

The Honeycomb Approach:

6 Factors to Find Your College Fit

'How' Versus 'Why' to Go to College...

- **How** focuses on *how* to get there:
- The process
- Visiting college
- Getting good grades
- Writing a good essay
- Completing applications
- Having a good list of activities
- Getting letters of recommendation
- The 'to-do' list

- **Why** focuses on *why* am I doing this?
- Knowing yourself
- Becoming a better person
- Finding a school that fits YOU
- Asking yourself hard questions
- A holistic approach to finding a school that will help you on all sides
- When you focus on 'why', you focus on success

Why does a holistic approach to choosing a college matter?

- Only 40% of students who start college finish in 4 years
- Only 60% of students who start college finish in 6 years
- After six years, the other 40% of students who started college have dropped out all together
- Of that 40% who dropped out, 75% of those dropped out by the end of their freshman year

Why do students drop out?

- Finances
- Homesickness
- Can't keep up academically/unprepared
- Don't know what they want to major in / study
- Burn out
- Too much fun
- Family/Personal Issues/Mental Health Issues
- School is not a fit

According to BestColleges.com, the Top 5 Mental Health Challenges Facing College Students Are...

- Depression
- Anxiety
- Suicide
- Eating Disorders
- Addictions

Statistics on Mental Health

- Suicide is the 2nd leading cause of death in the world for ages 15-24
- The increase in the rate of suicides between 1999 and 2017 was 33%
- 35% of college students report concerns with depression
- 41% of college students report concerns with anxiety
- 5 million young adults (18-25) battled a substance use disorder – about 1:7 individuals
- The average university has one professional counselor for every 1,737 students (Time Magazine, March 2018)

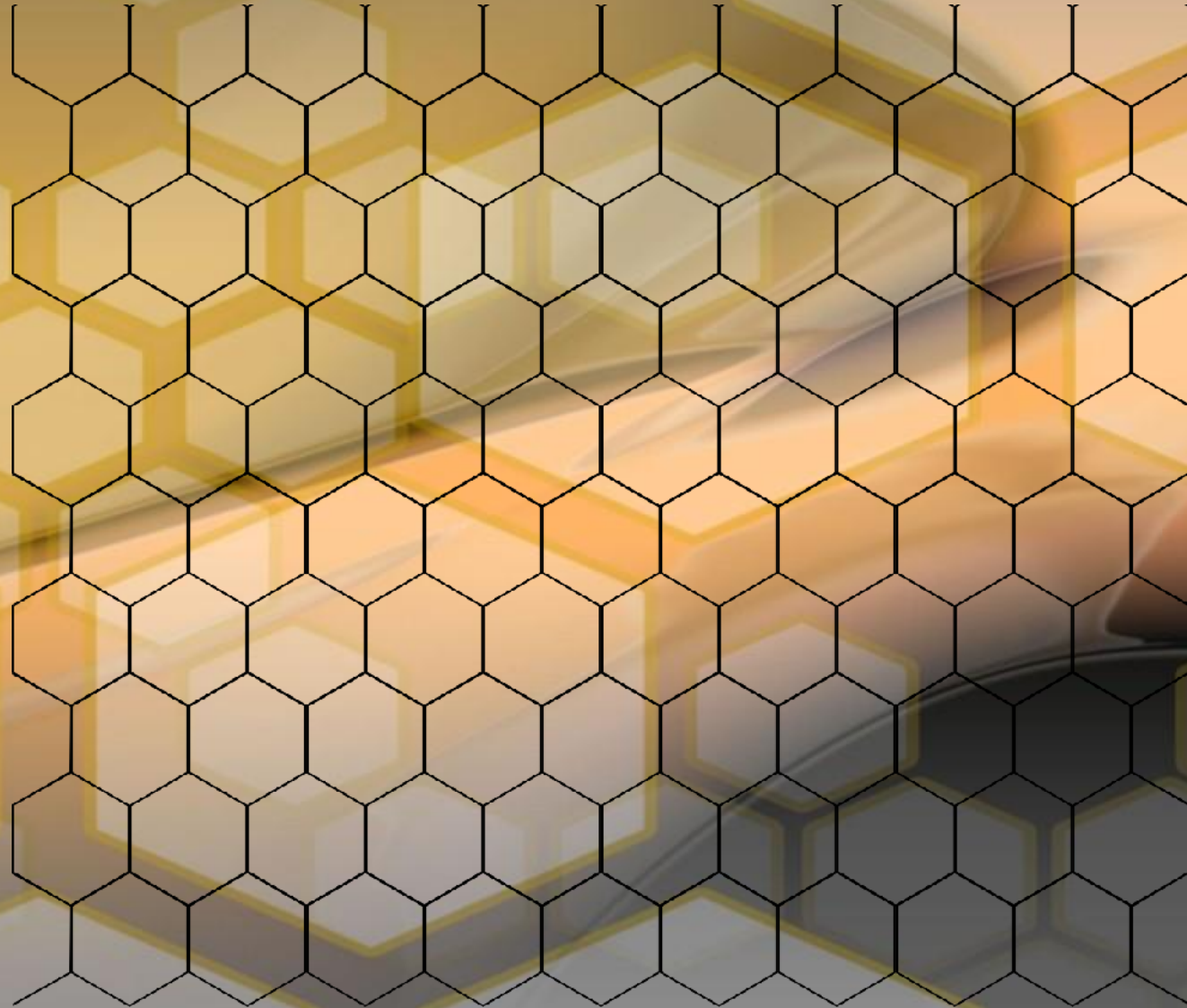
There are 6 Sides to Consider When Making a College Decision...



Why taking a comprehensive approach to college matters...



Strong Students *Make* Strong Societies...



Academically

Students Should Be Looking For:

- Institutions that don't over/under shoot their academic capabilities.
- A place that offers options for how the student learns best—1:1 or small classrooms, group work, hands-on learning, project-based...a hybrid of all?
- A place that challenges students, lifts them up; provides support and encouragement— not a cut-throat environment.

Questions Students Should Be Asking:

- ✓ How do I learn best?
- ✓ How will the school(s) I am considering give me the opportunity to grow in my education?
- ✓ What opportunities are available here to help me learn?
- ✓ Do I self-advocate well?
- ✓ Do I learn best in small groups or being lost in the crowd?
- ✓ What kind of student am I? Do I need support from others or do I learn well on my own?

Financially

Students Should Be Looking for:

- Schools with a wide range of tuition costs.
- Schools that offer tuition locks.
- Scholarships!
- A variety in the types of schools they apply to (CC, public, technical, etc.)

Questions Students Should Be Asking:

- ✓ How much is saved for my education?
- ✓ Do I want to go to grad/medical/law school after getting a 4-year degree?
- ✓ Am I willing to commute to reduce costs?
- ✓ What will my monthly payment be if I borrow \$_____?
- ✓ Do I have other things I will want after graduation—living on my own, car, travel, etc.?

Geographically

Students Should Be Looking for:

- Schools that are in-town or in-state back-up plans.
- Locations where the student feels comfortable and safe.
- Locations that provide the best opportunity in the student's major.
- Schools that geographically provide a safety net in case of a last-minute change of plans.

Questions Students Should Be Asking:

- ✓ What's my motivation for staying close or going far?
- ✓ Am I mature? Responsible? Independent?
- ✓ Does a parent often 'assist' me with day-to-day tasks I may struggle with performing or completing on my own?
- ✓ Am I a homebody?
- ✓ Do I equate location/distance with success?

Socially

• Students Should Be Looking for:

- Fit/connectedness with others
- Opportunity to connect and for time alone
- Dorm / res life space
- Socio-economic comfort
- Balanced social life in relation to academic pressures

• Questions Students Should Be Asking:

- ✓ What's the overall 'vibe' of this campus?
- ✓ Do I feel like these are 'my people'?
- ✓ Can I grow socially here?
- ✓ Can I start a club if I want?
- ✓ Is there a culture I am uncomfortable with here?
- ✓ How does Greek Life fit into this picture? Is it right for me?

Emotionally

• Students Should Be Looking for:

- Emotional support services — individual and/or group
- Health services – Protocol for emergencies and parental contact
- In-town resources such as walk-in pharmacies
- Students should consider these even if they don't have a current need—a lot changes over 4 years!

• Questions Students Should Be Asking:

- ✓ What support services did I need in high school for emotional needs that I may still need in college?
- ✓ What support services does the college offer to help me?
- ✓ Is there a therapist in the new community that can help me transition/thrive?
- ✓ Do I need medications from a pharmacy that cannot be mailed to a PO address?

Personally

• Students Should Be Looking for:

- Gut feeling
- Unique attributes
- Fit
- Services offered
- Extracurricular offerings
- What sides of their honeycomb carry the most weight

• Questions Students Should Be Asking:

- ✓ What ONE thing must a college have to make it complete for me?
- ✓ Will I play an intercollegiate sport in college?
- ✓ Do I have a learning disability or other diagnosis?
- ✓ Do I want any religious support amenities or services?
- ✓ What does my gut tell me about this school?

Closing Thoughts...

- **FIT trumps everything**
- **Everyone has a different path; find what works for YOU**
- **Without support — emotionally, socially, personally — even the smartest student will fail**
- **Stop worrying about keeping up with the Joneses or what looks good**
- **Don't apologize**
- **Don't be afraid to make mistakes — they are great teachers!!**
- **Start early for the best chance of success!**

Resources

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College Counseling Tutoring, LLC

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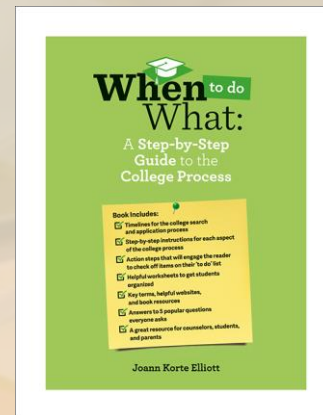
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Books to help you...



Helps with the 'how' to go to college



Helps with the 'why' to go to college

Both available on Amazon