

Keys to a Successful (lower stress) College Application Process From Parents of the Classes of 2024 through 2026

- *They all find where they are meant to be at the end of the day. Senior year goes by very fast and try to enjoy the time with your senior.*
- *Go to all the information sessions, ask questions, and be attentive to communications. Lock in the teacher recs early and use the College and Career Center!*
- *Your way of doing things may not align with the way your child is comfortable doing them. Be there to support their process and make it easier for them but try not to get upset when they don't go about things the way you think they "should".*
- *Work like a team – parent, student and counselor. Reach out to the counselor as soon as possible when you feel you're stuck and don't know what to do!*
- *Start early, especially with the college essays (ideally the summer before senior year when essay topics are released). The PTSA sponsored essay workshop in the summer was great - got the essay out of the way.*
- *Really look at the schools your child is applying to and make sure it makes sense/is a good fit. We spent a lot of money applying to schools my child had no intention of attending.*
- *Begin applications early... before Senior year! The year is very busy! It was a relief to have everything finished to concentrate on school courses.*
- *See colleges earlier rather than later. It really helps to streamline the process and just have a certain mile radius in mind to condense the list. When doing a tour, if your kid is really turned off by the school – leave, don't finish the tour.*
- *Don't stress your child out, they are stressed enough. Colleges put a lot of pressure on students.*
- *Focus on the needs of your student, and ignore what others are doing. You need to find a school that you think is appropriate for your student, and where they can be happy and successful.*
- *Start early, talk often, apply everywhere that is of interest because you never know what scholarships will be offered, but don't get your heart set on anything until weighing out the whole picture, finances included.*
- *Visit colleges when students are in session & your teen can sit in on classes (to better assess "fit")*

Please indicate how stressful you considered the college application process:

● Not stressful at all - it was a breeze	9
● Kind of stressful, but manageable	142
● Pretty stressful- we struggled at times	56
● Off the charts stressful - we felt like we barely made it!	12

