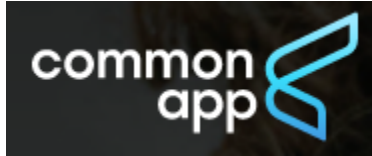


College Search Stress

By: Marin Smyth



Are you a senior? Are you applying to colleges? If so, you're probably experiencing the stress and pressure many seniors are dealing with. This stress can be very hard to deal with and seem never ending, but I assure you there is a way to work through the stress and there is an end.

Although the struggle is definitely real and it's a long, exhausting process to get through applying, there are a few tips to make the process much easier.

1. Remember that Common App is your friend.

Most schools use the Common Application for any students applying. That being said, the first step to applying is making a Common App account. This is relatively simple and once everything there is filled out, most schools you apply to will have most of your information. After filling out your initial baseline info, you just choose the schools you want to apply to (assuming they use the Common App) and fill out a few more questions, and then you're applied! However, it's important to also check the school's website to make sure there's nothing else you need to do.

2. Make a list of schools of interest.

Applying to college is very overwhelming. It feels like there are endless options for school and majors. If you know your major, picking a school might be easier since you can choose a school with a good program for that major. If you already have a dream school, that makes it even easier. However, it's always important to apply to backup schools and have a list of schools that you would actually attend. Personally, I tried to keep this list fairly short seeing as application fees can add up quickly. Making a list of possible schools before you start applying to random schools will help give you structure and a set list of what needs to be done to complete the application process.

3. Know your deadline and get things done in a timely manner.

Depending on the schools you're applying to and what you're trying to do, there are various deadlines you'll need to adhere to. It's crucial that you know these deadlines and get things turned in by the deadline, but preferably before. The faster you complete the process, the less stress you'll have to worry about. That being said, don't rush the process, you just want to get it started relatively soon so you have adequate time to ensure everything is done completely and correctly.

4. Be sure not to stress too much about everything.

This process is very stressful and at the time, feels like the most important thing. While it is important, you need to remember that it's just as important to try to keep stress levels low. This is much easier said than done, but the less stress you are under, the better you'll be able to complete your applications. I know that for me, when I'm very stressed about something, I freeze and have no motivation to do whatever it is, so I need to manage my stress so I can actually get it done. If you feel yourself getting stressed or overwhelmed, just remember that it will be over soon and you can do this.

Applying to college is very important and stressful but there are ways to manage this stress. As long as you keep working on your applications and try your best to keep the stress under control, you will get through applying and make it to college in no time. Good luck with all your applications!