

E83

Speaker 1 0:00

Announcer, welcome to be evolved a podcast for parents and educators who prioritize developing possibility and expansion within the total educational process for themselves and their children or students. We invite you to listen to the podcast with your child or student in mind and with yourself at the center of the learning experience. Ultimately, our goal is to bridge the gap between educational expertise and research, translating it into practical action. Gaining knowledge plus taking action is what it means to be evolved.

Speaker 2 0:40

I'm Sarah Bergen, the Director of College Consulting at evolved education, and today we are going to talk about senior year. I want to be really mindful of the fact, and want you all to be mindful of the fact that senior year is not just about applications. So for senior year, we're going to talk about executive and decision making. We're really going to think about strategy, storytelling and strong decisions, the actual decision part, we're finally there. So we really want to think about the clarity of senior year and the ending of this college process before we think about the transition then to college. So strategy and storytelling are going to matter more than ever in senior year. We've got all of our foundations built. We've been working on this college process for the past three years, and now we're ready to put everything together. So what do colleges care about during senior year? So they want to see consistency. We wanted to see growth in ninth grade year, or things beginning to stabilize and then consistency throughout. They want to see that continued consistency. Colleges want to see fit. Okay, where is that fit? And how might you fit in authenticity? I talk about this with students all the time. Your essay, which we'll talk about, okay, it needs to be you. It needs to be your authentic self, because colleges can see through that, and they want to see follow through, right? They want to see you follow through and finish this entire application. So we want a strong finish to this process. So let's think a little bit about strong application strategy. What does that actually mean. This means that by the time you've gotten to senior year, you have built a balanced college list. A lot of the work that I do with students in their 10th and definitely their 11th grade year is helping them build a balanced college list. I talk about balance all the time with everything, and here we're going to think about it as a balanced college list. So we want colleges that might be a reach for a student, we want colleges that might be a likely for a student, and then we want colleges that are kind of in the middle, which would be a target for a student. And we, and I help students navigate that and help them understand what those schools might be on that list. But it's important to have balance. We can't just apply to reach schools. Okay? We need to understand what each of the kind of criteria are of different schools. We need to maintain and understand that there are deadlines that have to be met. A lot of the work that I do with students and families is helping them manage all of those deadlines. There's a lot of different deadlines depending on where you're applying. There's different application portals. And thinking about thoughtful choices, okay, what are the choices? What are we putting on to the actual application? And being very mindful about that, the essays, the big essay that everybody talks about. So essays need to sound like the student, okay, I talked about that authenticity. Great

essays really reflect growth. They show the student's values and they feel genuine. The reader reading that essay should feel as though they are in the place of the student living whatever the moment they might be talking about is okay. They don't necessarily set out to impress. They really connect, and they may connect different parts of the student's application. Okay, so it's really an important part. And then obviously talked about before, kind of finishing strong, right? It sometimes feels like we get to senior year and it's like we're done, but yes, still have to finish strong those senior year grades still matter, and so does your character. Character is very, very important, and colleges know that colleges get your final grades, they still communicate with your schools. So we still want to make sure that we are maintaining our integrity and the positive impact that we are having on our school and our community. Common senior year mistakes. What do we want to avoid? Procrastination? This is a long journey, and a senior year we can feel a little tired and ready to be done with this process, but we want again, to finish strong. We don't want to procrastinate. We want to continue to implement the good habits that we set and the foundations that we set. Set in our earlier high school years. These will ultimately set us up really well for entering college. That's a huge transition. Okay, we want to avoid over editing essays. Okay, many times people want to read essays and they want to look through them, but we don't want over edited essays. Okay? We want to really make sure that the student's voice is heard and reflected in the essay. We also don't want to just go into this process blind without any strategy. We don't want to apply to a college just to apply. And that's where my work with students is so important. Is thinking through that strategy. Are you applying early? Are you applying regularly? Where does your profile fit in the bigger context of this school. What can you as parents do help support a student's deadlines? Obviously, we want independence. They are going to be heading off to college, but they may need, still need some help and support with deadlines, reducing pressure and stress that is so important this is a stressful time, and trust the process. Utilize your counselor, your consultant, to really help you just get through the process, minimize the stress and just trust what the whole process is. If you do one thing in this year, in senior year, is telling a clear, honest story and applying somewhere where you as a student will thrive. It's about thriving. It's about being challenged appropriately. It's about being somewhere that is a best fit for you so that you can grow and continue to make an amazing impact in society once you are done with college. So that's it for senior year. If you're a parent of a high schooler, we put together a free resource that goes hand in hand with everything we cover in this podcast, a complete college application checklist that breaks down all five parts of a standout application and exactly what you do year by year, from freshman to senior year. Download it free at evolvededucationcompany.com/college-consulting, or find the link in the show notes you.