

STUDENT WELLBEING FOR THE APPLICATION SEASON

Timelines, To-Do Lists & Staying Sane



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Mr. Jeffrey Neill, Director of College Counseling Graded - The American School of Sao Paulo

- International School of Dakar, SENEGAL
- Taipei American School, TAIWAN
- Western Reserve Academy, Ohio, USA
- Northfield Mount Hermon, Massachusetts, USA
- Salisbury School, Connecticut, USA


- BA, Bowdoin College, Maine USA
- MA, Middlebury College, Vermont, USA
- EdD, Northeastern University, Massachusetts, USA (soon!)

STAY ORGANIZED!

HACK YOURSELF!

Find what works for YOU!

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Revisit CA Essay	2 SAT Exam
3	4 Complete ED Agreement	5 Obtain IB Predictions	6 Meeting with Mr. Neill - 2pm	7 Finalize College List	8 Research UM Requirements	9
10	11 Finish CommonApp	12 Meeting with Mr. Neill - 9am	13 Research UM Requirements	14 SAT Results & Submit	15 Finish UM supplement	16
17	18 <u>SUBMIT 11/1</u>	19	20	21 Thank you notes	22	23
24	25	26 Meeting with Mr. Neill - 1pm	27	28 Begin UC PIQs	29	30
31						

“College Sundays”

Ask your parents to limit conversations with you about your college process to just one day per week (e.g. Sundays) so the conversation does not dominate. This allows them to get the information they need from you as students and for you to have some peace.

TAKE TIME OUT FROM THINKING ABOUT COLLEGE!

“Inbox Zero”

Find a way that works for you to control your email! Here’s a tip: find three times per day to respond to emails (before school, during lunch, in the evening). Commit to just those times. Then apply “single touch” responses: respond, file, or delete all messages and put tasks on a to-do list!

KEEP YOUR INBOX MANAGEABLE!

“UCAS Personal Statement”

The UCAS provides a worksheet to walk you through the process of writing your personal statement. This is different from the US-style personal essay (like the one on the Common App). Take advantage of the resources provided!

<https://www.ucas.com/sites/default/files/ucas-personal-statement-worksheet.pdf>

“Don’t Yardstick!”

To “yardstick” is to compare yourself with others. How many applications are you filling out? Where are you in your process? What schools are you applying to? Where have you been admitted? None of this should matter to you and your own process! It is a stressful and dangerous slippery slope!

DON'T BELIEVE EVERYTHING YOU HEAR!

“15 Minutes Per Night”

While you may have to carve out longer stretches throughout the writing process in particular, most everything else can be accomplished in just 15 minutes per night. Establish a habit and stick to it every night!

TREAT YOUR NIGHTLY WORK AS A STUDY BREAK OR TREAT!

“Two Week Rule”

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UK/UCAS Deadline

The UK deadline is January 28, but most UK institutions will agree that international applicants (non-UK citizens) should apply in early December. Earlier applications can result in earlier results.

- UK citizens: apply by January 28.
- Oxford, Cambridge, UK veterinarian, medicine, dentistry courses: apply by October 15.

What is posted is not always what is best!

“Application Strategy”

- Map out when you can learn application outcomes (admit, defer, deny) based on when you can apply.
- What maximizes your chances of admission?
 - ED: 20-40% increase in chances but not recommended generally if you are applying for financial aid
 - EA: up to 20% increase in likelihood of admissibility (depending on institution)

How can you arrange to receive results on a timeline that helps your wellness?

LIKE YOUR LIKELIES!

“Set Aside Your Essay”

The best gift you can give yourself is the gift of space and time: finish your essay early and put it away with enough time so that you can pick it up again later to review it. Time will give you objectivity, which is important to feel good about your essay.

Sometimes the best thing you can do is to put it away!

“Express Appreciation”

One way to take great care of yourself is by expressing appreciation for others. Send thank you notes. Say thank you. Do it early and often! You help yourself AND your help out others!

Saying thanks helps you and someone else!

“The LID of Extracurriculars”

Use this lens to evaluate your extracurricular activities, a helpful mnemonic for supplemental essays.

Leadership. How do you, by title, action, or intention, influence others?

Initiative. How do you set your own opportunities?

Dedication. How have you shown commitment?

Thanks to Ffiona Rees at UCLA for this tip!

“Solicit Feedback Selectively”

There is an expression “too many cooks in the kitchen,” and this applies to the college application process. You can ask for too much input to the point where advice begins to contradict.

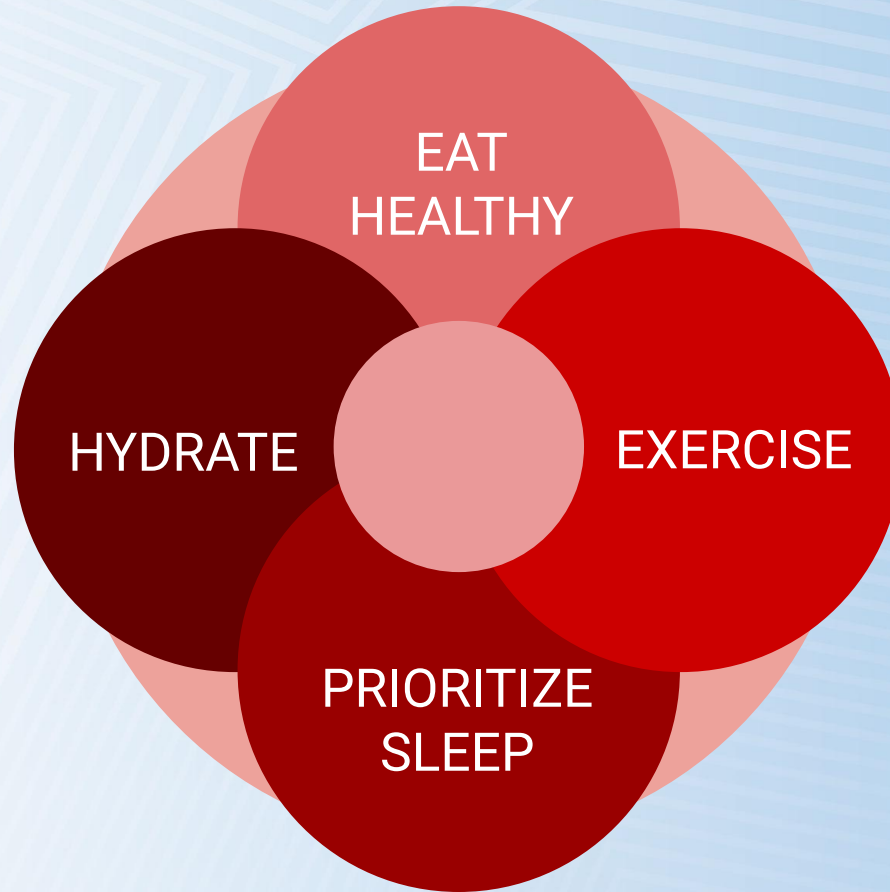
An idea: as you reach out to college representatives, as you meet them, ask them if they would read your essay, your application, etc.

“Research with Efficacy”

Put in the time to research the schools on your list, even after they land on your list. Continue to learn about your universities by reviewing their applications and/or supplements. Attend info sessions. Communicate with your admissions representatives.

Research can mean a lot of different things!

**KEEP DOING THE THINGS YOU ENJOY!
KEEP BEING YOU!**



PLAN AHEAD & ANTICIPATE CHALLENGES!

ASK FOR HELP!

QUESTIONS & ANSWERS