

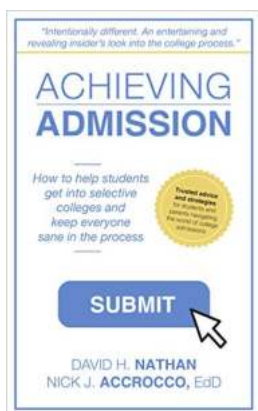
How To Help Students Get Into Selective Colleges And Keep Everyone Sane In The



Getting into selective colleges can be a challenging and stressful process for both students and their families. With the increasing competition and limited spots available, it's crucial to navigate this journey with strategic planning and a calm mindset. This article aims to provide valuable insights and tips on how to help students get into selective colleges while ensuring everyone stays sane throughout the process.

1. Start Early and Set Realistic Goals

It's never too early to start preparing for college admissions. Encourage students to explore their interests, develop strong study habits, and engage in extracurricular activities that align with their passions. By doing so, they can build a well-rounded profile that stands out to admissions officers.



Achieving Admission: How to Help Students Get into Selective Colleges and Keep Everyone Sane in the Process by Nick Clausen (Kindle Edition)

★★★★☆ 4.9 out of 5

Language	: English
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Enhanced typesetting	: Enabled
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Setting realistic goals is crucial to avoid unnecessary stress. Help students understand that there are numerous fantastic colleges where they can flourish and find success, even if they don't get into the most selective ones. Encourage them to focus on finding the right fit rather than obsessing over rankings.

2. Develop a Strategic Application Plan

Creating a well-thought-out application plan is essential. This plan should include a list of target colleges, deadlines, required documents, and a timeline for completing them. By breaking down the process into smaller, manageable tasks, students can avoid last-minute stress and ensure their applications are strong.

Encourage students to seek guidance from school counselors, teachers, and mentors who can provide valuable insights and support throughout the application process. Additionally, organizing campus visits and attending college fairs can help students make informed decisions about their future education.

3. Focus on Academic Excellence

Academic performance plays a critical role in college admissions. Encourage students to take challenging coursework, strive for good grades, and seek opportunities for academic growth. This may include advanced classes, independent research projects, or participating in academic competitions.

Standardized test scores, such as the SAT or ACT, are also important factors for many selective colleges. Provide resources and guidance on test preparation, including practice tests and strategies to boost their scores. However, emphasize that these tests are only part of the application, and a student's overall profile carries significant weight.

4. Cultivate Strong Extracurricular Involvement

Colleges value students who demonstrate a genuine passion and commitment outside the classroom. Encourage students to explore extracurricular activities that align with their interests, whether it's joining clubs, participating in sports, volunteering, or pursuing hobbies.

However, it's crucial to prioritize quality over quantity. Admissions officers are more interested in seeing meaningful involvement and leadership roles in a few activities rather than superficial participation in many. Help students reflect on their experiences and articulate how they have grown and made a significant impact.

5. Craft an Outstanding Personal Statement

The personal statement or essay is an opportunity for students to showcase their personality, values, and unique qualities. Encourage them to engage in reflective writing, exploring their experiences and aspirations. A compelling personal statement should provide insights into the student's character, aspirations, and what they can contribute to a college community.

Assist students in brainstorming ideas, providing constructive feedback, and conducting multiple revisions. A well-crafted personal statement can leave a lasting impression on admissions officers.

6. Overcome Adversity and Demonstrate Resilience

Selective colleges are often interested in applicants who have faced challenges and demonstrated resilience. Encourage students to reflect on moments of adversity in their lives and how they have overcome them. Demonstrating resilience and growth can make a compelling impact on college applications.

However, it's important not to dwell solely on hardships. Encourage students to focus on the lessons learned, personal growth, and their ability to positively impact others.

7. Support Emotional Well-being

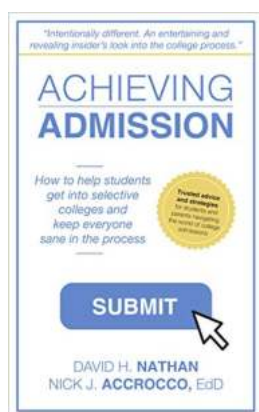
The college application process can take an emotional toll on students and their families. It's crucial to support their mental well-being throughout this journey. Encourage open communication, active listening, and provide a safe space for students to express their concerns and fears.

Remind students that rejection is a normal part of the process, and it doesn't define their worth or potential. Help them develop healthy coping mechanisms, such as exercise, mindfulness techniques, or pursuing creative outlets.

Encourage a balanced approach that acknowledges the importance of college admissions but also appreciates personal growth and happiness.

Helping students get into selective colleges requires careful planning, strategic actions, and emotional support. By starting early, setting realistic goals, focusing on academics and extracurricular involvement, crafting outstanding personal statements, demonstrating resilience, and prioritizing emotional well-being, both students and their families can navigate this process with sanity intact.

Remember, the ultimate goal is to find the right fit for each student's unique talents and aspirations, paving the way for a successful college adventure.



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Achieving Admission is an indispensable guide that is not only entertaining and informative but also clearly explains what the college process is and is not. We have "worked both sides of the desk": college admissions officer (at Vanderbilt and the University of Pennsylvania), high school college counselor at elite private schools, English teacher, college essay expert, and parent—we've done it all! We

know the joys and frustrations—and the information and misinformation—that can both illuminate and obscure the entire college application process.

Achieving Admission gives college applicants and their families the information they need to understand how admissions decisions are made and explains what students can (and can't) do to improve their chances for admission. We help everyone wrap their heads around the often complex world of applying to college, but we also find opportunities to make everyone laugh along the way. The college admissions process can be fun, but you need an open mind.

The college application process can engender shockingly raw emotions. We demystify the college search and application process by providing insight, comfort, and plenty of humor. The college process reveals the seedy underbelly of strategic gamesmanship and an entire industry based on just thinking about where to apply. And there's the startling realization that college can cost families upwards of \$70,000 per year.

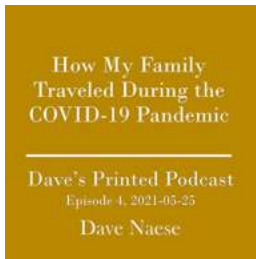
Throughout the book, we have numerous PRO TIPS, SUBURBAN LEGENDS, FUN FACTS, and GET REAL features. These quick hits should dispel some of the corrosive misconceptions making the rounds, like the story of friend of a friend who heard that her niece's neighbor got a perfect SAT score and was still rejected by her safety school.

It's not surprising that in this highly competitive, sometimes toxic atmosphere, people are looking for shortcuts and gimmicks without really knowing what they're doing—or why. Achieving Admission helps you dial back the crazy while providing helpful tips and strategies to improve your chances of getting into the school that is right for you. If Game of Thrones offers any lesson in long-range planning, it's that despite all the political maneuvering in the name of the college admissions, it's important at the end of the day to keep one's head.



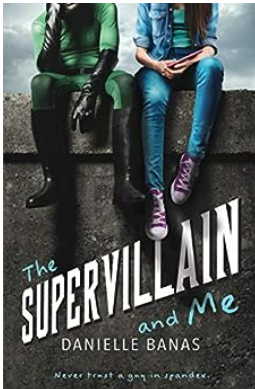
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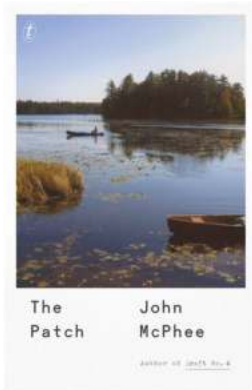
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