

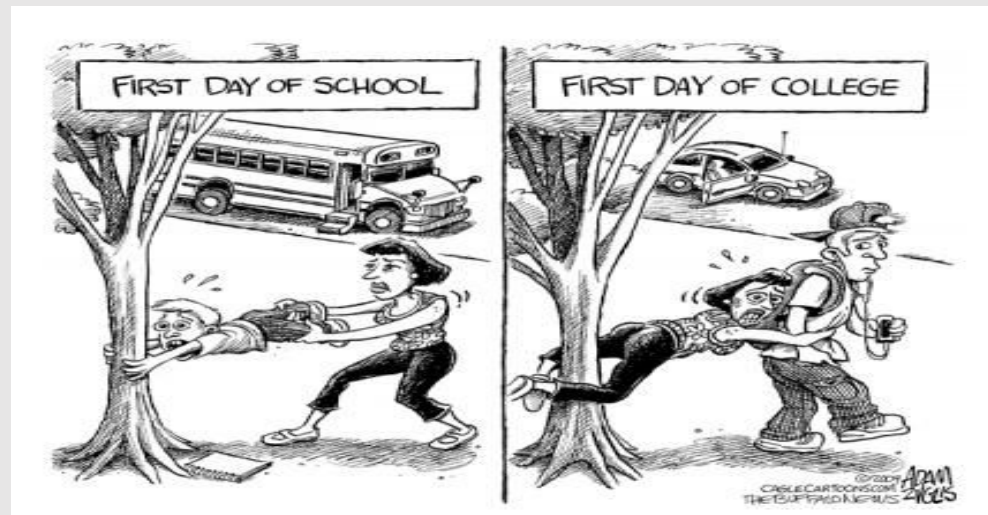


*“College is a big
school where you
get to play frisbee.”*

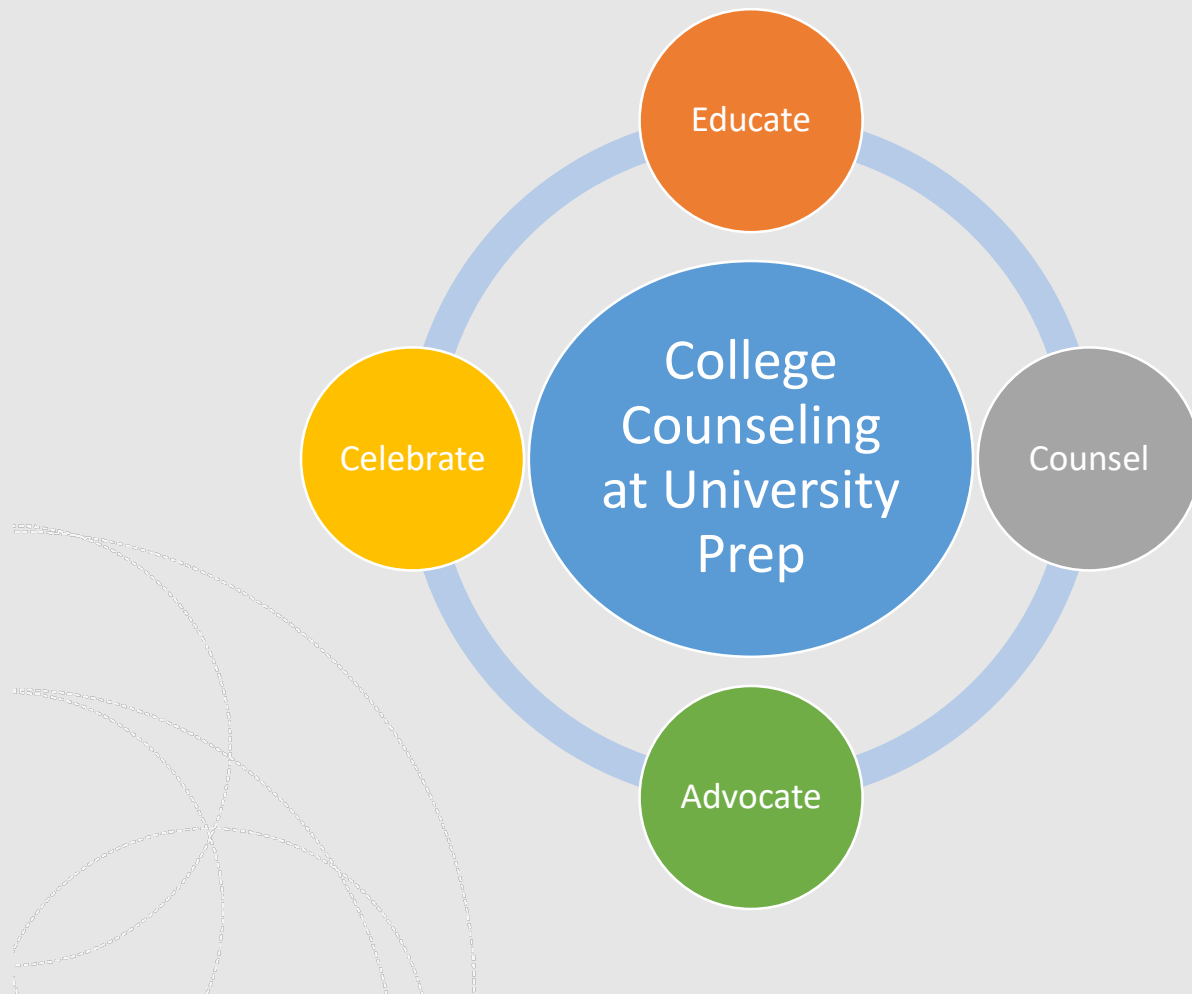
—Jack, 6 yrs old

The Agenda

- An Overview of College Counseling at UPrep
- College Admissions Trends
- Timeline of College Process Tasks
- Resources
- Q &A







Numerous Collegiate Pathways to Happiness



Eliot Storer, UPrep '08
Univ. Colorado Boulder '12
PhD Student: Environmental
Anthropology, Rice University



Breahna Wilson, UPrep '08
Scripps College, '12
University of Chicago, MA '13
Laird Norton Wealth Management



Eric Laakmann, UPrep '08
Case Western University, '12
Lead EPM for the original Apple Watch



Annie Olsen, UPrep '10
University of Pennsylvania, '14
Medical School NYU

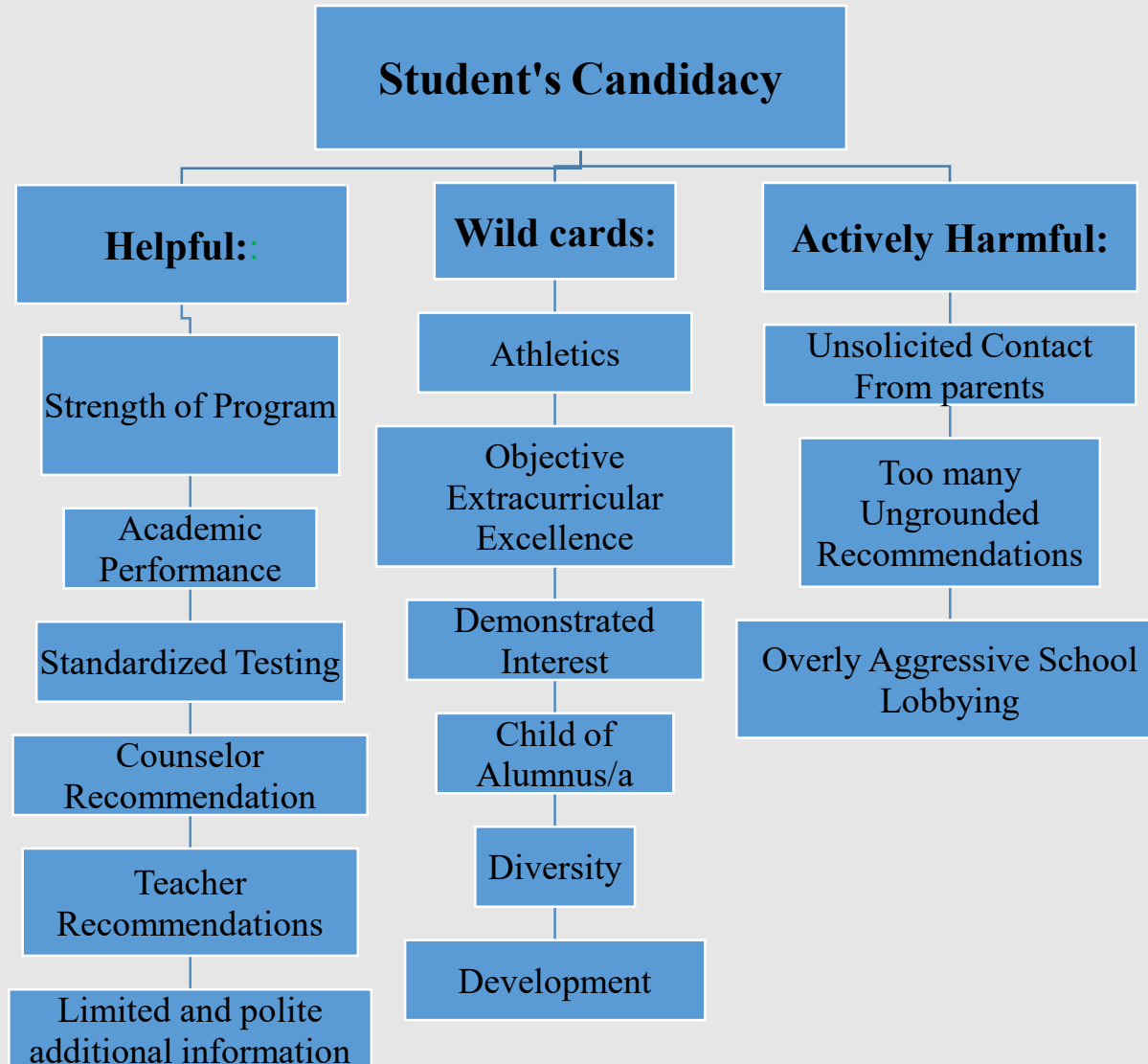


Sophie Heller, UPrep '08
Mt. Holyoke College, '12
PhD Student: Spanish Literature &
Culture, Georgetown University



Jesse Fukumoto, UPrep '11
Quest University '16
Founder of KidsTable, a "pop up"
restaurant

The Anatomy of a Candidacy



College Admissions Trends

- The vast majority of colleges will continue to have acceptance rates well above 50%.
- Fewer than 175 colleges (out of 4,000) in the country deny more than half of their applicants.
- These same 175 colleges generate over $\frac{1}{4}$ of all submitted college applications.
- Gap Years (Bridge Years) increasing.
- There are factors beyond a student's control and within a student's control.
- The more selective the school, the greater role "hooks" play.

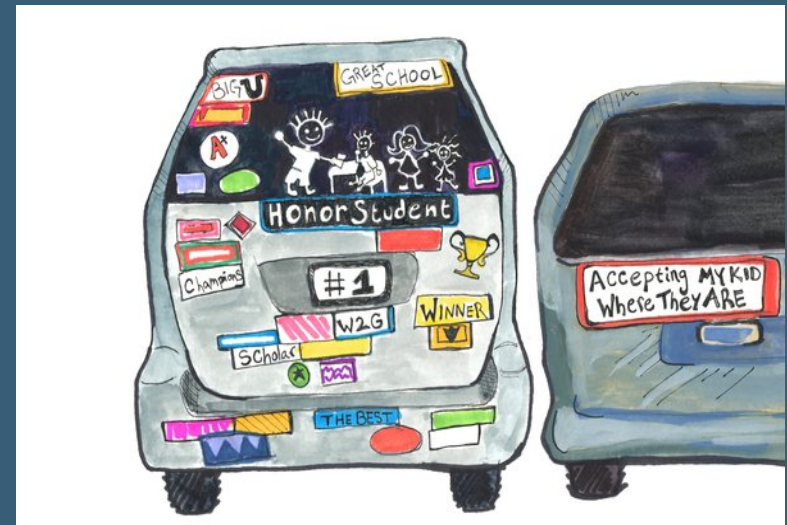
College Application Changes

- Online
- Portfolios
- More Essays

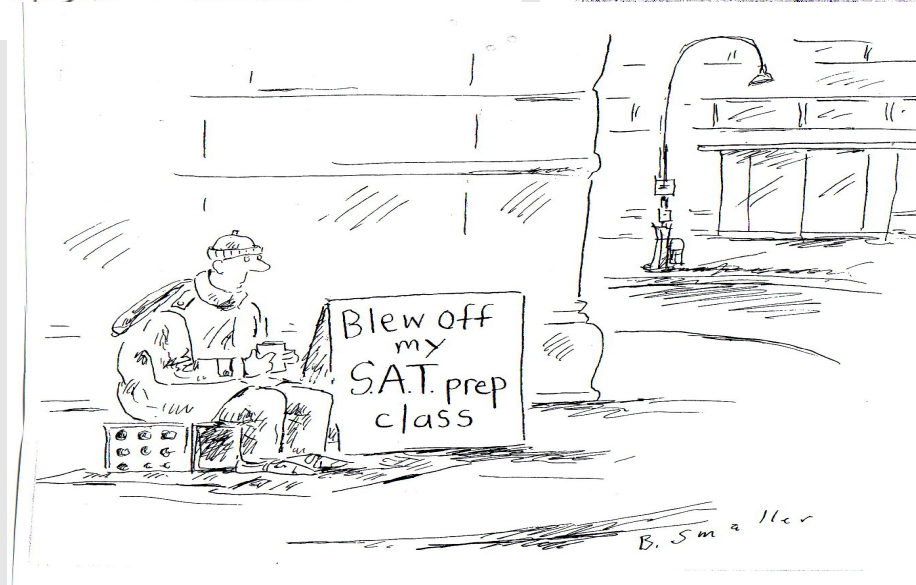
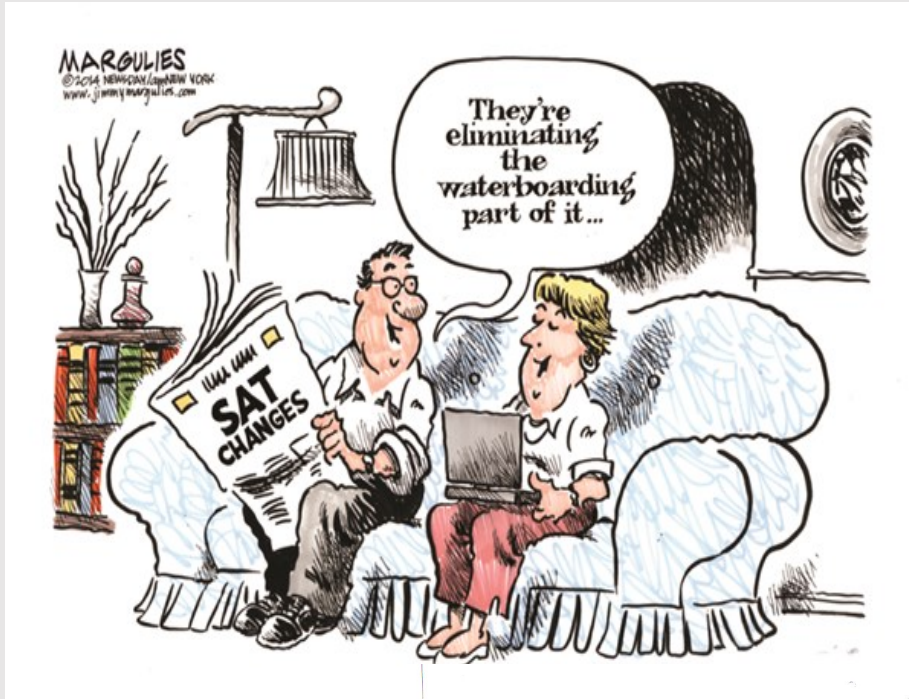
- ✓ What do you consider to be the single most important societal problem? Why?
- ✓ Pick a controversial problem on college campuses and suggest a solution.
- ✓ Describe how you define community?
- ✓ Describe your most meaningful achievements and how they relate to your future goals?
- ✓ Joan of Arkansas. Queen Elizabeth Cady Stanton. Babe Ruth Bader Ginsburg. Mash up a historical figure with a new time period, environment, location, or occupation, and tell us their story.
- ✓ What do you do to relax and recharge?

What Colleges are looking for:

- Students who can answer tough questions but also create new ones.
- Students who are self-aware and “other” oriented.
- Students who want to improve organizations and knowledge.
- Students who feel comfortable and energized by complexity.
- Students who want to improve organizations and knowledge.
- Students who “struggle” and can articulate what they have learned as a result.



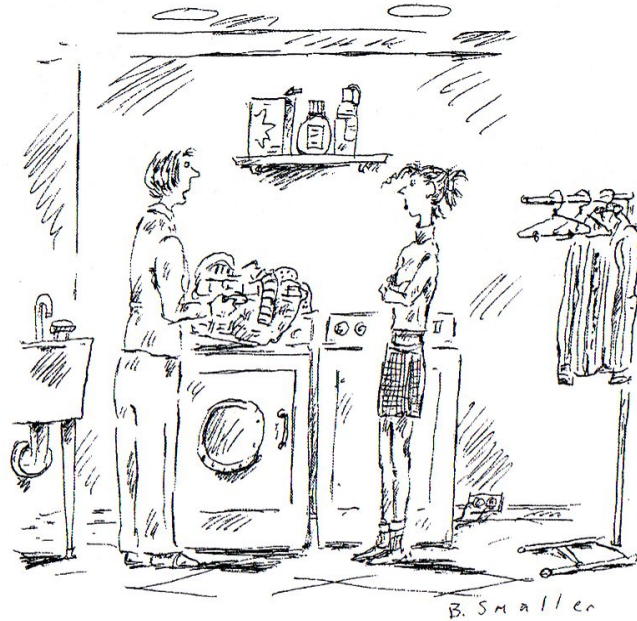
Standardized Testing



Summer & Extracurricular Activities



THE NEW YORKER



*"We want you to have fun, as long as it's fun that
enhances a college-admission application."*

Holy Friday (Orthodox)

FRIDAY
APRIL 21

Timeline of College Process Tasks

- | | |
|-------------------------|------------------------|
| • Pre-ACT | Fall of Sophomore Year |
| • Pre-SAT | Fall of Junior Year |
| • Pre-SAT Class | Fall of Junior Year |
| • SAT/ACT/Subject Tests | Spring of Junior Year |
| • College Visits | Junior & Senior Year |
| • Applications | Fall of Senior Year |

“It’s not *Where* you go to college, but *How* you go to college.”

- Gallup-Purdue Index
- Quizzed 30 Thousand college graduates on five key dimensions to well-being: purpose (how much respondents liked what they were doing); social (how supportive they found relationships); physical (whether they felt healthy and energetic); financial (whether they felt they were successfully managing their economic lives); and community (whether they felt connected to, and proud of, the places where they lived and spent most of their time).

What Good College Counseling Entails

- **Self-awareness:** In thinking about what they want in a college, students should be encouraged to reflect on themselves. The best college lists emerge from students who most closely examine their own interests and look for institutions that will enable these characteristics to flourish.
- **Independence:** Students should work to articulate their own hopes and goals – apart from what their families and the larger culture may want – as they imagine what's next in their education. They should also take responsibility for the labor of searching for colleges, planning college visits, and meeting the requirements to apply.
- **Self-Confidence:** The college admissions industry is flooded with rankings and perceived measures of prestige. Good college counseling, however, should help students learn to measure their self-worth intrinsically.
- **Tolerance for uncertainty:** Although data can help make predictions about eventual decisions, students should work to grow comfortable with the long wait and the element of uncertainty inherent in the process.
- **Navigation of complexity:** Applying to college is hard work, and while the sometimes labyrinthine requirements may seem mundane, students should learn the value in avoiding shortcuts, remaining organized, and staying ahead of deadlines.

LEFT

EXIT 12

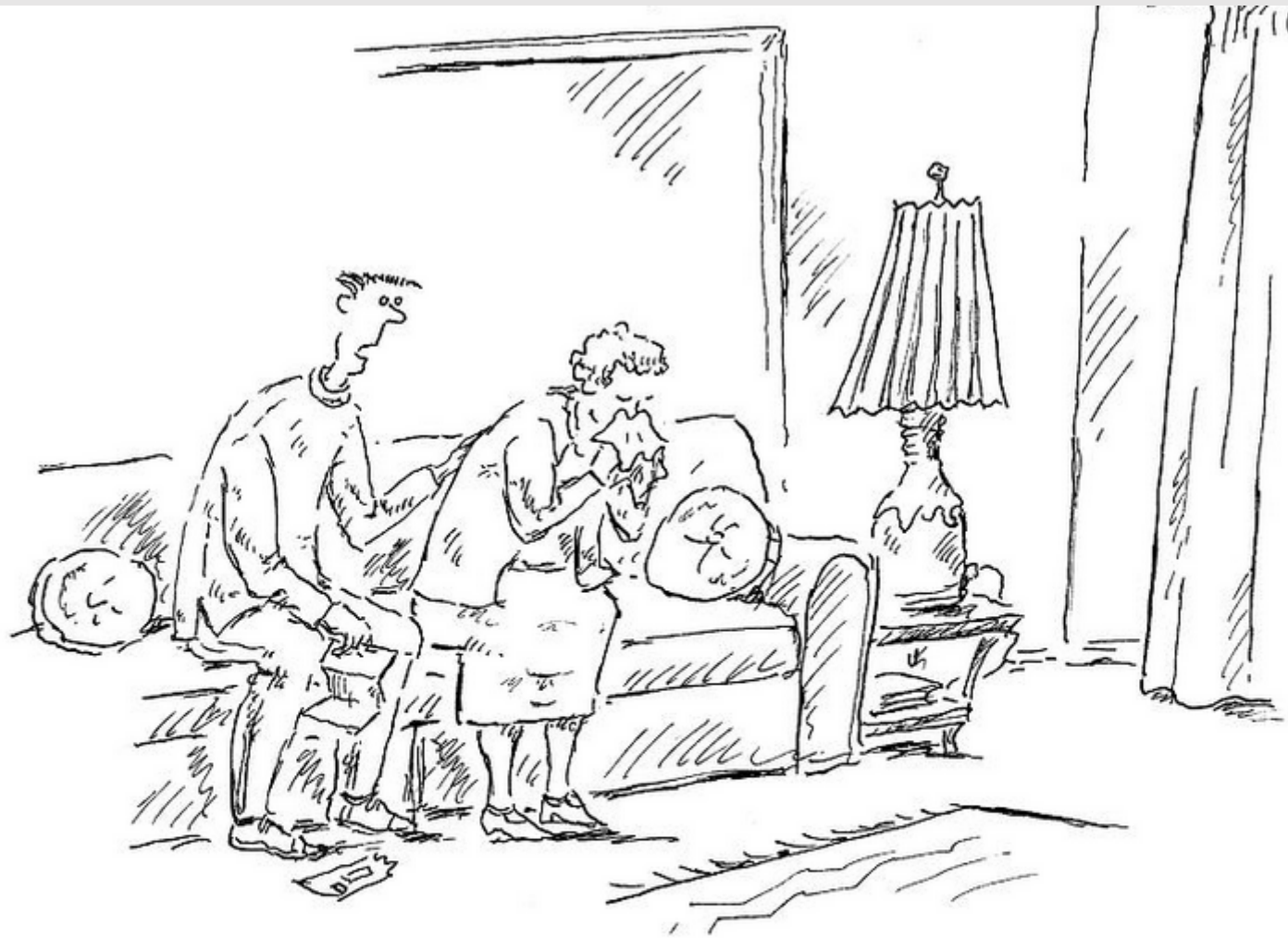
Following the advice of your college counselor, not comparing yourself to others, realizing fit is more than just numbers and rankings



Thinking that your mom's manicurist's sister's cousin definitely knows what is best for you and is an expert on college admissions even though you've never met and they are an accountant.

EAST ST. WESTWOOD

High School Students



B. S m a l l e r

"Don't cry, Mom. Lots of parents have children who didn't get into their first-choice college, and they went on to live happy, fulfilled lives."

Resources

Middle School

Upper School

College Counseling

College Placement

College Web Links

For College Reps

Naviance

SCOIR

Integrated Learning

Technology

Makerspace

Library

Daily Schedule

Intensives

Social Emotional Learning

COLLEGE COUNSELING

"When I visited my daughter at college, I saw a young woman able to handle whatever comes her way, who knows where to turn for support, and how to move forward. Thank you, UPrep." Parent of a recent UPrep alumna

Helping students reach the next stage of their development – adulthood – is at the core of every interaction in UPrep's College Counseling Office. What many describe as the busiest office on campus is frequented by juniors and seniors seeking individual college counseling, parents looking for resources to assist their students in the college planning process, and young alumni excitedly reconnecting with the college counseling staff.

The bottom line is that the College Counseling Office expertly demystifies the college process for our students and their families while simultaneously ensuring that they fare extremely well in their search and selection process. College information nights for juniors and seniors, more than 200 visits from college admissions officers from around the country and the world, and expert administration of standardized tests simplify to the many services the office provides.


Our Results

The results of our students' college admissions results speak volumes about who we are as a school:

- Over the past 5 years, our students have matriculated at 130 different colleges in 33 states and 5 foreign countries. At the 40 colleges that generated the most applications (6 or more UPrep applicants), our Pumas acceptance rate was 60% whereas the overall national acceptance rate was 44%.
- Our diverse student body finds collegiate homes at a robust range of institutions, from Stanford to Syracuse, and from the University of Chicago to the University of Washington.
- Although we celebrate our students' college outcomes, what we rejoice in the most is the lives of distinction our Pumas lead post-college. In employment ranging from medicine to the legal field and from education to global affairs, our alumni are forces for good and excellence in their professions.

College Counseling at UPrep

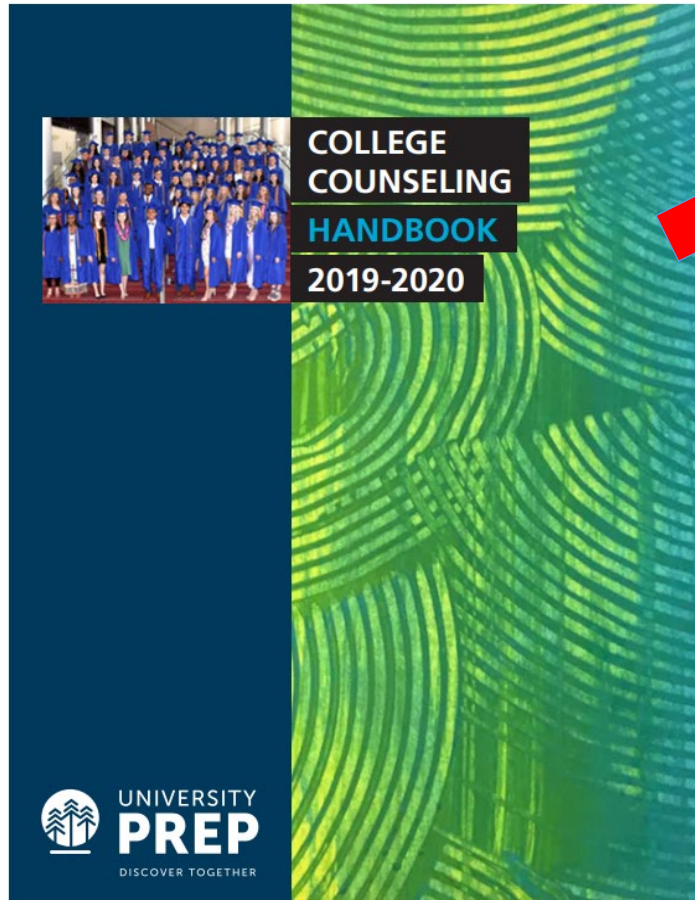
Learn more about our program:



Useful Links:

- College Admissions FAQ
- College Admission Landscape at UPrep
- College Process Overview and Timeline
- College Handbook 2019-2020
- Gap Years & Spring Admission
- Junior Night College Presentation Fall 2018
- Junior Parent College Night Winter 2019
- Senior Night College Presentation Fall 2018
- Senior College Transition Program Spring 2019
- Summer Opportunities Handout
- AP Registration

Resources



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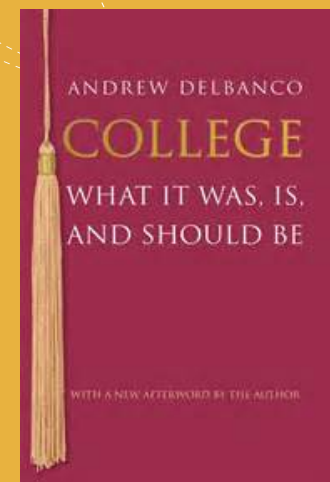
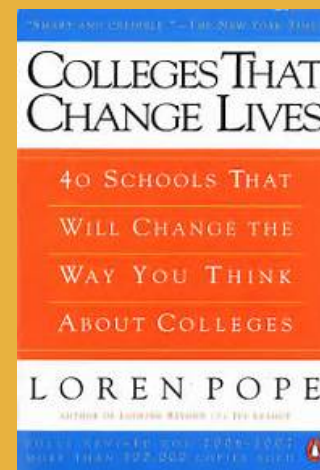
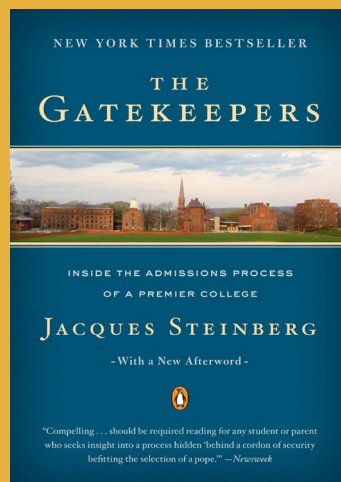
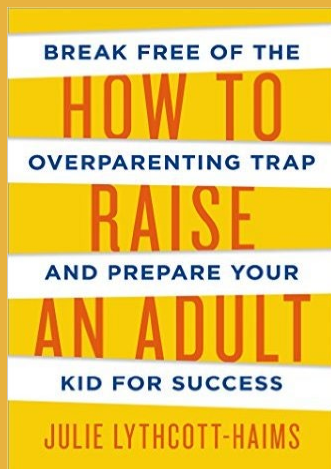
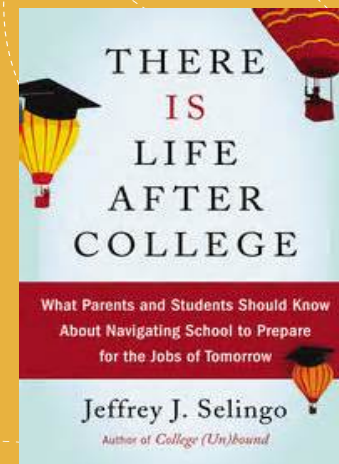
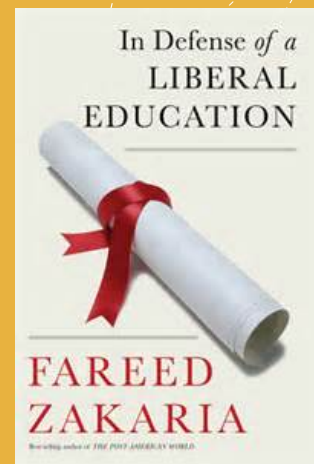
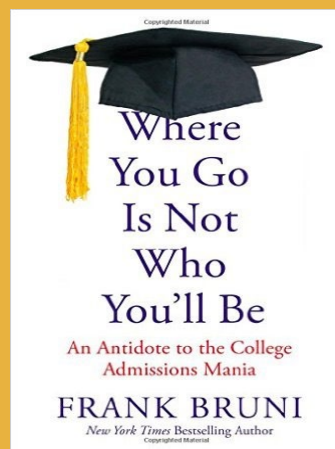
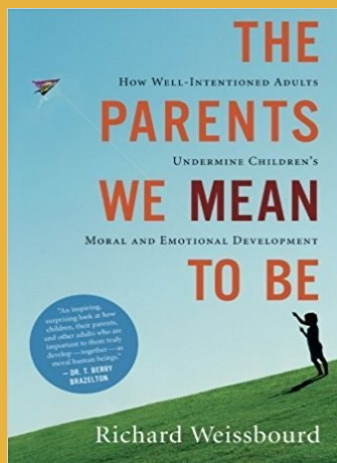
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Front Cover Art: Hand-Made Book Cover: Ruth L., Grade 9



First-year student Blythe Eickerman '21 says goodbye to her parents David '82 (left) and Ann Eickerman on Cordiner lawn after Convocation.

Book Recommendations:



Q & A



Kelly Herrington,

Director of College Counseling and Student Services

kherrington@universityprep.org

206.832.1226

<https://www.universityprep.org/academics/college-counseling>