



Keeping It In Perspective: Managing Student Stress in the College Admission Process

2020 Counselor Summer Institute (CSI)



Commitment to Students and Colleagues



As schools continue to manage uncertainties due to covid-19, our top priorities are the health and safety of students and educators.

We will continue to provide updates for students, families, and our K–12 and higher ed members via our website, blog posts, email, and social media as we have new information.

2020 Counselor Summer Institute

Tues, Aug 4

Wed, Aug 5

Thurs, Aug 6

Fri, Aug 7

Counseling for College and Career Readiness

All Means All:
Advising and
Counseling Students
from Low-Income
Backgrounds in the
College Admissions
Process

All Means All:
Advising and
Counseling Rural
Students in the
College Admissions
Process

All Means All:
Advising and
Counseling African-
American Students
in the College
Admissions Process

Topics in
International College
Counseling and
Admissions
[On-Demand]

Navigating the College Admissions Process

Across the Desk:
College Admissions
Issues, Perspectives,
and Opportunities

The Power of the
School Profile in
College Admissions

Living in a
Covid-19 World—
The Evolution of
College Planning and
College Admissions

The Language of
Access:
Important
Considerations for
College Counseling
[On-Demand]

Counselor Professional Knowledge and Practice

Beyond the Basics:
A Focus on Financial
Aid

Keeping it in
Perspective:
Managing Student
Stress in the College
Admissions Process

Agency and Equity:
A Matter of
Professional Practice
for Counselors

Using National
Student
Clearinghouse Data
to Plan
Postsecondary
Initiatives
[On-Demand]

Your Learning Experience

Continuing Education Units are available for live and on-demand counselor webinars.

To Earn Continuing Education Units

Register and attend the entire event

Show mastery of the learning outcomes by taking the 5-question quiz that will pop up at the end of the webinar

Top of Your Screen

Welcome
CSI Sessions 2020
Meet your Presenters
Continuing Education Guidelines

Left of Your Screen

Ask a Question
Event Resources
Join the Counselor Community
College Board Opportunity Scholarships Counselor Pledge
Counselor Recognition Program

CollegeBoard

Welcome! CSI Sessions 2020 Meet Your Presenters

Continuing Education Guidelines

CollegeBoard

2020
Counselor Summer
Institute (CSI)

Ask a Question

Event Resources

Join the Counselor Community

College Board Opportunity Scholarships
Counselor Pledge

Counselor Recognition Program

Webcast by GlobalMeet

Poll Question

How knowledgeable are you about this topic?

- A. Very knowledgeable
- B. Somewhat Knowledgeable
- C. Not at All Knowledgeable

Presenters



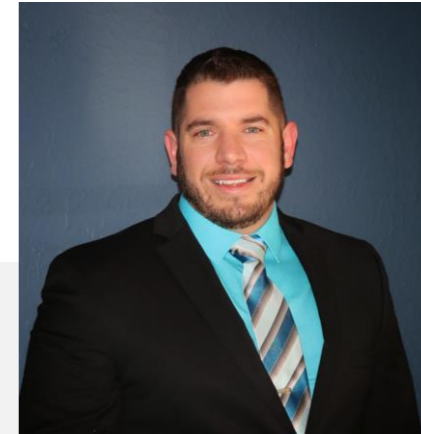
Jessica Orenstein, MPH

**Senior Manager
The Jed Foundation**



Tonika Dew Evans, LPC

**Owner
All In Dew Time
Counseling & Consulting**



**Richard Tench, NCC,
NCSC, LPC**

**School Counselor
St. Albans High School**

Overview

The college admission process is stressful. Students tasked with selecting colleges or universities to attend, coupled with determining how their education will be funded, can cause an avalanche of emotions.

This workshop aims to offer suggestions in creating a systematic plan to educate students on the college application and admission processes in order to mitigate the anticipated stressors and introduce skills and techniques to recognize signs and prevent counselor burnout.

What You'll Learn

01

Gain an understanding of the current landscape for students who are transitioning from high school to post-secondary options

02

How to identify signs and symptoms of elevated stress in students and provide the required supports

03

How school counselors can develop comprehensive programming to educate on the college application process and the associated stressors

04

How to manage counselor self-care to avoid burnout

Why Students are Stressed

Family

Peer

Societal



Uncertainty

Current Landscape

PERCENT CHANGE IN THE NUMBER OF APPLICATIONS
BETWEEN FALL 2017 AND FALL 2018



Transfer
2%



First-time freshmen
6%



International
7%

On Average,
Colleges Accept
Two-Thirds of First-
Time Freshmen
Applicants

Factors in Admission Decisions

Admission Offices Identify Grades, High School Curriculum, and Test Scores as Top Factors for First-Time Freshmen

Factor	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
Grades in All Courses	220	74.5	15	5.5	5
Grades in College Prep Courses	220	73.2	16.8	5.9	4.1
Strength of Curriculum	219	62.1	21.9	8.7	7.3
Admission Test Scores (SAT, ACT)	221	45.7	37.1	12.2	5
Essay or Writing Sample	220	23.2	33.2	24.1	19.5
Student's Demonstrated Interest	218	16.1	23.9	28	32.1
Counselor Recommendation	218	15.1	40.4	26.6	17.9
Teacher Recommendation	219	14.2	40.2	26.5	19.2
Class Rank	220	9.1	29.1	34.1	27.7
Extracurricular Activities	219	6.4	42.9	32	18.7
Portfolio	219	6.4	11.9	26.9	54.8
Subject Test Scores (AP, IB)	219	5.5	18.3	35.2	41.1
Interview	219	5.5	16.4	28.3	49.8
Work	217	4.1	28.6	36.9	30.4
State Graduation Exam Scores	218	2.3	8.7	18.8	70.2
SAT II Scores	216	1.9	5.6	14.8	77.8

SOURCE: NACAC Admission Trends Survey, 2018-19.

Factors in Admission Decisions (continued)

Student Background Information

Factor	N	Considerable Influence	Moderate Influence	Limited Influence	No Influence
<i>FIRST-TIME FRESHMEN</i>					
High School Attended	221	4.5	19	32.1	44.3
Race/Ethnicity	219	6.8	17.8	16.9	58.4
State or County of Residence	220	4.1	22.3	17.3	56.4
First-generation Status	220	5.5	25.5	20.9	48.2
Ability to Pay	221	1.2	4.2	13.7	81
Gender	221	3.2	10.4	18.6	67.9
Alumni Relations	220	0.9	11.8	35	52.3

SOURCE: NACAC Admission Trends Survey, 2018-19.

What do we mean by “mental health”?



Mental health is a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.

Students are under more burden than they show

- **1 out of every 4** has a mental health condition right now, yet, **46% are not receiving treatment** or counseling
- **Depression and anxiety** rates among teens are rising
- **60% of 1st year college students wish they were better prepared emotionally to leave high school**
- **Students of color, LGBTQ+ youth, international students, first-generation students, and other potentially marginalized populations, face additional mental health stressors** that can place them at incremental risk for adverse outcomes

Cultural Competence vs. Cultural Humility

Why is this relevant?

- Schools across the country are more diverse now than in years past. The need of educators and counselors to develop skills, gain knowledge and maintain positive attitudes to serve and value the diversity will aid in enriching the students' academic experience.



Cultural Competence vs. Cultural Humility

Cultural Competence

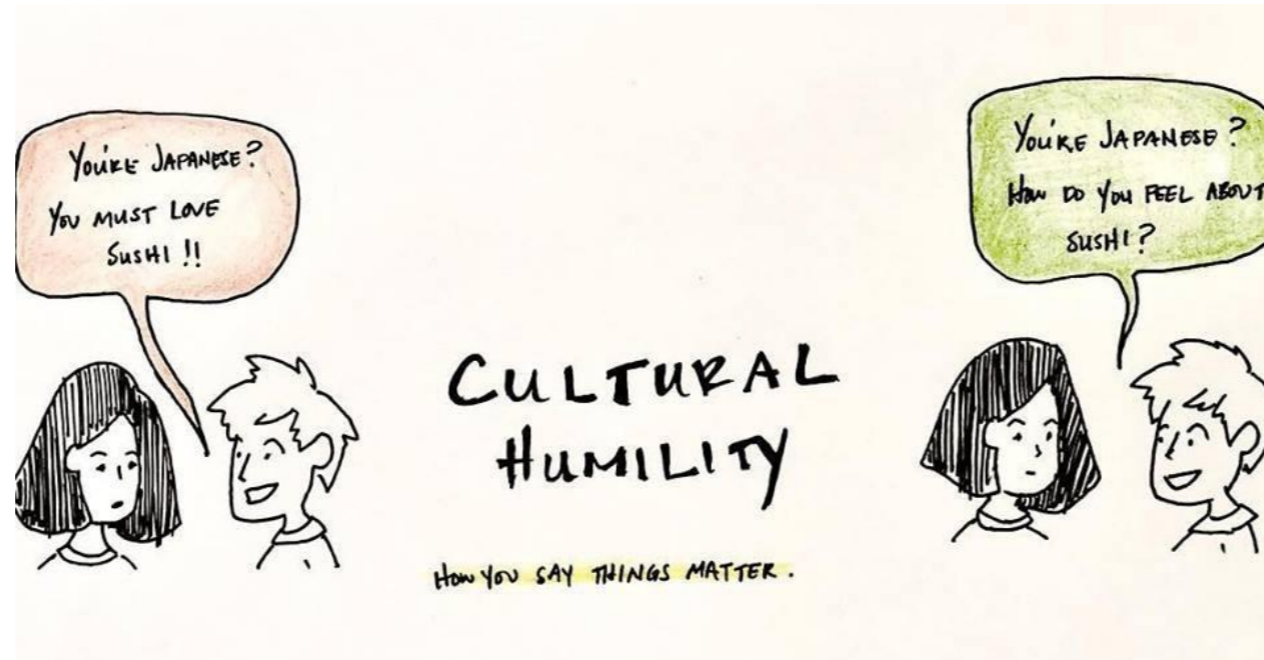
Cultural competence is having an awareness of one's own cultural identity and views about difference, and the ability to learn and build on the varying cultural and community norms of students and their families. -National Education Association



Cultural Competence vs. Cultural Humility

Cultural Humility

Cultural humility is a humble and respectful attitude toward individuals of other cultures, that pushes one to challenge their own cultural biases and realize that they cannot possibly know everything about other cultures. This requires an approach to learn about other cultures as a lifelong goal and process.



Teens are dealing with a lot *while* preparing for college. Why?

- Macro-environmental stress or trauma (school shootings, discrimination, economic uncertainty, etc.)
- Sleep deprivation (possibly greater than for any previous generation)
- Too little time outside (less than one hour per school day)
- Feeling like they have too much going on
- Pressure to live up to expectations

The Impact of COVID-19 on Students

Why is this relevant?

- The COVID-19 crisis is likely to hit teens especially hard
- Developmentally, adolescents are wired to be social and to want to spend time away from their parents
- A recent study found young people aged 13-25 are now feeling frustrated (54%), nervous (49%), and disconnected (40%)

Identifying signs and symptoms of elevated stress

Managing problems and challenges

- Problems are an **inevitable** part of growing up
- Dealing with problems and personal challenges provide us with **opportunities to grow**, mature and learn about ourselves and the world
- Not every problem requires professional help

Signs and Symptoms of Elevated Stress in Teens

- Academic performance
- Difficulty concentrating
- Negative changes in behavior
- Noticeable changes in socialization
- Depressed mood



Signs and Symptoms of Elevated Stress in Teens (cont.)

- Frequent headaches, stomach aches and or illness
- Change in sleep habits
- Change in physical appearance
- Increased irritability



You don't need to be an expert or clinician to notice! You just need to trust your observations.

How can you show up for your students?



- Know how to recognize a student in distress
- Know how to engage the student:
what to say, how to follow up
- Know how and where to refer:
what are the school resources
- Help students feel comfortable and confident in
supporting each other

How can you show up for your students?

- You don't need to know exactly what is wrong-just that there is a problem-and that is **intuitive**
- Trust your gut-if you think there is a problem, good chance there is
- Use your resources and contacts-know your backup resources/system and use them/it
- If concerned, always consult with colleague
- If you need to make a referral, please follow your school or district policy

How can you show up for your students? (continued)



- Explain why you are concerned (be specific, “You have been missing lots of school, look sad all the time, you haven’t finished your college apps...”)
- Show compassion (“I am worried about you”)
- Know your own limits (if it is requiring time, effort, concern on your part that feels beyond what you can do, you probably need to get others involved)

Best Practices in College Planning

The Anatomy of the College Application

Application

- Forms
- Fees

Scores and Reports

- College Admission Test Score
- High School Transcript
- Secondary School Report
- Midyear School Report

Supplemental Materials

- Letters of Recommendation
- Essays
- Interviews, Auditions, and Portfolios

College Planning



9th Grade

4-Year high school plan

Life after high school

Participate in extracurricular activities

Explore summer opportunities

Familiarize self with CollegeBoard Assessments

Take PSAT 8/9

Meet with High School Counselor!!!

10th Grade

Meet with Counselor

Take PSAT 10 or PSAT/NMSQT

Military?

Financial aid and college savings

College/career fairs

School activities/volunteer

Tour college campuses

College Planning

Fall

- College Research
- Consider the PSAT
- Estimate Financial Need

Winter

- Sign up for SAT
- Financial Aid Search
- Explore AP
- Opt into CollegeBoard Opportunity Scholarship

Spring

- College List
- Take SAT

Summer

- Get FSA ID
- College Visits
- Create Resume



College Planning

Fall

- Strengthen College List
- Calendar of Deadlines
- Improve Scores
- FAFSA
- Complete CSS Profile
- Recommendation Requests
- Apply

Winter

- Send High School Transcripts

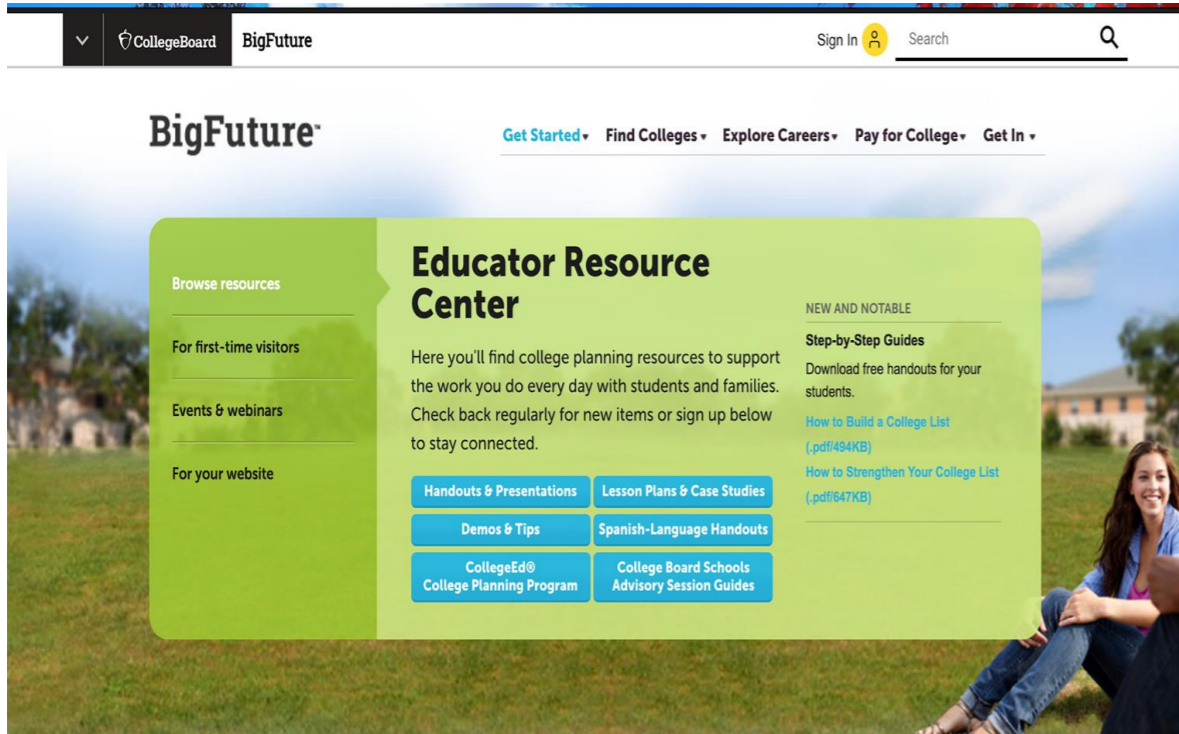
Spring

- Engage in School
- Focused College Visits
- Take AP Exams
- Pay Deposits/Fees
- Review Financial Packages



College Board Resources

BigFuture



- Allows students to build a virtual portfolio and serves as a “one stop shop” for students
- Educator Resource Center

BigFuture (continued)

The screenshot shows the BigFuture website's "Lesson Plans & Case Studies" page. The header includes the CollegeBoard logo, "BigFuture", and navigation links: "Get Started", "Find Colleges", "Explore Careers", "Pay for College", and "Get In". A search bar and "Sign In" button are also present. The breadcrumb trail reads: "Home / Get Started / Educator Resource Center / Lesson Plans & Case Studies". The main heading is "Lesson Plans & Case Studies". Below this, there are four content cards:

- Lesson Plan: How to Make a College Plan**: "Use this lesson plan to help your students make a college plan." [Download \(.pdf/377KB\)](#)
- Lesson Plan: How to Build a College List**: "Use this lesson plan to help your students do a college search." [Download \(.pdf/833KB\)](#)
- Handout: How to Make a College Plan**: "This handout walks students step-by-step through creating a college plan." [Download \(.pdf/295KB\)](#)
- Handout: How to Build a College List**: "This handout walks students step-by-step through doing a college search." [Download \(.pdf/494KB\)](#)

On the right side, there are two sidebar sections:

- MORE IN THE EDUCATOR RESOURCE CENTER**:
 - [Handouts & Presentations](#)
 - [Demos & Tips](#)
 - [Events & Webinars For Your Website](#)
 - [Spanish-Language Handouts](#)
 - [CollegeEd Program](#)
 - [My College QuickStart](#)
- COLLEGE SEARCH STEP-BY-STEP**: "This interactive tool walks students"

At the bottom, there are "MY COLLEGES" and a notification bell icon.

The screenshot shows the BigFuture website's "Handouts & Presentations" page. The header is identical to the previous screenshot. The breadcrumb trail reads: "Home / Get Started / Educator Resource Center / Handouts & Presentations". The main heading is "Handouts & Presentations". Below this, there are four content cards:

- BigFuture Brochure for Parents and Families**: "This double-sided one-page handout highlights the benefits of BigFuture." [Download \(.pdf/1.6MB\)](#)
- Create a Solid Academic Portfolio**: "This student handout summarizes the kinds of courses colleges look for on applicant transcripts." [Download \(.pdf/171KB\)](#)
- Handout: How to Make a College Plan**: "This handout walks students step-by-step through creating a college plan." [Download \(.pdf/295KB\)](#)
- Handout: How to Build a College List**: "This handout walks students step-by-step through doing a college search." [Download \(.pdf/494KB\)](#)

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 - [Demos & Tips](#)
 - [CollegeEd Program](#)
- LET THEM KNOW: THEY CAN GO**: "Do you know students who aren't sure they can make it to college?"

At the bottom, there are "MY COLLEGES" and a notification bell icon.

College Board Opportunity Scholarships



No essay
No application
No specified GPA

Six Step Plan that rewards students for participating

\$500 - \$40,000

4,000 awarded annually

Half of the scholarships are designed for families earning less than \$60,000

Official SAT Practice on Khan Academy



The screenshot shows the top of the Khan Academy SAT Practice page. At the top left are the CollegeBoard SAT and KHANACADEMY logos. The main heading is "Official SAT Practice" in white text on a blue background. Below it, a sub-heading reads: "Start practicing for the SAT with a personalized study plan based on your PSAT/NMSQT score. It's 100% free and can help you improve your score." Below this, a section titled "Get Started in 3 Easy Steps:" lists three steps with play button icons: 1. "Create your account on Khan Academy or sign in to your existing account." 2. "Agree to link your Khan Academy and College Board accounts." 3. "Log in to your College Board account and click **Send**." To the right of the steps is a computer monitor displaying a video thumbnail with the text "Sign up. Link up. Get practicing." Below the steps and monitor is a blue bar with the text: "Free SAT Practice on Khan Academy is tailored for you, focusing on exactly what you need to practice most."

- Link accounts to provide personalized study and preparation for all of the College Board Suite of Assessments
- Encourage students to create account after taking first College Board assessment (PSAT 8/9, PSAT 10, PSAT/NMSQT)

Counselor Self Care

Self-care for the Counselor

WWW.SCHOOLCOUNSELOR.ORG

Preparing students to transition from high school to college is a rewarding and challenging task. In order to ensure that students receive the help they need it is important that counselors take care of themselves, emotionally and physically to avoid burnout.

Researchers have identified that the range of school counselors who have high levels of emotional exhaustion and burnout is between 30 percent and 66 percent.

Self-care for the Counselor

Causes of Burnout

- Role ambiguity
- Unbalanced counselor to student ratio
- Lack of decision-making authority
- Interpersonal and professional conflict

Signs of Burnout

- Decreased empathy
- Poor performance of duties
- Social isolation
- Delayed response to crisis
- Physical exhaustion

Self-care for the Counselor

Self-care as a mandate



“...the multilayered demands of school counseling and the potentially devastating consequences of a school counselor’s impairment, the American School Counselor Association (ASCA) Ethical Standards for School Counselors address self-care as an ethical mandate.

Section E. Responsibilities to Self, encourage professional school counselors to “function within the boundaries of competence and accept the responsibility for their actions.”

This professional mandate also requires school counselors to self-assess and monitor their own physical or mental health issues and seek necessary support to maintain professional effectiveness.” www.schoolcounselor.org

Self-care for the Counselor

Tips to Prevent and Reduce Burnout

- Create a support system/team (personal & professional)
- Routine medical checkups
- Consultation and Supervision
- Seek counseling when needed
- Participate in recreational activities
- Schedule time off
- Ask for help. It is the most powerful thing that you can do.

“

Give yourself to yourself before you give yourself away.

SUSAN TAYLOR

Key Take-Aways

01

Students have many stressors that can impact their college admission process

02

Keep in mind the signs to notice when a student is struggling emotionally.

03

How school counselors can develop comprehensive programming to educate on the college application process and the associated stressors

04

There are many resources available to support counselors and prevent burnout. Don't forget to take care of yourself



Q & A

Poll Question

After participating in this presentation, how knowledgeable are you about this topic?

- A. Very knowledgeable
- B. Somewhat Knowledgeable
- C. Not at All Knowledgeable

College Board for Counselors

Collegeboard.org/counselors

- Professional Learning
- Resources
- Programs

Free CEU credit for all professional development workshops...including today!

The screenshot shows the homepage for 'For Counselors' on the College Board website. The navigation bar includes 'Home', 'Professional Learning', 'Resources', 'Programs', 'Other Offerings', 'Popular Topics', and 'More'. The main banner features a circular image of two people in conversation and the text: 'Keeping you in the know. College Board Counselor Community. Get information and resources specific to counselors and take the opportunity to learn from colleagues. Join the Community'. Below the banner are three featured items: 'College Board Coronavirus Updates', 'ASCA Coronavirus Resources', and 'Counselor Newsletter - Email Us to Sign Up'. The 'Site Topics' section includes 'Professional Learning', 'Resources', and 'Programs' with brief descriptions and a URL for the coronavirus resources page.

Advanced Placement: No-Risk Registration

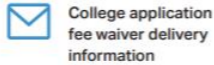
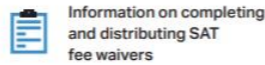
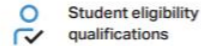
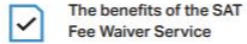
	Description	Cost/exam
Fall registration	Exam ordered by Nov. 13, 2020	\$95
Late registration	Ordered Nov. 14, 2020 – March 13, 2021	\$95 + \$40 fee
Unused/canceled exam	No fees for unused exams	\$0

- Every AP student should register for the exam before November 13 because there is no risk to do so: given this year's unusual circumstances, we'll waive the \$40 per exam cancellation or unused exam fee for any student who decides not to test.
- Students who don't register by November 13 and then decide they want to test will incur the usual \$40 late registration fee.

Fall 2020 SAT Suite of Assessments Updates

- Local schools and test centers make individual decisions about whether to administer the SAT. They must adhere to local public health guidelines and follow the College Board's requirements.
- For in-school assessments – including SAT School Day and PSAT-related assessments – the College Board is offering flexibility with administration dates and has adapted policies and procedures to provide opportunities for students who wish to test.
- In all our efforts, we will work with you to protect health and safety, provide opportunities to test, and ensure test fairness and security.

Visit sat.org/covid-19 for more details



SAT Fee Waivers

Key Information for 20-21:

- Electronic fee waiver codes available in the K-12 Reporting Portal for use beginning with September 26 administration
- Fee waiver cards will NOT be mailed to schools

This process allows:

- Streamlined access to fee waiver codes and benefits for students
- Easy distribution of fee waiver codes in the event of further social distancing
- Faster delivery of fee waiver codes to your school (to meet critical registration deadlines)

Counselor's Guide to Professional Development



2020-21 Counselor Professional Development

Available for download at collegeboard.org/counselors in mid-August and at Counselor Workshops!

Join us for:

- College Board Counselor Workshops
- Fall into PSAT series
- Spring into the SAT series
- Counselor Webinar series
- E-learning modules



Build Your College List
\$500
Open December through July of junior year.



Practice for the SAT
\$1,000
Open December junior year through October senior year.



Improve Your Score
\$2,000
Open April junior year through January senior year.



Strengthen Your College List
\$500
Open August through October senior year.



Complete the FAFSA
\$1,000
Open October through February senior year.



Apply to Colleges
\$1,000
Open October through February senior year.

College Board Opportunity Scholarships

A Clearer Path to College

This new scholarship program guides you through the college planning process and offers you a chance to earn money for college for each action you complete. \$5 million in scholarships is awarded to thousands of students each year.

cb.org/opportunity



Complete Your Journey
by completing all six actions
\$40,000



College Board Opportunity Scholarships Counselor Pledge

Take the pledge to join a national movement to support students on their college journeys and encourage them to take advantage of the clear steps and benefits of the College Board Opportunity Scholarships.

- Gain exclusive access to our Digital Counselor Pledge Kit
- Receive monthly tips, tools, and resources
- Schools with Counselor Pledges are more likely to have Student Winners!

cb.org/counselorpledge

Counselor Recognition Program

Eligibility criteria for nominees:

- Serve as a full-time middle or high school counselor in a public, private, or independent school
- Provide direct guidance and counseling services for a caseload of students and their families
- Hold a master's degree
- Nominations will be accepted beginning September 1



Highlighting the work of innovative, results-oriented middle and high school counselors

Visit collegeboard.org/counselors to nominate a school counselor by **October 23, 2020**

Thank you for joining us today!

At the close of the webinar, please

- Complete the webinar evaluation. We want to ensure we continue to provide excellent professional development.
- Complete the 5-question quiz to earn CEU hours (optional).
- Feel free to review and share today's webinar. The presentation will be forwarded to your email address in 24 hours.
- Thank you for all that you do in the service of students!

collegeboard.org/counselors