

# College Beat

## The Decisions Are In by Nancy Federspiel

Most of the college decision letters are in and it has been a brutal couple of weeks for many of the nation's seniors in high school. Students have been rejected from the elite colleges in record high numbers. There are several reasons for this; the most obvious being that the number of students in this segment of the population are up, and the number of applications submitted per student are up. Despite rational thinking and a realization of the statistics it still just hurts to get rejected. I have several suggestions for those families that are feeling the pain from college rejection letters.

One, remember that the decision maker doesn't really know you (or your student). They are forced to make admissions decisions on academic statistics, a list of activities, recommendations, an essay or two and if you are lucky an interview. They are not rejecting you, but rather a pile of papers that are supposed to represent you. Do not take it too personally.

Two, focus on the acceptances. Hopefully, if you did your homework and you had good advice you have received an acceptance letter or two or three. Focus your energy on visiting these places, weighing your options and getting excited about the possibilities that these places hold for you. Research the types of clubs and activities and living situations available to you – opportunities abound at all types of campuses.

Three, remember that the college that you attend won't make or break your opportunities for success in life – you do! You can succeed at any college as long as you have the desire.

Four, talk to friends and read the papers. You will quickly discover that you are not alone in this plight. As I mentioned, rejections were big this year – if misery loves company then find solace in the fact that you have lots of company.

Five, keep your focus on the next step. Think through the decision deliberately and thoroughly and then act on it. You need to have your deposit in to your chosen college by May 1<sup>st</sup>. Be sure to get that in on time and then enjoy the remaining couple of months of high school.

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