

Kelly Goldberg's
The **LOVING PRINCIPLES** of the
College Application **Journey**:

Helping Your Teens Learn and Grow Their Way to the
College That's the **Right Fit**



Part III of BJBE's Fall Adult Ed Series, 5776
Helping Teens & Pre-Teens Navigate Life Challenges

For Humility

-Alden Solovy

*God, give me a quiet heart,
A peaceful heart,
A humble heart.*

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*Teach me to be gentle with myself,
So that I may be gentle with others.
Teach me to be patient with myself,
So that I may be patient with others.
Teach me kindness and gratitude,
Joy and humor,
Strength and forgiveness,
Trust and faith,
Openness, willingness, and surrender.*

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To praise, not to be praised.
To bless, not to be blessed.
To glorify, not to be glorified.
To extol, not to be extolled.
To sanctify, not to be sanctified.

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So that all will go well with Your people Israel

Solovy's prayer invites us to be
positive & selfless

You should be here if someone you love is
college bound some time in the future.

At what stage are all of you on this journey?

By *now*, as you reflect upon your parenting, you *know*:

*You've *done some things right*,
(What's your favorite success, so far, as a parent?)

*You've *done some things wrong*.
(What's your most notable fail, so far, as a parent?)

You've been learning and growing your way through your parenting.

And so will you **BOTH**

- PARENT **and** TEEN -

learn and grow your way through the college application journey
towards the college that's the **right fit**.



I learned a ~~few things~~ a lot when I **supported** my **son's decision**
(he is now a college freshman)
to **turn down**



COLUMBIA UNIVERSITY

IN THE CITY OF NEW YORK

and



McGill
UNIVERSITY

in Montreal

and...



to attend...



BARRETT, THE HONORS COLLEGE

at

Arizona State University

As it turned out, Barrett was the **right fit** for our son.

**And it never even registered with us as a viable option
until December of Senior Year!!!**

It's a long-ish story with a happy ending. But it was incredibly stressful, full of lots of bumps in the road; and we learned a ton from all our mistakes.

The college application journey is a wonderful opportunity to **struggle together** with your teen, to celebrate your teen as she intentionally explores within, to find the best fit where she will succeed.



You are doing nothing less than birthing your teen child
onto his **platform of adulthood**.

You can plan for her birth as early as middle school...

You can brace yourself for his birth as late as his senior year.

And, no matter what.

Whether you think it's about you -
and it IS about YOUR parenting story -
(oh, the dichotomy of life as a parent)
it's really about him.

Because when she arrives on campus,
after you've made sure her dorm room is perfect,
it will be time for you
to get in your car,
or board the plane,

and leave your teen.

And she will have to strap on her *big girl* boots.

You won't be able to make him eat the right food,
Or clean his room, or do his laundry.
Or attend his activities.

You absolutely won't be able to make her study properly
or insist she go to sleep to be well rested for her:
test tomorrow/important lecture/big social plans...

He's on his own - with your support from afar, of course, -
but *you know what this kind of being-on-your-own is.*

She's alone.

So, the graceful intentionality
of this path to the adult platform your kid will be on -
one way or another, SOONER THAN LATER -
is your gift to your teen child.

It's hard core **practice** for his **life** defined by

resilience

independence

honest reflection

hard work

passion

self-love

It's her chance to really get to know herself.

It could potentially be your **most challenging opportunity**
as his project manager.

Because there will be quite a lot for you **both** to **learn**.

And her level of *anxiety* could be like
nothing you've heretofore seen.

Because, *Who are we kidding?* The **stakes are high.**

But, here's the **key**.
And it won't be surprising.
But, it's not so easy to execute.

Get out of his way
(translation: **be selfless**).

This is not to say that you shouldn't help or support her; of course you will devote countless hours helping with her learning, doing, and preparing, but that's not the point here.

The point is while it IS about you, and your journey as a parent,
from his vantage point, which, as a parent, is
all that matters, here...

Remember, it is way more *about him*.

Loving Principles

Guide You Through the College Application Journey:

BEGIN by Encouraging her to look within to explore her true self

Remove your ego

Establish and sustain honest dialogue - healthy communication is everything

Be open to his ideas AND to the infinite possibilities...

Don't do for her; help her do for herself to foster independence and resilience

Learn and grow from successes and missteps

Embrace the blessings of this exciting time

Try and HAVE FUN

Loving Principles

Guide You Through the College Application Journey:

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+What are her passions?

+What does she want to learn more about?

+Are there any jobs/professions that seem appealing to her?

Loving Principles

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Remove your ego

- +His interests are not your interests, necessarily
- +Your passions are not his passions, necessarily
- +Your alma mater isn't necessarily the place for him
- +Wherever he goes to school does not define who he is nor certainly, who you are

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+Why does she want to go to college?

+Should she explore a gap year?

+Is community college a preferred option

+Discuss finances -

What percentage of college are you paying for? What about grad school? Is studying abroad a consideration?

+Discuss location -

Does distance from home matter? Is staying close to him important? Is having an adventure far away appealing? Is climate a factor? Near nature? Urban? Secluded?

+Discuss standardized test-taking performance in general and decide together best way to approach it: ACT test prep book; class in school; test center; private tutor

Loving Principles

Guide You Through the College Application Journey:

BEGIN by Encouraging her to look within to explore her true inner self

Remove your ego

Establish honest dialogue - healthy communication is everything

Be open to his ideas AND to the infinite possibilities...

+A lot has changed since we went to college...There are so many wonderful schools out there...Explore them all!

+Help him understand that college is the time to try everything and anything (within reason)

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"Yes, we have another question. We really like it here, but we're concerned about how many APs we need. Also, when can we expect to hear about our scholarships? And where are good places for us to hang out on weekends?"

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+She meets with/calls/emails college counselor - she leads these interactions (if you need to push, so be it, but SHE does the communication (you can be learning on the side, if needed)

+She signs up for the ACT/SAT, SAT Subject Tests, etc.

+She follows up with test prep work

+Have her create a spreadsheet that serves as an overview of all the schools she's interested in. She can research about them and fill in the spreadsheet with name, location, size, cost, rolling admissions/early action/early decision/deadlines, GPA/Scores/Essay requirements, etc. scholarship options, special notes related to interests (Jewish presence/anti-Israel sentiment, sports teams to cheer on, area of specialties),

+She writes her essays - you can support, edit, etc., or hire someone to help her with the essays, but **refrain from writing them yourself and don't hire someone who will write them for her**

+She approaches teachers to write recommendations and follows up to make sure they're submitted on time

+She completes online applications

+She orders transcripts and test scores to be sent

+She writes thank you notes to teachers who write her recommendations

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Learn and grow from successes and missteps

+Don't have your son take his ACT on a BJBE teen trip to visit HUC in Cincinnati to try and fit everything in. :)

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+To be sending him to college is a blessing, plain and simple. You envisioned this all along - enjoy this phase while you're planning for it NOW.

+If tensions rise remember, **you're laying the groundwork for your adult relationship.** Try and avoid non-stop conflict during all of this - you'll regret it later, when he's at college next year...

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Try and HAVE FUN

College visits, connecting with family and friends who attended a college you're interested in, looking online together as you imagine her there, these are all opportunities where you two can have fun together. While this process is a serious endeavor, try to avoid being overly serious along the way!

College Application Journey Timetable - Brief Overview



8th Grade

Help your teen make a high school schedule that reflects his passions and abilities - not yours.

Be careful not to reach for a freshman year schedule that will stretch her too much.

College Application Journey Timetable - Brief Overview



9th Grade -

Help your teen establish positive study habits, which includes obtaining help when needed.

Encourage your teen to be involved in extracurriculars.

College Application Journey Timetable - Brief Overview



10th Grade

Reinforce positive study habits and encourage your teen to ask for help in all categories of life.

Parent should educate herself about college application process by reading books, talking to counselors, asking friends who've sent teens to college, talking to older kids

Based on math class and general anxiety-level of teen, decide together when teen will take the first standardized test, which mode of test prep your teen will access, and when prep should take place; if highly competitive school is desired, pay attention to particular requirements

College Application Journey Timetable - Brief Overview



11th Grade

Teen prepares for and takes standard tests

College visits begin 2nd half of year and during summer time (**official** college visits are most advantageous)

Teen makes detailed spreadsheet of preferred colleges

*Parents may need to help with this, especially if level of teen anxiety is high

Make sure spreadsheet includes reach/safety/on-target school

Explore viable scholarship options

College Application Journey Timetable - Brief Overview



12th Grade

Teen completes applications 5-7 days before deadlines (just in case there are online glitches)

Pay attention to scholarship announcements from college counselor and other sources

Encourage teen to have fun while maintaining grades

Visit school of interest again if a decision can't be made about which school to select from places he's been accepted

Once teen decides which college to attend, choose best orientation date (if there's a choice) or note orientation date, and also mark on the family calendar move-in, fall break, family weekend, finals, and winter dates

Loving Advice from College Freshmen



Teens, get involved in a wide-range of extracurriculars that peak your interests, and seek out leadership roles.

Teens, your essays should reflect who you are; be your authentic self.

Loving Advice from College Freshmen

Teens, everyone is feeling the pressure. You don't have to share/talk about scores with other kids. Assume that oftentimes, other kids aren't being honest when they share scores with you.

Teens, be strategic by understanding the various admissions types and deadlines. For example, you may choose to apply Early Action to as many nonrestrictive schools as you can. Since you'll be going up against less people, you have increased chances at most competitive schools by doing this.

Teens, don't get sucked into the need for the smartest teacher to write your recommendation - pick the teacher who loves you the most and will devote the MOST time, energy and passion to your essay.

Teens, be careful not to commit too early in the process during your senior year; be open to the possibilities...

Teens, TRY TO **HAVE FUN YOUR SENIOR YEAR!** Next year, at college, all this stress will be in your rear view mirror. If you could go into the future and talk to your freshman in college self, he would want you to relax and enjoy your life this year, because everything will soon be changing.

Loving Advice from College Freshmen

Parents, don't underestimate the PRESSURE high school kids are under.

Parents, educate yourself early on; avoid learning critical information along the way - your kid suffers.

Parents, as you strive to prevent increasing your teen's anxiety by being as prepared as possible, remain flexible about your teen's plan. Make sure to assimilate new information as you both learn, and don't be afraid to shift gears, if a new understanding of college goals, or important information about a college becomes clear. (Remember, **you're learning and growing together.**)

Parents, (it bears repeating), don't underestimate the PRESSURE high school kids are under.

Make sure they feel confident to defend ISRAEL & anti-Semitism by ensuring they're informed



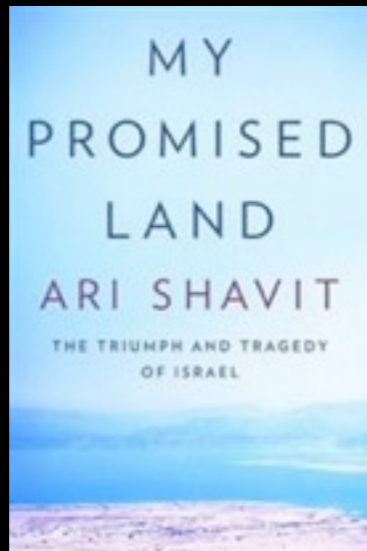
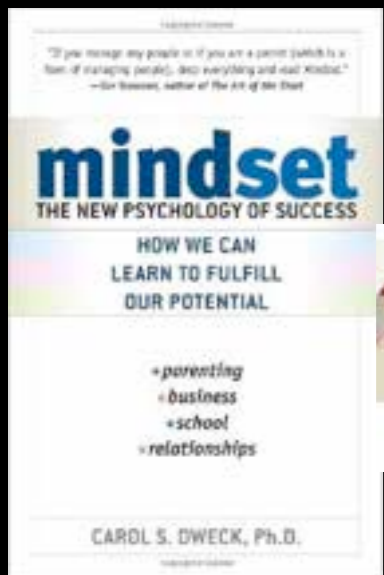
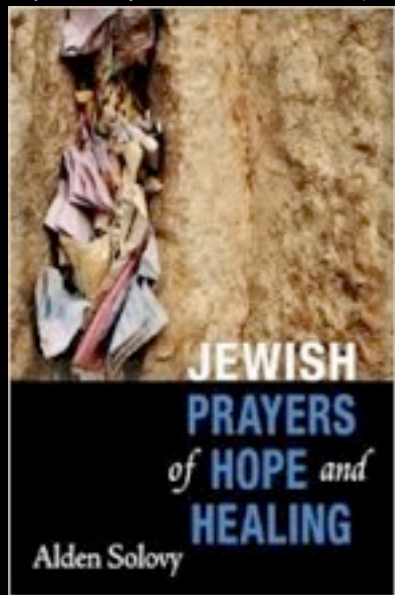
<http://www.ti mesofisrael.com>

<https://www.facebook.com/StandWithUs?fref=ts>

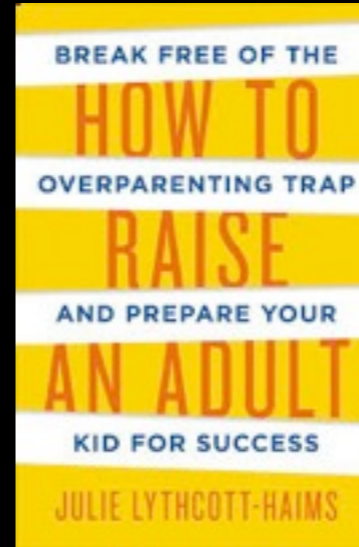
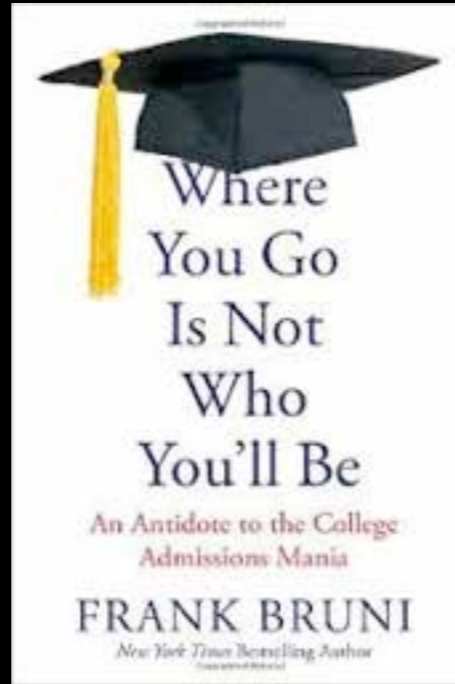


#IMTHATJEW

<https://www.youtube.com/watch?v=sjEXomjpXPU>



SOME Personal FAVS to support **College Bound** Jewish Teens in search of a college that's the RIGHT FIT.



MUST Reads!!!

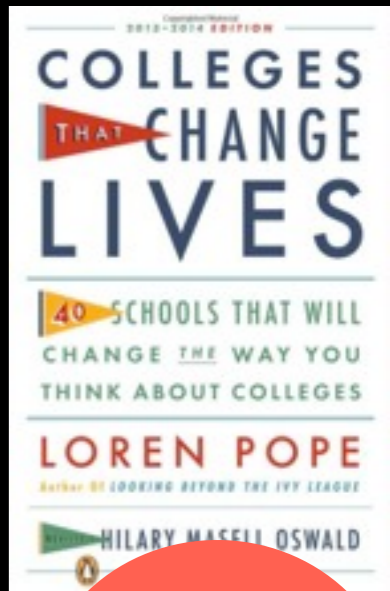
Specifically, Ch. 19, *Have a Wider Mind-Set About Colleges* and Ch. 22, *Be the Parent You Want to Be*

Declining Student Resilience: A Serious Problem for Colleges
<https://www.psychologytoday.com/blog/freedom-learn/201509/declining-student-resilience-serious-problem-colleges>

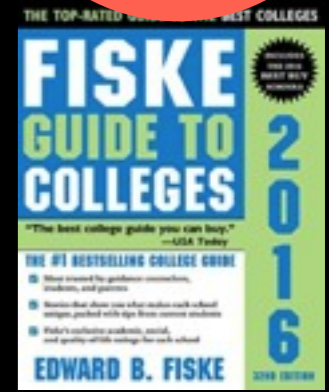
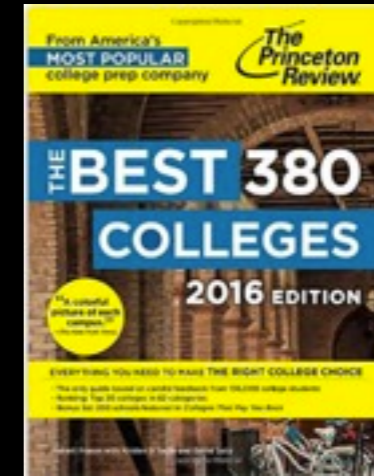
<https://www.facebook.com/grownandflown>

<http://grownandflown.com>

College Admissions Options: Early Decision, Early Action, Rolling & Regular
<http://www.campusexplorer.com/college-advice-tips/FC3FIC62/College-Admissions-Options-Early-Decision-Early-Action-Rolling-Regular/>



<http://www.parchment.com>
Can be helpful for acceptance predictions from a purely #s perspective



If you look in the right places, there are terrific, sometimes, cutting edge TIPS out there!



<https://www.facebook.com/ChallengeSuccess>

Essential to keep laughing!



Excellent SPEAKERS visit our community!





Questions?!

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