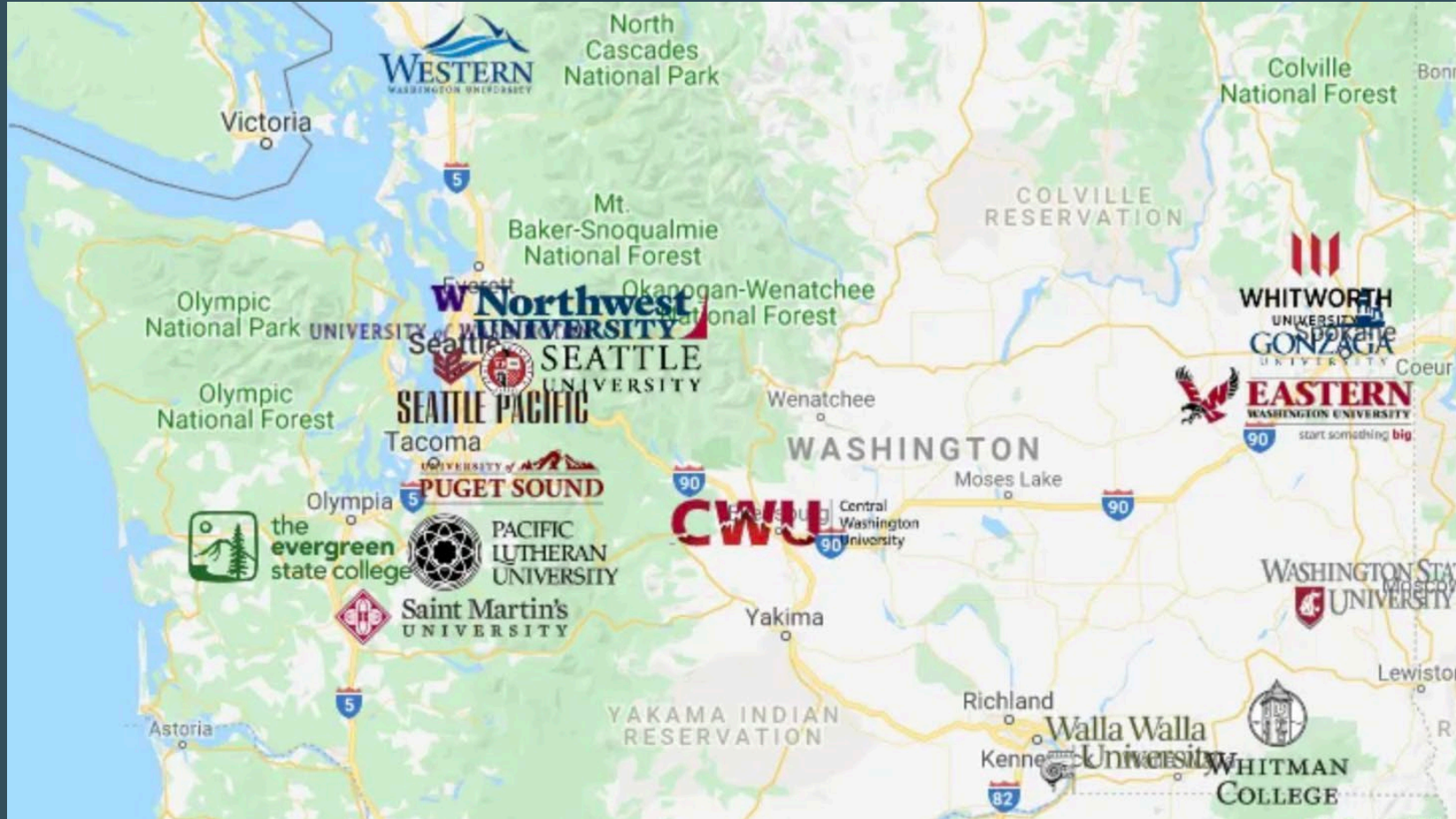
Myth 9: Students
have to know
what they want to
study when they
apply to college.



In your current career, are you doing what
you studied in college?

- End-game obsession of Gen Z
- College will not get you a job
- Exploratory studies
- Liberal arts colleges or colleges of arts
and sciences within large universities

Myth 10: I have to go far away to attend a good college.



Myth 11: You need to hire a college consultant to gain admission to a good school.

- Take time to learn.
- Be the navigator.
- Set aside time each week when it's ok to talk about college.
- Understand the purpose of the college essay.
- Visit colleges.



Myth 12:
Students who
take a
gap/bridge year
don't end up
going to college.



- Not true, BUT . . .
- Read Thomas Weber's wonderful piece, "Gap Experiences: Are They Worth It?" in the newest Raising Resilience Parenting Support blog

Final Thoughts



- Give yourself time and space to learn.
- Set family boundaries, assign tasks.
- Keep the process centered on your child.
- Get the facts, avoid hearsay, explore for yourself.
- Let your student be the driver, but you sit in back with the map.
- Be the calm voice of reason.
- Check out the Reference Guide.