

COLLEGE NIGHT

GEORGE C. MARSHALL HIGH SCHOOL

Presented by:

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THE MORE YOU KNOW



The process is in your hands more than it is not

- You decide where to apply
- Colleges make decisions
- You evaluate offer of admission/scholarships & financial aid and decide which school to ultimately attend

**IF
PLAN 
FAILS,
REMEMBER
THERE ARE
25
MORE LETTERS.**

THE COLLEGE SEARCH

FINDING THE “BEST” FIT

➤ *Self-assessment*

- *What’s important to you?*
- *What do you like to do?*
- *Academic Profile*

➤ *Learn More*

- *School Counselor, Online Resources, Family, Friends (already in college), College Websites*

➤ *Visit*

- *Up close and personal if possible – Take a guided tour*
- *Virtual Tours, Social Media Sites, etc.*

THE COLLEGE SEARCH

FINDING THE “BEST” FIT

Develop your list of colleges

- 10-15
 - Determine Application Deadlines/Process
 - College Application Essay
 - Recommendation Letters
 - (Counselor and/or Teacher)
- 

"Life is what happens when your mom is busy making other plans."

- John Lennon-ish



ZitsPartnership

U.S. Department of Education tallies more than 4,000 colleges and universities.

WHAT IS STRESS?

Stress is the body's natural response to pressure from the outside world. Stress releases chemicals that sharpen your instincts – but they can also take a toll on your body. Prolonged exposure to stress can have severe negative physical and emotional consequences and has been shown to lead to depression and other mental health problems.

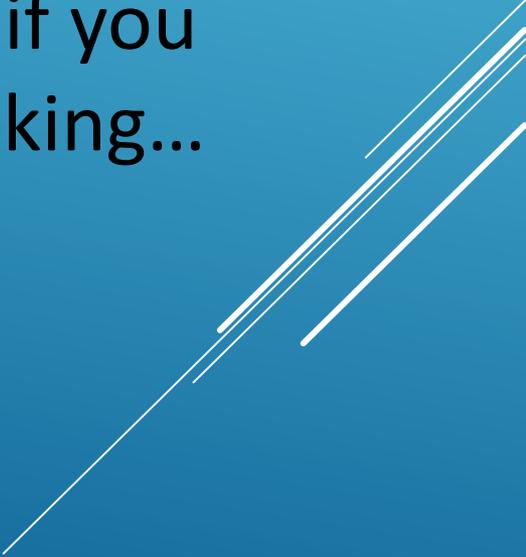
“Fight or Flight”

Our 'fight and flight' response was great when our stresses were more short-term (like running away from danger) but nowadays our stresses tend to be chronic/ongoing.

“Rest and Digest”

Actively promote your own relaxation. Take responsibility for this important action and find an activity that suits you and promotes your 'rest and digest' response.

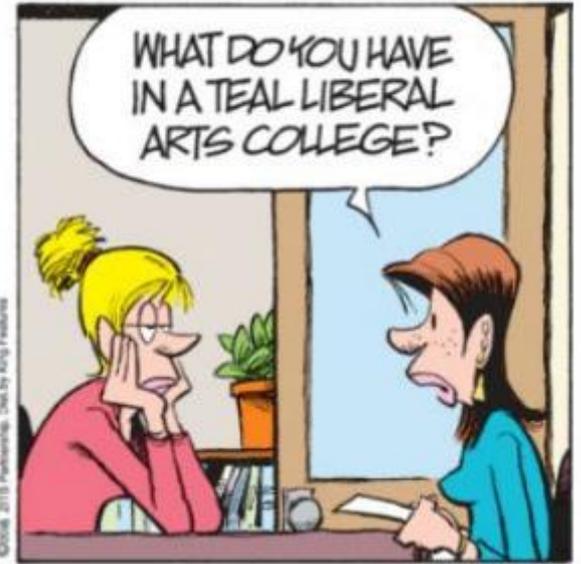
Perhaps **the most harmful myth about college admissions is that there's one perfect school for you** and your life will be ruined if you don't get in. You'd be surprised how many colleges can meet your educational and personal goals if you just keep an open mind and start looking...



Food for Thought

- There are thousands of colleges in the U.S. and the vast majority of them accept far more applicants than they reject.
 - A growing number of colleges do not require SAT or ACT scores for admission.
 - “Where You Go Is Not Who You’ll Be” – Frank Bruni
 - Keeping an open mind and adopting a long-term view will go a long way toward reducing stress and uncertainty.
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November 29, 2016

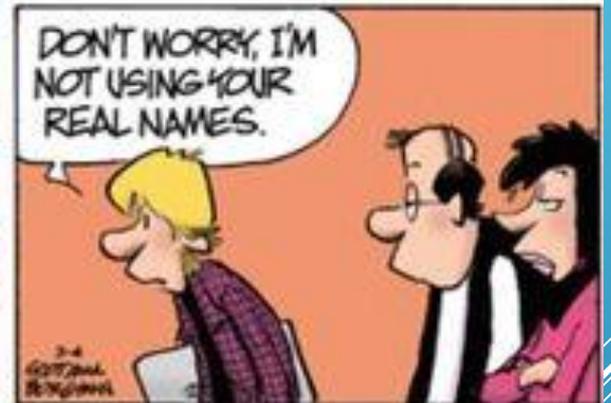
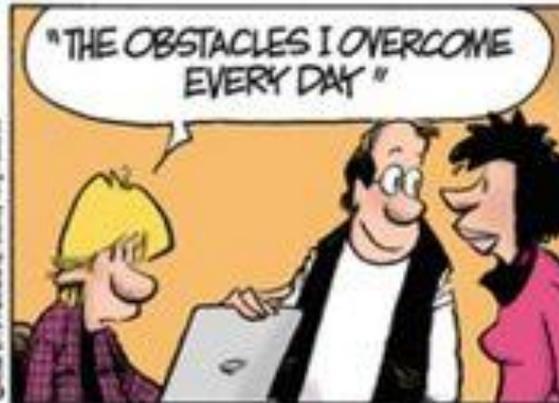
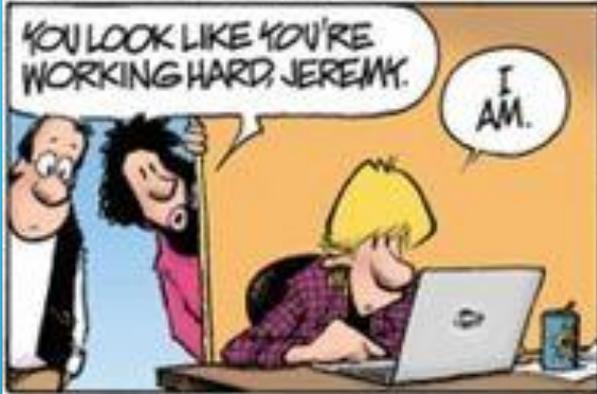


“I wish I had realized sooner that where you go to college is not nearly as important as what you do when you get there. I think a lot of us seniors worried that we’d end up at a safety school without considering the benefits. If I could get a do-over, I would have looked at more schools where I could have been a big fish in a small pond and taken more leadership opportunities, instead of only focusing on a school’s pedigree.”

AMELIA REUBEN, WASHINGTON

NY TIMES: LETTER TO THE EDITOR

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.





FOLLOW THE YELLOW BRICK ROAD

COLLEGE IS A MATCH TO BE
MADE, NOT A PRIZE TO BE WON!

The best “fit” is where a student will thrive
and be happy!

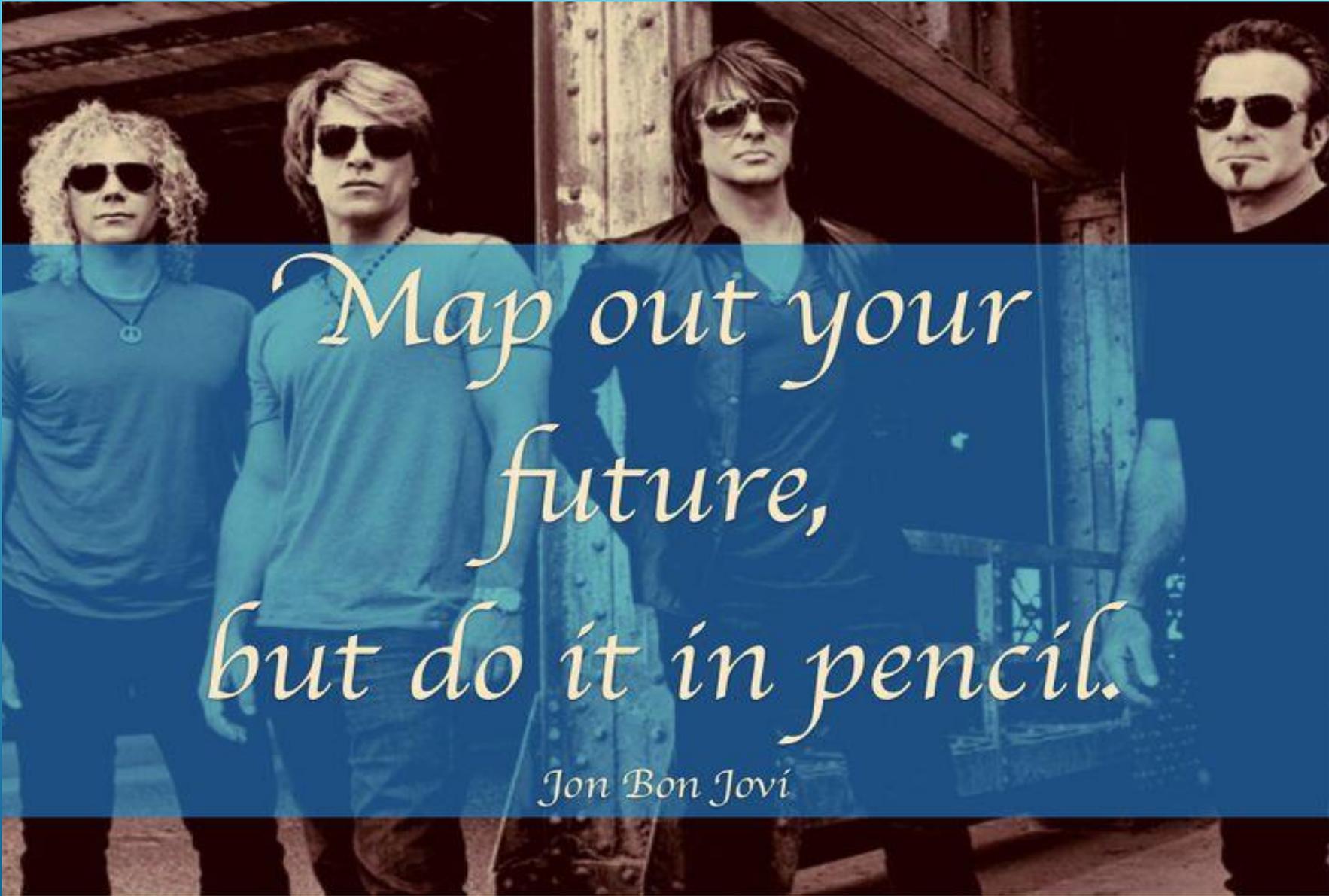


A landscape photograph featuring a vibrant rainbow arching across a grey, overcast sky. Below the rainbow, a lush green field of crops, possibly corn, stretches across the foreground. The background shows a line of trees under the same grey sky. The overall mood is serene and hopeful.

It's not where
YOU GO IT'S
WHO YOU MEET
ALONG THE WAY.

...

Wizard of Oz

A photograph of the four members of the rock band Bon Jovi. From left to right: Richie Sambora with his signature curly blonde hair and sunglasses, David Bryan with long blonde hair and sunglasses, Tico Torres with long dark hair and sunglasses, and Jon Bon Jovi with a goatee and sunglasses. They are standing in front of a rustic wooden structure. The image is overlaid with a semi-transparent blue rectangle containing white text.

*Map out your
future,
but do it in pencil.*

Jon Bon Jovi