



## COACHING FOR COLLEGE e-Tip Sheet for parents who have a student preparing for college

### Mark Your Calendars - September

The back to school shopping is done for your high school senior and now is a good time to create a **CALENDAR OF COLLEGE APPLICATION FOR SENIORS**. This will serve as a visual "rudder in the water" as your student navigates the busyness and demands that the new school year brings. The Calendar can help eliminate the surprise factor, the "I didn't know" factor, the blaming factor, overwhelm, and the outbursts or withdrawals.

Time is an elusive thing that can easily cause imbalance during the fall when students are busy with new classes, participating in sports and clubs, working part-time jobs, and keeping up with their social lives, cell calls, and emails. Yet, fall is also that critical season for the college application process. Keep the calendar that you create with your student visible, clear, and simple. Put it on the refrigerator door. In fact, make a few copies and mount the calendar in other strategic places. The holidays will be more enjoyable if the calendar has check offs and progress is being made in timely manner.

To start the **CALENDAR OF COLLEGE APPLICATION FOR SENIORS**, here are some suggestions. Involve your student on filling in any specific dates, get creative, have a plan, use common sense, and like the story of The Tortoise and The Hare, pace yourself. As the weather gets colder, our kids get rundown and stressed which makes them susceptible to colds, flu, and even mono. Sports, clubs, jobs, and relationships in addition to homework and test can make the fall months very demanding. All of these things can get in the way of meeting a college application deadline. Check off the items that get completed. (Suggestions for juniors are included as well.)

#### September

- Get college applications or a common application and review. What do they require?
- Stop by to see your counselor and check the bulletin boards.
- Schedule college visits, if interested and visit the college websites.
- Meet with the college admissions representatives when they visit the high school.
- Juniors and Seniors attend NACAC College Fair. (Find one in a major city at [www.nacacnet.org](http://www.nacacnet.org))
- Register *early* for the ACT or SAT. Keep checking the high school guidance office bulletin board. (Can be done online.)

Juniors, sign up for the PSAT/MNSQT for mid-October.

Juniors, check to see when the SAT or ACT prep classes are offered, if interested.

Feel your teen could use a jumpstart for the college planning process? Perhaps as the parent, you realize you could use a tune-up on your career path as well or want to prepare to become an *Empty Nexter*®. Contact Beckon Call and let's talk!

Coaching for College e-Tip Sheet© is written by Barbara Wulf. Send questions, comments, and article ideas to: [Barbara.wulf@me.com](mailto:Barbara.wulf@me.com), or 920-725-2930



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### **October**

Juniors, take the PSAT/MNSQT.

- Seniors can take or retake the SAT and ACT.
- Schedule college visits, if interested, and visit the college websites. Visiting a campus can give you a feel for the campus size, housing options, student attitude and dress, food, etc. You might be able to sit in on a class or talk to a student who is in a major that is your area of interest.
- Meet with the college admissions representatives when they visit the high school.
- Undecided? See your counselor. Remember, they are busy this time of the year. The more organized you are with your questions, the more efficient they can be with your appointment. The “I don’t know” factor can be paralyzing, but they want YOU to make your own decisions.
- Undecided? Consider taking my 4-part **COACHING FOR COLLEGE© Workshop or call me for individual college coaching.**
- Ask your selected teachers to complete a recommendation.
- Collect or download college applications. The Common Application is used by many colleges. Get familiar with what it requires.
- The College Essay...yes, you will probably need to do one or two. Time to get started on this piece.
- Organize your high school extracurricular involvement, volunteerism/service, awards/recognitions, and GPA.

### **November**

- Early to mid-November calls for Early Action and Early Decision.
- Continue to write your college essay.
- Collect the teacher recommendations.
- Official transcripts will be required with your application.
- Complete the college applications. Note the application deadlines and circle them on your calendar.

### **December**

- College application deadlines begin. Check on the deadlines for your colleges of choice.

Feel your teen could use a jumpstart for the college planning process? Perhaps as the parent, you realize you could use a tune-up on your career path as well or want to prepare to become an *Empty Nexter©*. Contact Beckon Call and let's talk!

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