Welcome!

Please save questions for the end, or email your student's counselor directly.



How to Select the College Best Suited for Your Student

- Julie Lythcott-Haims
 - Former Stanford University Dean
 - Author of: How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success
 - Hosted the Slate college admissions podcast 'Getting In' (30 episodes)
 - BA in American Studies from Stanford University, a JD from Harvard Law School, and an MFA in writing from California College of the Arts
- How to select colleges best suited for you



Senior Parent/Guardian Night: Applying for College

Hosted by: Linda Bostic & Macaela Holmes Fuller



Agenda & Objectives

- □ Nuts & Bolts of College Application Process
 - What the school provides
 - What families provide
 - ☐ How does the counseling team support my student?
- Learn from past P2P applicants
- How can you, as a Parent/Guardian support your student, but not smother them?!
 - 💶 Make a plan
 - Support critical college fit research
 - Help your student get off the 'rankings' treadmill
- Overview of Senior Year & Graduation (yikes!)

Peak to Peak Counselors' Philosophy

- Fit + Funding = Finish College
- Increase knowledge & decrease stress
- We are here to assist at every step!
- Senior Drop-in Time
- Family discussions around fit and finances are crucial-NOW is the time!
 - Choose a block of time each week and stick to that time to check-in so as not to overwhelm your student!



Lessons Learned

- 1) Student & family do not discuss finances, disclose NPC results, or EFC, nor research *personal* costs of individual schools.
- 2) College list is not balanced (between likely/target/reach) or student applies only to highly selective 'name brand' colleges & a token in-state school they are not excited about.
- 3) Fit is not considered seriously. Use the Indigo report & Strong Interest Inventory. Research! Know potential majors/4-year plans. VISIT
- 4) Student misses Early application deadlines
- 5) Many colleges have separate scholarship applications & financial aid deadlines that need to be tracked

More Lessons Learned

- 6) Student has difficulty limiting parents' involvement & loses their own 'voice' in the process, or their own personal choice (who is going to college and why?!)
- 7) Student puts too much stock in college promotional materials and thinks "they want me", and develops their list around brochures rather than fit!
 - Colleges want to boost their 'yield' and appear more selective—it's in their best interest to get as many students to apply as possible.



Where Should Your Student Be in the Process?

- Completed most of the Common App in Boot Camp & signed the FERPA waiver (no access to letters of rec)
- Requested & were matched to
 1-2 teacher letters of rec
- Finished updates for Counselor Questionnaire, starting Profile for Teacher (due 9/16)
- Writing their college essay.
 Draft due for CRS on 9/23



What Students Should be Doing:

- Continuing to research their college list
- Check college websites to know requirements (deadlines, testing, etc.)
- Attending college visits and workshops (<u>Calendar</u>)
- Updating Naviance with colleges, deadlines, and submitted applications



Critical Senior Dates:

- College Day (Required attendance): September 28
 - Ask which sessions they signed up for today or will tomorrow
- Peak Scholar deadline (app on Sr. page): Oct 1 or April 1
- First Application Due: November 1
- FAFSA Due: check priority deadlines (available Oct. 1)
- CSS Profile Due: At time of application (available Oct. 1)
- Community Service hours Due: April 1
- College Decision (Candidate Reply) deadline: May 1
- Senior Transition Night (parents only): May 1
- Graduation Day: May 19



How to Get Information

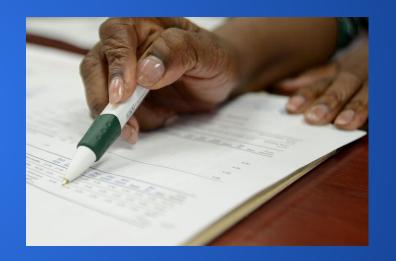
- Senior Digest-everyWednesday
- Peak to Peak CollegeCounseling webpage



- Senior Fast Facts-(SHOW)
- Email questions directly to your student's counselor or post grad coordinator

Application- School Sends

- Transcripts (Initial, Mid-year, and Final)
 - NO test scores included
- Letters of Rec & Common App evaluation forms (teachers & counselor)
- School Reports (SSR)
- School Profile



Application- Family/Student Responsibility:

- Student/Family sends:
 - Applications (w/payment or fee waiver)
 - SAT or ACT scores from testing agencies
 - Many colleges will accept self-reported scores on their app
 - Financial info (FASFA and CSS if applicable)

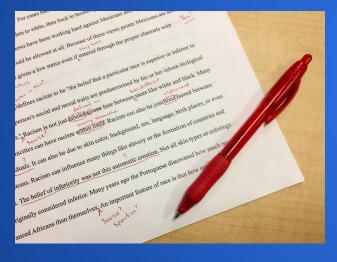
• Student:

- Regularly updates Naviance
- Emails college reps (thank you's, questions)
- Answers phone when colleges call
- Creates college portal accounts & tracks
- Thanks teachers!



Essay

Drafts are due to Class of 2023
 Google Classroom 9/23



- Parents/guardians
 - Do: be willing to have a conversation, help brainstorm
 - Don't: sit down with a red pen and 'grade' or edit the essay
 - Don't: over edit. It's obvious!

Letters of Rec

- Read your student's Counselor Questionnaire and Teacher Profile. Ask them to update if they missed crucial info or supplement in the Brag Sheet.
- Teacher Profile is due 9/16.
 - Teacher letters of rec are due at the end of October.
 - If your student adds a college that requires a second letter, have them contact Ms. HF ASAP!
- Counselors are working on letters now!



Fee Waivers

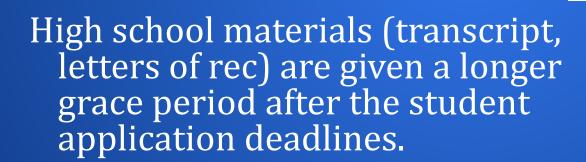
- College applications
 - Many colleges do not have an application fee
 - Colorado Free Application Day\$ October 18-20 (free to apply to public & 4 private colleges in Colorado)
- CSS Profile (College Board)
- Testing
 - Please inform your counselor if you are on free/reduced lunch & qualify for a fee waiver for any of the above



COLLEGE ADMISSIONS - FALSE ALARMS

Students will likely get emails/notices from colleges stating that they haven't received .

99% of the time, the material has sent. Don't panic; check Navianc Ms. HF, or counselor!





"We vs I" in Admissions



In order for your student to fully grasp what it takes to prepare for admission, your child must first take ownership of the process and the outcome.
 Parents need to discreetly slip into a supporting & guiding role.

The more engaged the student is with the process—the more it becomes theirs—and the happier they will be with the outcomes.

Appropriate ways to assist:

- Are you and your student on the same page with regard to what constitutes a good college "fit?" Which schools value them for what they have to offer?
- Help establish a calendar of events/deadlines that will get your student through the process. Offer to run NPC's and do scholarship research.
- Celebrate the person your child is! Don't try to make them into something else in order to get into the colleges you might have in mind (or that you wish you had attended!).



How to Guide

 Be supportive, not directive. Remember, it's their college future that's at stake, not yours! Each student needs to use their college years to figure out who and what they will be as they enter the rest of their life.

 Students must proceed with the confidence that their worth is not determined by the realization of a dream, especially their parents'. By reducing the fear of failure (that they won't meet your expectations), you increase their chance of success as an applicant.

The Changing Landscape in Admissions

The 1800+ 4-Year Colleges & Universities with ACT/SAT-Optional or Test-Free Testing Policies for Fall 2023 Applicants can be found here: Fairtest.org

The move to primarily test optional admissions (more than 75% of colleges are currently test optional) began during the pandemic with the class of 2020.

The last few admissions cycles saw huge increases in the number of apps per student and some universities saw their overall applicant pool more than double.

As fewer students submit test scores and primarily only the highest scoring students submit scores, score ranges are inflated.



Changes due to Test-optional Admissions

- A move to test-optional has benefited traditionally underrepresented student populations (minority, first generation, lower socioeconomic) at the most selective private institutions.
- Test optional admissions benefits students who have done well in their HS courses, but do not necessarily test well on standardized tests.
- When reviewing apps holistically w/o test scores, colleges will place more emphasis on the rigor of courses & gpa, letters of rec, essays and extracurriculars.



When Should Students Submit Test Scores?

- When their scores are in the published mid 50th percentile of a college's range for admitted students
- ❖ At a more/most selective institution, students may only want to submit if their test scores are at the top of the mid-50th percentile range, or in the top 25%
- When required for an honors college, scholarship or WUE consideration
- When a college is not test optional: ALL public universities in FL,GA; Service Academies, MIT, Georgetown, U of TN
 - Testing Policies of Popular Colleges



Increase in applications/decrease in admission rates: Sample of 40 selective 4-year colleges

	APPLIED	ADMITTED	ADMIT RATE
HS Class of 2020	1,148,668	172,175	15.0%
HS Class of 2021	1,445,253	177,296	12.3%
HS Class of 2022	1,526,047	162,025	10.6%
2- YEAR CHANGE	<mark>33%</mark>	<mark>-6%</mark>	<mark>-29%</mark>

(Data sourced from the admissions departments of: Amherst, Barnard, Boston College, Boston University, Brown, Bucknell, Colby, Colgate, Columbia, Cornell, Dartmouth, Davidson, Duke, Emory, Georgetown, University of Georgia, Georgia Tech, Hamilton, Harvard, Johns Hopkins, Macalester, Middlebury, MIT, Northeastern, Northwestern, Notre Dame, NYU, Rice, Swarthmore, Tufts, UPenn, USC, Vanderbilt, Villanova, University of Virginia, Wellesley, Wesleyan, Williams, Washington University St. Louis, and Yale)



Test Score Submission & Admit Rates at a Sample of Colleges

Institution	Admit Rate w/ testing	Admit Rate w/o testing	Ratio
Emory	18%	8.1%	2.2
Georgia Tech	22.4%	10.1%	2.2
U of Virginia	24.7%	12.6%	2.0
Notre Dame	18%	9.3%	1.9
Boston U	24.9%	13.6%	1.8
Boston College	22.4%	12.9%	1.7
Wellesley	18.7%	11.3%	1.7
Tufts	11.9%	8%	1.3
USC	13.9%	10.9%	1.3
Vanderbilt	7.3%	6%	1.2

		Apply	Accept	Attend
	Penn	28	2	1
P2P & Triple Blacks (2020- 2022)	Princeton	16	2	0
	Columbia	14	1	0
	Dartmouth	18	5	4
	Brown	22	1	0
	Yale	18	0	0
	Harvard	22	1	0
	Cornell	19	4	2
	Colorado C.	31	16	2
	Duke	29	2	2
•	Stanford	26	3	3

P2P & Blues & Greens (2020-2022)

	Apply	Accept	Attend
Butler	21	17	4
Gonzaga	39	33	3
U of Denver	79	60	5
CSU	179	159	32
Cornell College	19	18	3
CU Boulder	244	211	63
Lewis & Clark	15	12	3
St. Louis Univ.	23	22	5

$[X,Y]_{x}$

where Peak to Peak students apply:			
2020	2021	2022	
CU Boulder	CU Boulder	CU Boulder	
Colorado State	Colorado State	Colorado State	
UCCS	CU Denver	University of Denver	

Metropolitan State University

Colorado Mesa University

Front Range Community

Arizona State University

University of Denver

Georgia Institute of Technology

Colorado College

Indiana University-Bloomington

CU Denver

UCCS

Northeastern University

Colorado School of Mines

University of Northern CO

Gonzaga University

Boston University

Western Colorado State

Case Western Reserve U

UCCS

College

Colorado School of Mines

Metropolitan State University

Front Range Community College

University of Denver

Northern Arizona U

CU Denver

Montana State

Gonzaga University

UNC

Where Peak to Peak students attend:

2020	2021	2022
CU Boulder (22)	CU Boulder (21)	CU Boulder (18)
Colorado State (12)	Colorado State University (8)	Colorado State University (11)
Colorado School of Mines (7)	Georgia Institute of Technology (6)	Northeastern University (4)
UCCS (5)	Front Range Community College (6)	Colorado School of Mines (4)
Montana State	Butler University (3)	University of Denver (3)
Front Range CC	Lafayette College (3)	Lewis & Clark (3)
Colorado Mesa University	Metropolitan State University of Denver (3)	University of British Columbia (3)
UNC	Claremont McKenna College (2)	CU Denver (3)
Western Washington University	Northeastern University (2)	Michigan State (2)
Grinnell College, Goucher, Gonzaga	Stanford University (2)	Cal Poly (2)
The University of Texas at Dallas	University of California-Berkeley (2)	Saint Louis Madrid (2)
Purdue University, Arizona State	Boston College (2)	Dartmouth College (2)

Yearly Costs of Attendance (16 cr/sem) (2022-23 data)

\$39,800 (without WUE or scholarship)

Includes Room & Board, Tuition & Fees; does not include books, personal expenses or transportation (\$1500-\$4000)

CO Schools include COF

 Front Range CC (2-year) 	\$5,400 (live at home)
Metro State U	\$10,893 (live at home)
 U of Northern CO 	\$22,908
• Northern Arizona U (4-year)	\$23,514 (WUE & \$6000 Gold schlshp3.5 gpa)
• UCCS	\$22,680
 Colorado State 	$\$26,\!350$ (+tuition differential in Jr/Sr year)
• CU Boulder (A & S) 4-year guar	\$29,252 (+\$5500 for business, \$4000 eng/sci.)
 University of Wyoming 	\$33,832 (without WUE or scholarship)
 Colorado School of Mines 	\$36,150

MT State

Net Price Calculator & EFC Calculators

- CollegeData Net Price Calculator
- MyIntuition (75 colleges)
- College Navigator (Dept. of Ed.)
- <u>Tuition & Fees Over Time</u> (Chronicle of Higher Ed)
- Colleges with a 4-year Tuition Guarantee



2022-23 Estimated EFC/SAI at various income levels (AGI)

mily of 4; 1 child in college full time; parents are married; oldest parent is 50; student income = 0; student assets = 0; College costs = \$35,000

Income	EFC/SAI	Notes
\$200,000	51,283	Note that the higher the income level, the less
\$180,000	44,126	likely it is that parents have no assets, so the
\$150,000	33,333	actual EFC will be higher than indicated
\$120,000	23,055	
\$100,000	16,205	
\$80,000	8794	
\$71,000	6201	(Pell grant of \$692) Highest income Pell-eligible
\$56,500	3,207	(Pell grant of \$3,645)
\$51,338	2,295	(Pell grant of \$4,645) Qualify for reduced lunch
\$38,500	0	(Pell grant of \$6,895) Highest income for full Pell
\$36,075	0	(Pell grant of \$6.895) Qualify for free lunch

Scholarships

- Focus first on applying to college!
- Research scholarships directly on the college's web site (the majority of scholarships come directly from the school)
- There are some with fall deadlines- keep track!
 - Oca Cola, Boettcher, Wendy's Heisman, etc.
- Senior page of College Counseling Website
- Focus on local scholarships in the spring
- Register on a scholarship search engine
 - <u>Fastweb</u>
 - BigFuture
 - Going Merry



Tips from P2P Counselors:

- ➤ Stay Calm! Ask for help! Encourage your student to continue their research.
- ► Talk as a family about costs & finances—be open & realistic with your child
- ► Learn from past successes/disappointments we have seen:
 - Do financial research now vs. spring
 - Getting into school of choice, but not enough \$
 - Discuss as a family--"Top choice" vs. affordable choice

Tips continued...

- Utilize your child's counselor (fall & spring re college fit, costs and decisions)
- Open your mind to new options (colleges, location, selectivity...)
- Apply early (esp. EA, not necessarily ED): decisions come earlier!
- Visit before making a decision if it's safe to do so!
- Remind students to create a proper email account!
 - BVSD email will be deleted around graduation.
- Success = happiness, thriving, ideal learning environment & good fit...which is different for everyone

Importance of Visiting Campus to Determine Fit

- Stay for entire day; go to class; have lunch on campus; spend the night, if possible
 - Talk w/ current students not involved in admissions
- Register for admitted student days in the Spring
- Extremely difficult to determine fit without some kind of a visit
- Much less likely to transfer if student is able to get a sense of their place/fit on campus (a feeling of belonging)



A School's Admit Rate or 'Ranking' does not Equate to Quality

- Institutions know that the harder something is to get (or get into), the more it is prized and seen as exclusive, so they work hard to get many students to apply to increase their selectivity (decrease admission rate).
 - TULANE
 - THE UNIVERSITY OF CHICAGO
 - NORTHEASTERN UNIVERSITY

Can We Really *Measure* the *Quality* of a College?

- ➤ The problem, as Malcolm Gladwell put it in the *New Yorker*, is simple: "There's no direct way to measure the quality of an institution how well a college manages to inform, inspire, and challenge its students.
 - "School rankings are arcane, potentially biased (schools are actually asked to rank competing institutions), and prone to, well, jiggering. More or less, it's a popularity contest that tends to reward the schools and programs that are generally regarded as best by academics--not students, alumni or the companies that recruit from those schools".



Federal Student Loans (Interest rate 4.99%, Parent Plus Ioans: 7.5%)

Dependent Undergrads (parents eligible for PLUS loans)	Subsidized	Total
Year 1	\$3,500	\$5,500
Year 2	\$4,500	\$6,500
Year 3 and above	\$5,500	\$7,500
Aggregate	\$23,000	\$31,000



Federal Student Loans

- Maximum Federal Student Loan Amount (4 year): \$27,000
- Loan Repayment Term: 10 years
- Interest rate: 4.99% (Parent Plus Loan: 7.5%)
- Monthly Payment on this amount: \$297
- The cap on how much students can borrow in federal loans hasn't budged in more than a decade even as the sticker price of tuition, room and board at public universities has shot up over 30% in that time.
- Students must be enrolled at least half-time to access Federal loans
- Link: Student Loan Calculator



Graduation Week

- May 1: Parent/Guardian Transition Night
- May 1-12: AP testing
- May 15-16 Senior Finals



- May 18: Senior class photo, breakfast & rehearsal
- May 19, 2023 5:30 pm: Graduation! @ Peak to Peak
 - 10 tickets per grad



Caps & Gowns

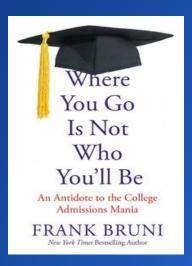
- Seniors will receive a paper order packet from Jostens tonight.
- Orders can be submitted online or through the paper mail form during high school lunch on 9/20 and 9/21.



Parents/guardians...have you?

- You knew what you wanted to do for a profession when you were 17 (and you're still doing it)
- You knew what you wanted to major in at 17
- You never changed your major
- You applied to an out-of-state college
- You had to take the ACT or SAT—more than once
- You applied to more than 10 colleges; 5 colleges; 3 colleges?
- You were nervous about the college process
- You can't believe your "baby" is graduating in 8 months
- You are proud of your child
 - Tell your child why....TONIGHT!





Recommended Reading

"[This] clear, well-researched book should be required reading for everyone caught up in the college-admissions game." --William Deresiewicz

"[College admissions is] an exorbitant, anxiety-producing, soul-crushing process. Bruni challenges its premise and offers welcome relief, reassurance and comfort to us." --Peggy Orenstein

'Your worth is not determined by the university you go to. That's the exact mantra every student and parent must heed." -- Maria Shriver

"Bruni provides the perfect course correction for students and parents who get sucked into the college admissions frenzy." --Katie Couric

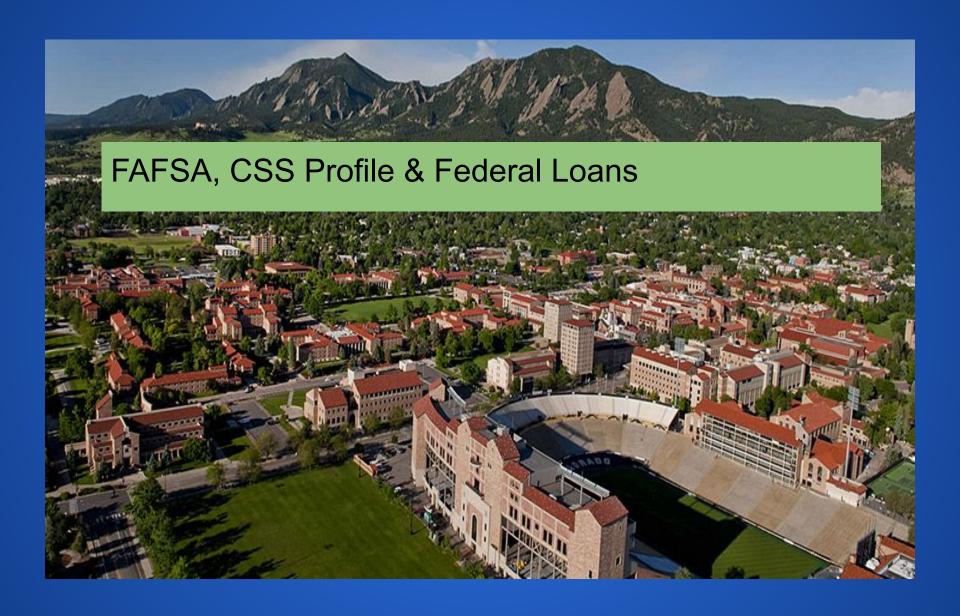
How a Student goes to College Matters Much More than **Where**

- WHAT: A large study by Gallup and the Strada Education Network interviewing 100,000 American college graduates:
- FINDINGS: The study has NOT found that attending a highly selective private college foretells greater satisfaction in life.
- Instead, the game changers during the college years include:
 - establishing a deep connection with a mentor
 - taking on a sustained academic project or research
 - playing a significant part in a campus organization
 - finding leadership roles
 - building 'social capital', realizing that above all else, they're in college "to widen the circle of human beings who know you and care about you"
- What these reflect are engagement and commitment.



Other Recommended Reading

- College Admission: From Application to Acceptance, Step by Step, Christine VanDeVelde
- Best College Fit: https://www.bestcollegefit.com/blog/
- How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success, Julie Lythcott-Haims
- There is Life After College: What Parents & Students Should Know About Navigating School to Prepare for the Jobs of Tomorrow, Jeffrey Selingo
- 'The Great Success of the University of Chicago: Jeff Levy https://www.bigjeducationalconsulting.com/blog/finding-colleges-that-are-affordable



FAFSA Guidelines: Opens on 10/1

- The purpose of the FAFSA:
 - □ To apply for federal grants, such as the Pell grant
 - To be eligible for low-interest student loans
 - To be eligible for institutional need-based aid
 - To be eligible for a number of scholarships that require the filing of the FAFSA
 - □ For students attending college in 2023-2024, tax information from 2021 will be required--forms you just filed in April (PPY)
 - Students and parents start the process by creating a FSA ID at https://fafsa.ed.gov/
 - FAFSA Completion workshop will be offered in October.

Benefits to Submitting FAFSA Earlier

- You have already done your taxes and don't need to wait!
- You can use the IRS data retrieval tool, which easily imports your tax info. into your FAFSA and it will reduce the need for updates.
- Students will receive their financial aid packages earlier (often with offer of admission) and families will be provided with a more accurate idea of their financial aid.
- Families have more time to consider all financial options for each school as packages arrive sooner.



CSS PROFILE (offered by College Board)

- Opens 10/1 of every year
- Additional non-federal financial aid form for about 400 colleges (institutional need-based aid given by college)
- Submitted at time of application to college
- Not free—pay a fee per college it's submitted to (\$25/first report & \$16/later reports)
- Automatic fee waivers based on reported income on form
- Will use the same Prior-Prior year income data (2019)
- The PROFILE contains questions specific to the schools you're applying to & allows financial aid counselors to take special circumstances into greater consideration.



Federal Student Loans

Direct **Subsidized** Loans:

- Available to undergraduate students with financial need.
- The U.S. Department of Education pays the interest on a Direct Subsidized Loan
 - while you're in school at least half-time,
 - for the first six months after you leave school (referred to as a grace period*)



Federal Student Loans

Direct Unsubsidized Loans:

- Available to undergraduate students; there is no requirement to demonstrate financial need.
- You are responsible for paying the interest on a Direct Unsubsidized Loan during all periods.
- If you choose not to pay the interest while you are in school and during grace periods, your interest will accrue (accumulate) and be capitalized (that is, your interest will be added to the principal amount of your loan).



Malcolm Gladwell

- EICD: Elite Institution Cognitive Disorder
- "Humans dramatically underestimate the power of being at the bottom of a hierarchy"
- "Your odds of persisting in STEM until college graduation fall by 2% for every 10% increase in the average SAT scores and/or GPA of your peers at the college you're attending". It's all about how smart a student feels relative to the other people in the classroom.
- By choosing to attend the most selective schools, a student decreases the odds of graduating with a science/STEM degree by 30%.
- The BEST students from lesser known schools are considered a better hiring option than GOOD students from the most selective/elite colleges.
- Counselors want students to persist in their chosen field of study, including STEM, so best fit is essential to consider!

https://youtu.be/3UEwbRWFZVc?t=187