

Questions Young People
Can Ask Themselves:

What size school do I think I'd be most comfortable at?

How far away from home do I want to be?

Do I want to be in a city, a suburb or a more rural environment?

Am I choosing a school based on someone else's expectations?

How hard do I want to work at college?

Might it be wise for me to take some time off from academics?

Have I visited my favorite colleges while in session so that I can tell if other students are "Kids like me"?

Do these colleges give me opportunities to explore my areas of greatest interest?

There is a great school
for everyone

Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.

The path to success for each individual is as unique as our fingerprints.

A book that offers more food for thought:
Less Stress, More Success by
Marilee Jones &
Kenneth Ginsburg

For Confidential Help
and Information

Call HopeWorks at
(860) 561-1175, ext. 703
or email us at
hopeworks@snet.net.

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Contributions to HopeWorks

We rely on the generosity of people like you in order to continue offering our services. **All contributions** are very gratefully accepted.

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Taming the College Frenzy

"If your child going to Harvard is so important, buy the window decal for your car and then let them go where they will be happy and successful."
Arthur Shahverdian

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*Providing hope and help to
young people and their
families through counseling
and education*

Choosing Sanity During the College Choice Years

Getting ready for life after high school has become even more stressful for both young people and parents. If the stress is unchecked, it can damage relationships and self esteem. Figuring out how to move with grace, humor and perspective through the college search, application and decision process can save families from paying a terrible toll.

Unchecked anxiety about college can lead to:

Substance Abuse
Misunderstandings
Severed Relationships
Impaired Academic Performance
Panic Attacks
Insomnia
Poor Choices
Financial Mismanagement
Disappointment
Deep Discouragement
Despair

Additional Stress Points:

SATs and ACT testing

Keeping grades up

Taking AP or Honors classes

Writing applications

Pressure from others:

"So, where are you applying to?"

"What will you major in?"

Incurring debt

Being rejected

Anxiety about leaving friends, love relationships and home

Fear of the unknown:

"Once I get into college, will I fit in, have friends, be successful?"

Questions Parents Can Ask Themselves:

☞ College can cost between \$3,000 and \$50,000 per year.
What can we afford?

☞ How many children do we need to provide higher education for?

☞ How important is where my child goes to college for us?

☞ Is my child ready to take advantage of the college experience?

☞ Do we believe going to the "right" college insures future success for my child?

☞ Do



we know

our children's talents, interests and liabilities?

☞ How is our child managing their stress? Are we part of the problem?