



# Best & Worst Practices for Juniors in the College Process

Lakeside School  
College Counseling Office

BEST	WORST
Carving out time to reflect on what's important to you in the next phase of your education.	Missing college counseling deadlines.
Deciding which activities are most meaningful and deepening your commitment - perhaps even saying goodbye to those you're not excited about.	Lacking a calendaring system to track meetings and responsibilities, often resulting in missed appointments and deadlines.
Choosing senior classes thoughtfully that enable you to balance studying and the college process.	Coming to a college counseling meeting without having completed the tasks you agreed to do.
Referring to the college counseling resources page and monthly "Action Items" emails before emailing your counselor or dropping by their office with questions.	Asking your college counselor questions that have already been answered on the Resources Page or in the monthly "Action Items" emails.
Researching colleges that are less familiar to you with curiosity and an open mind.	Treating a question or concern for your counselor as extremely urgent - there are few, if any, college counseling "emergencies."
Initiating a conversation with your parent(s)/guardian(s) to establish norms on when and how much you'll discuss college.	Assuming your needs and questions are more important than those of your peers.
Communicating with your counselor if you ever feel lost, overwhelmed, or even "frozen" in this process so they can help you.	Comparing yourself to your peers (e.g. we have similar grades, so we should get the same decisions). The process is too nuanced for this.
Starting your main college essay over the summer.	Adding a college to your list simply because a family member, relative, or friend suggested it.
Being a critical consumer of college information from all sources, including family and friends, and recognizing when a source is not credible.	Replying simply "fine," "ok," or "good" without elaborating when your parent/guardian asks what happened in the meeting with your counselor.