

A Healthier Approach to College Admissions

Welcome Punahou School Families

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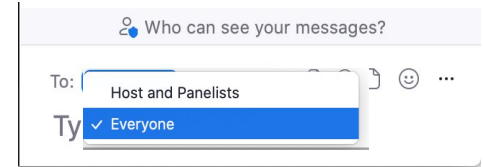
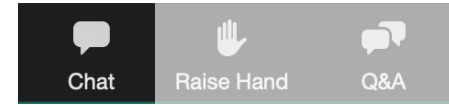
Challenge Success

While we're waiting: *In the chat, add your name, the age(s) of your child(ren), and one thing about them that delights you.*

TECH NORMS

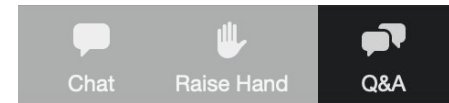
To respond to prompts during the talk

- » Open **chat**
- » Select “Everyone”



Questions for Q&A at end of talk

- » Open **Q&A**
- » Please don't use “raise hand”



HOW TO GET INTO THE COLLEGE YOU WANT



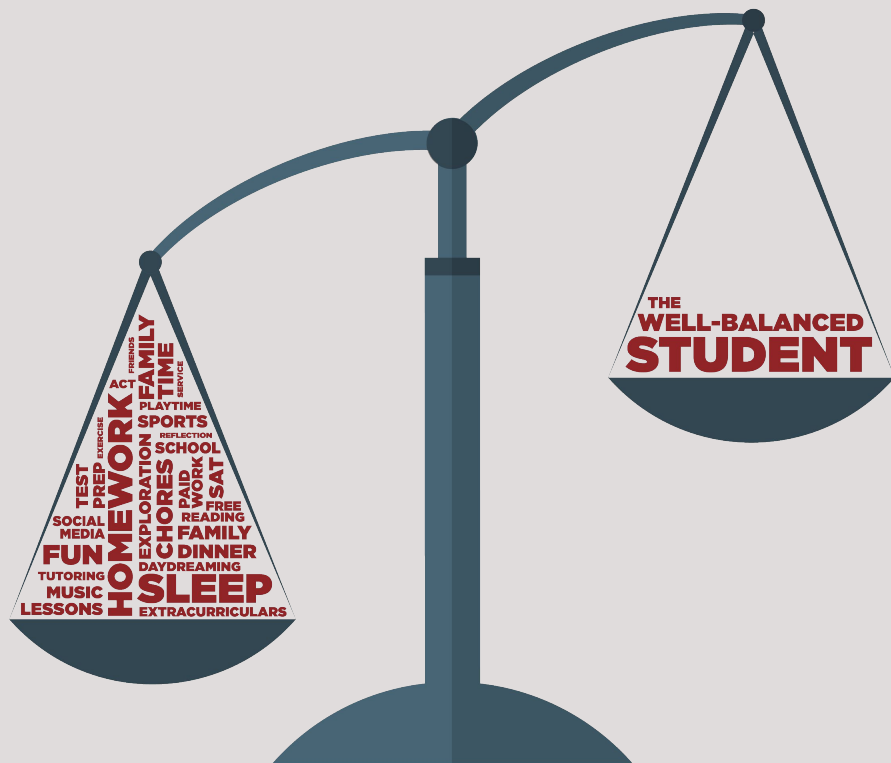
"THE U.S. NEWS & WORLD REPORT GUIDE TO AMERICA'S TOP 500 COLLEGES... CHAPTER ONE..."

WHAT IS SUCCESS?

How do you **define success**?

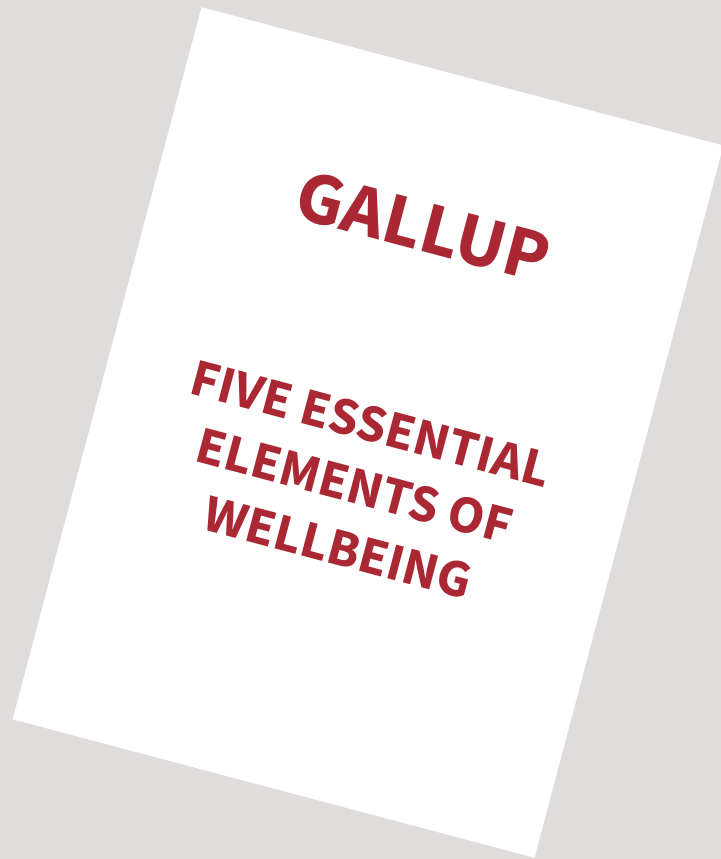
What are the life outcomes you most **value**?

Share in the Q and A



SIMILAR TO

- » **Purpose/Career:** Like what you do, motivated toward goals
- » **Social:** Have strong, supportive relationships and love
- » **Financial:** Effectively manage money to reduce stress and increase security
- » **Community:** Like where you live, feel engaged and a sense of pride
- » **Physical:** Have good health and energy, including mental health



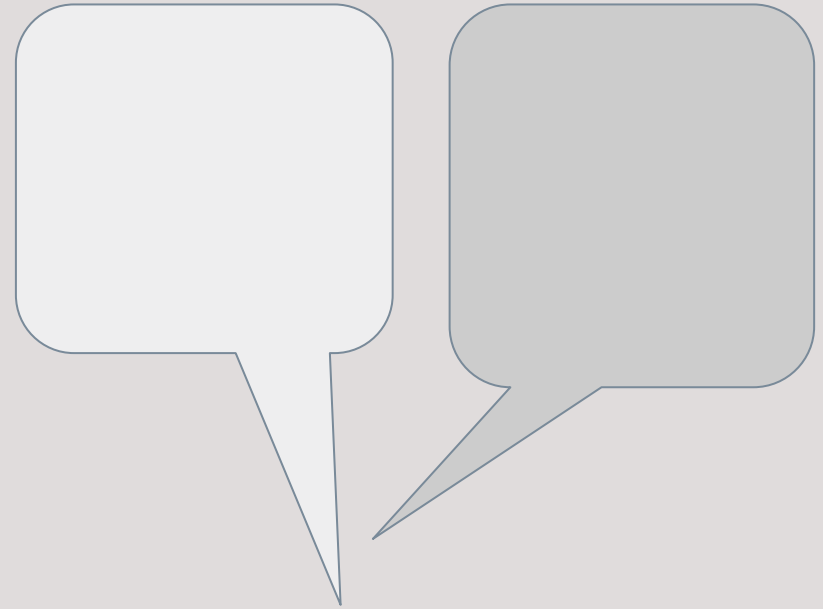
A DISCONNECT

What we say *we* value most.

- Well-being
- Kindness
- Relationships and satisfaction

What we say our *communities* value most.

- High income
- High grades
- Prestigious colleges



WORRIES

Think **specifically about college and the college admissions process.**

Complete this sentence:

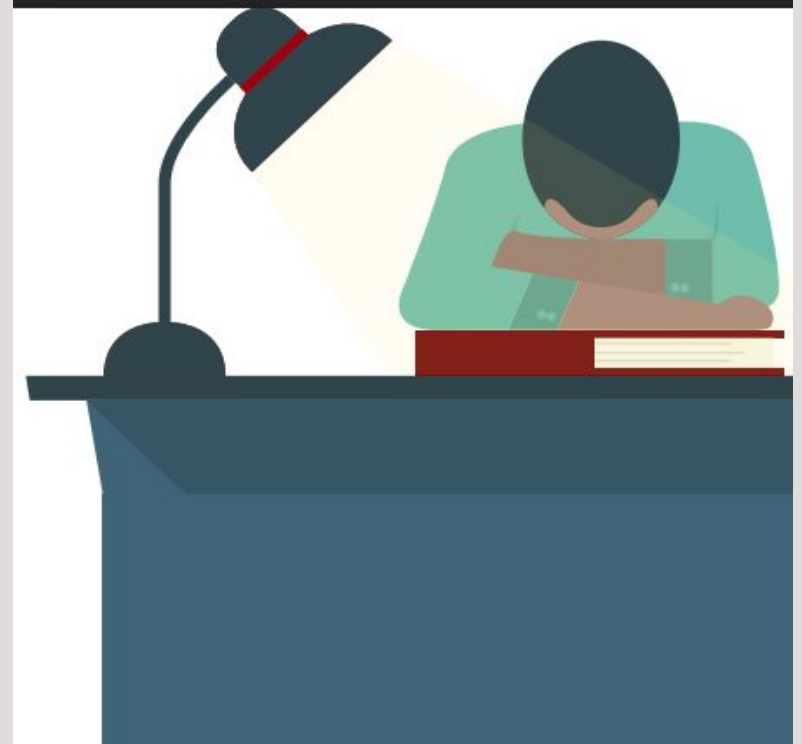
“What I most worry about in regards to college and the college admission process is...”

Share in the Q and A



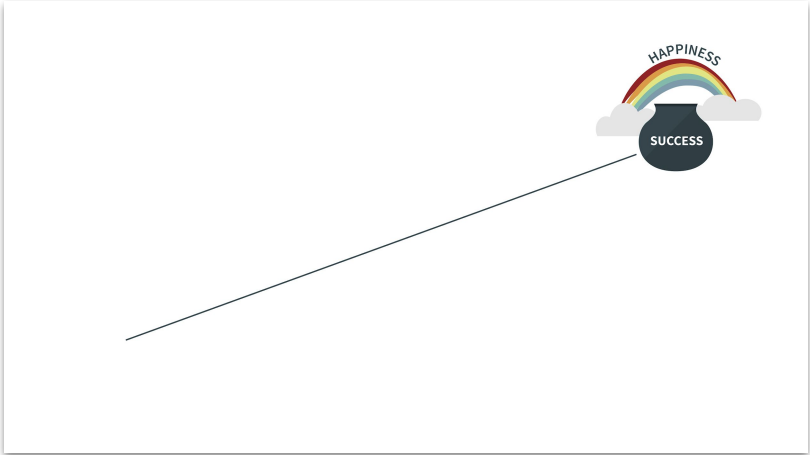
(PERCEIVED) STAKES OF COLLEGE

“ Our grades are what make up our future, and if you don't get good grades you won't get into a good college, and you won't get a good job, and (you) will lead a miserable life. ”

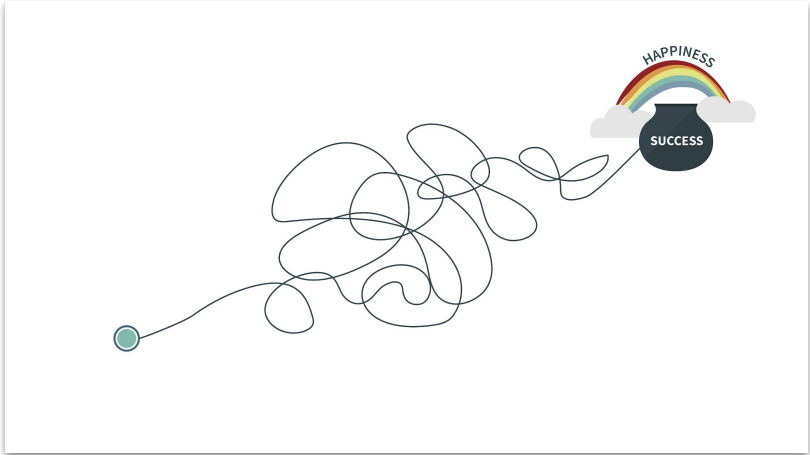


PATH TO SUCCESS

A



B



THE STUDENT EXPERIENCE

Survey completed by over **300,000** middle & high schoolers at over **310** schools

High School students tend to say their top sources of stress include:

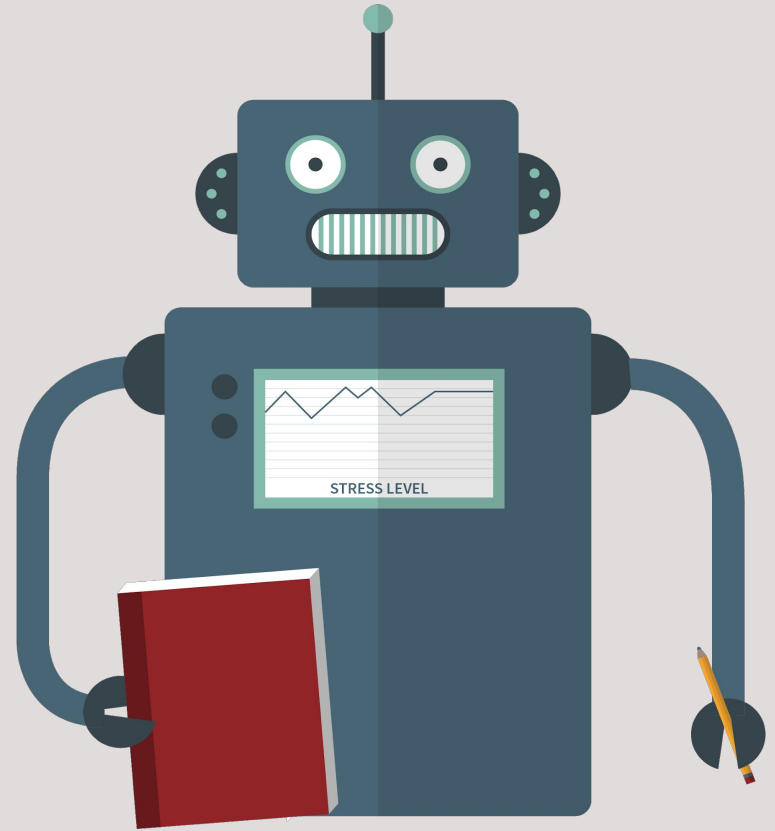
- **Work Load**
- **College Admissions**



THE RISKS: OVERLOADED STUDENTS

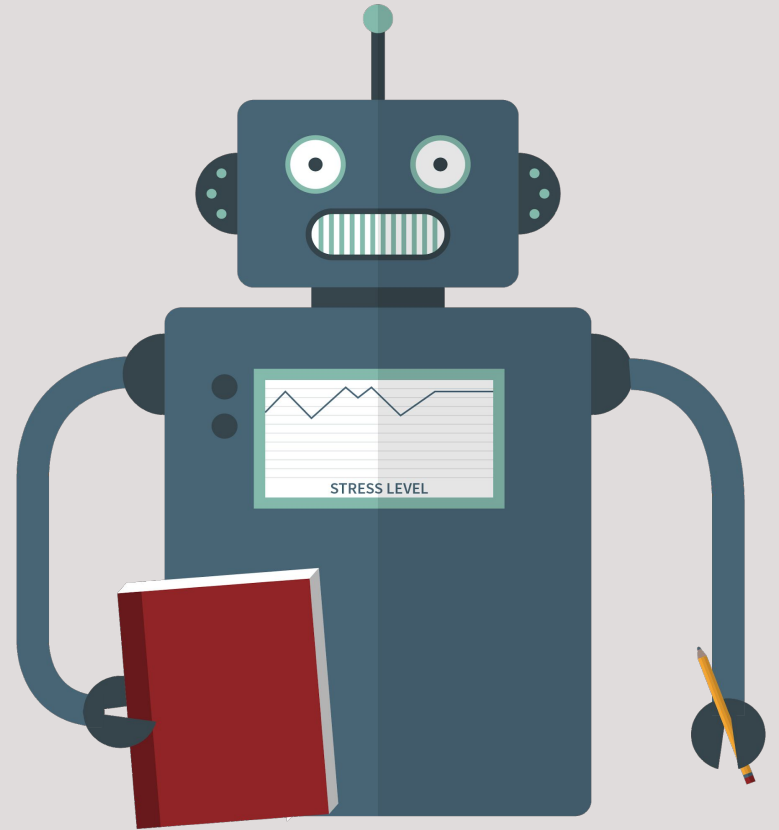
Averages reported by **high schoolers** in our sample:

- Homework: **3 hours/night**
- Weekly HW for juniors: **26 hours/week**
- Extracurriculars (M-F): **8.5 hours/week**
(3.5 hrs/weekend)
- Average sleep per night: **6.7 hours**



THE RISKS: ACADEMIC & HEALTH TOLLS

- Widespread **disengagement** and **cheating**
- Not prepared with **21st century skills**
- Lack of **resilience**
- **Sleep** deprivation
- **Mental health** issues
- **Substance** use



WHAT IS DRIVING THE SENSE OF PRESSURE?

- More people are going to college
- The common application makes it easier to apply to lots of colleges
- Rankings fuel perception of and competition for “top schools”
- It is harder to get into some colleges - even if you meet all of the criteria
- Price has increased - concerns about debt and the cost-benefit of college
- Economic uncertainty

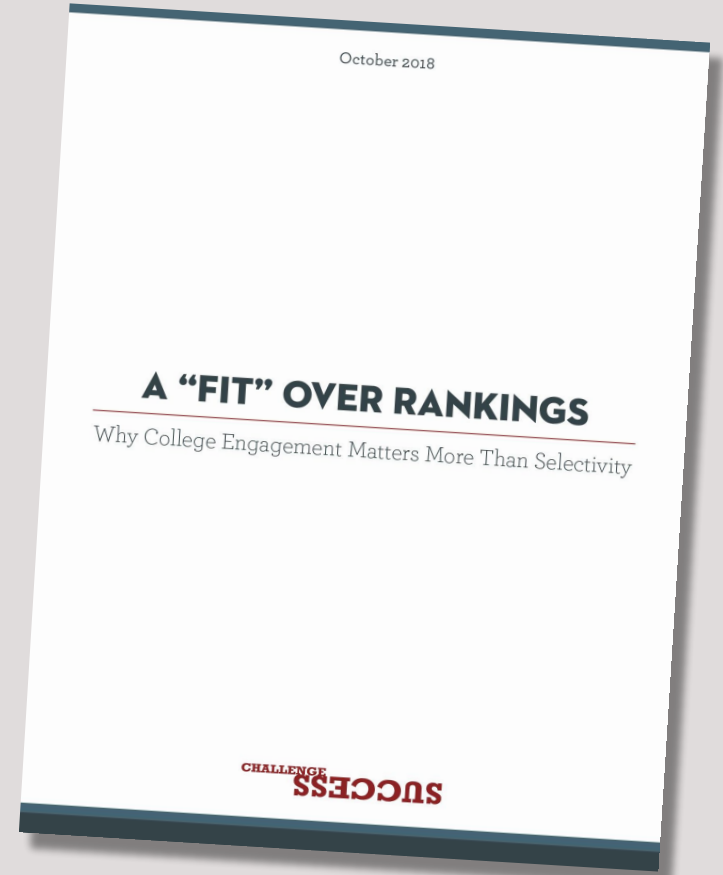
WHAT ELSE IS GOING ON?

- Big transition for parents
- Big transition for students

We can too easily let this important developmental milestone -- an opportunity for self-discovery, independence, and growth -- get hijacked by fear and anxiety.

WHAT MATTERS & DOESN'T According to Research

A “Fit” Over Rankings: Why College Engagement Matters More Than Selectivity



HOW DO YOU RANK?

For this next exercise:

1) Open this link:

<https://tinyurl.com/EssentialCriteria>

2) **Download** (not just open) the PDF so you have a clickable version of it

WHAT IS IMPORTANT TO YOUR CHILD?
STRONG ATHLETIC PROGRAM
DIVERSITY OF STUDENT BODY/FACULTY
EXTRACURRICULAR ACTIVITIES MY CHILD ENJOYS
COMMUNITY SERVICE COURSES & OPPORTUNITIES
MENTAL HEALTH SERVICES & SUPPORTS
RETENTION (% THAT GRADUATE WITHIN 6 YEARS)
AVAILABILITY OF PROFESSIONAL INTERNSHIPS
FAMOUS & REPUTABLE ALUMNI
SCHOOL SPIRIT
UNDERGRADUATE ACADEMIC REPUTATION
PROJECT-BASED/HANDS-ON CURRICULA
SUPPORT FOR FIRST GENERATION COLLEGE-GOING STUDENTS
HIGHLY COMPETITIVE ADMISSIONS
GREEK LIFE
LGBTQ FRIENDLY
COMMITMENT TO ENVIRONMENTAL SUSTAINABILITY
FACULTY RESOURCES
ALUMNI GIVING RATE
QUALITY OF TEACHING/ACADEMIC PROGRAM
LOCATION
AFFORDABILITY/COST
NUMBER OF STUDENTS/SIZE OF SCHOOL OVERALL
SIZE OF ENDOWMENT
AVAILABILITY OF A PARTICULAR MAJOR
ACCESS TO ARTS/CULTURAL EXPERIENCES
RESEARCH OPPORTUNITIES
HIGH PERCENTAGE OF STUDENTS WITH TOP SAT/ACT SCORES
FAITH COMMUNITY
SMALL CLASS SIZES

HOW DO YOU RANK?

Students: What matters most to you?

Parents: What matters most to your child?

Not important

Nice to have (*but not essential*)

Essential

<https://tinyurl.com/EssentialCriteria>

Download the clickable PDF

List 2 or 3 essentials in the chat.

WHAT IS IMPORTANT TO YOUR CHILD?
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SMALL CLASS SIZES

FINDING #1: RANKINGS

- Easy data to collect
- Some measures are subjective
- Fixed measures ignore a wide range of other things that matter

Rankings are problematic and arbitrarily precise.

Academic Reputation

Highly Competitive Admissions

Alumni Giving

Size of Endowment

High % of Students with Top SAT/ACT Scores

Small Class Size

DEFINING SELECTIVITY

Selective = Students need to apply. Some people are selected. A school might select 80% of applicants or 5% of applicants.

Non-selective = Everyone is admitted who meets basic criteria (community college)



FINDING #2: OUTCOMES

Does the level of selectivity matter for long-term outcomes?

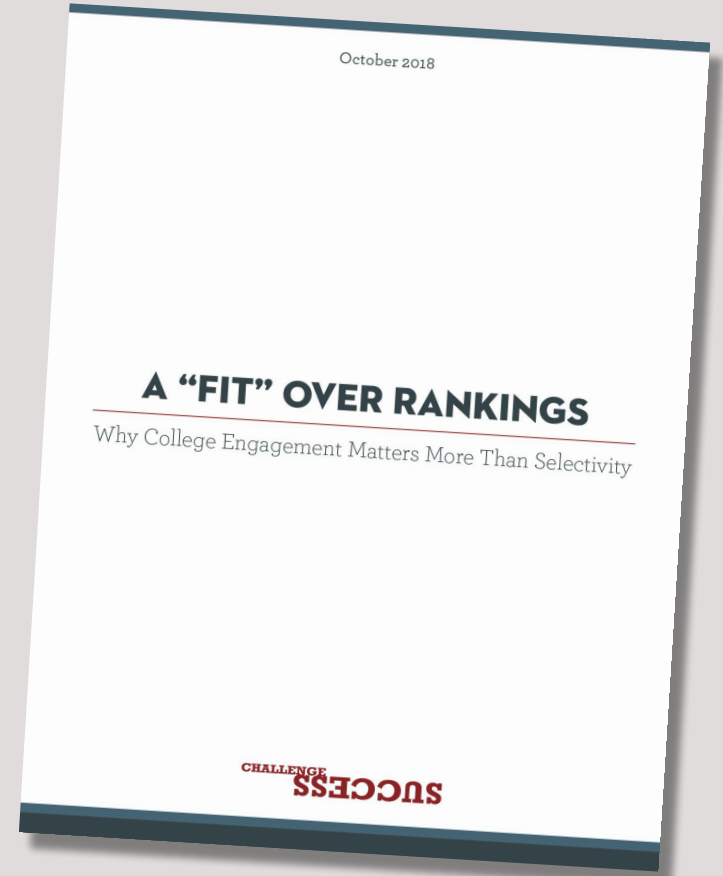
Learning	No
Job Satisfaction	No
Well-Being	No
Income	It depends



FINDING #2: OUTCOMES

The level of selectivity of a college **does NOT lead to more learning.**

The level of selectivity of a college **does NOT lead to increased job satisfaction or well-being.**



REMINDER: Definition of WELL-BEING

- **Purpose:** Like what you do, motivated toward goals
- **Social:** Have strong, supportive relationships and love
- **Financial:** Effectively manage money to reduce stress and increase security
- **Community:** Like where you live, feel engaged and a sense of pride
- **Physical:** Have good health and energy



FINDING #2

Does the level of selectivity matter for long term outcomes?

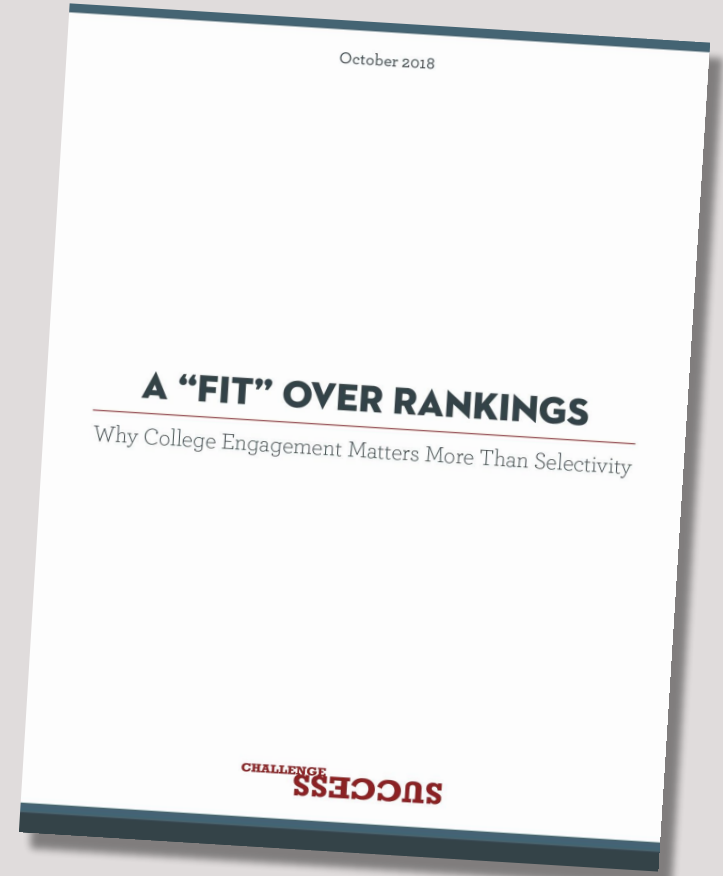
Learning	No
Job Satisfaction	No
Well-Being	No
Income	It depends



FINDING #2: OUTCOMES

Income

- 2 year vs 4 year?
- Is it the college or the kid?
- Where do you get the best return on investment?



FINDING #3: WHAT DOES MATTER?

ENGAGEMENT

*To achieve these long term
outcomes ..*

**It is what you do in college,
not where you go,
that matters.**



ENGAGEMENT

- Having a **mentor**
- Having **professors who care** about you personally
- Taking a course with a **professor who** makes learning exciting
- Working on a **multi-semester project**
- Participating in an **internship** that helps you apply your learning
- Being active in **extracurriculars**

WHAT COUNTS FOR LONG TERM WELL-BEING?
STRONG ATHLETIC PROGRAM

Extracurricular Activities

MENTAL HEALTH SERVICES & SUPPORTS
ACADEMIC SUPPORT SERVICES
AVA
FAM
SCH
NAME
PROJECT-BASED/HANDS-ON CURRICULA
SUPPORT FOR FIRST GENERATION COLLEGE-GOING STUDENTS

Professional Internships

PROJECT-BASED/HANDS-ON CURRICULA
SUPPORT FOR FIRST GENERATION COLLEGE-GOING STUDENTS

Project based curricula

SOCIAL JUSTICE CURRICULA
ALUMNI GIVING RATE
QUALITY OF TEACHING/ACADEMIC PROGRAM

Quality of Teaching/Academic Program

SIZE OF ENDOWMENT
AVAILABILITY OF A PARTICULAR MAJOR

Research Opportunities

SMALL CLASS SIZES

WHAT IS FIT? THE BIG PICTURE

- Fit = where your child will engage and thrive
- This is the starting place for conversations about college
- Reflects *your child's* ranking elements
- Affordability - grants, merit aid, and scholarships
- Many fits for every student

Good news!

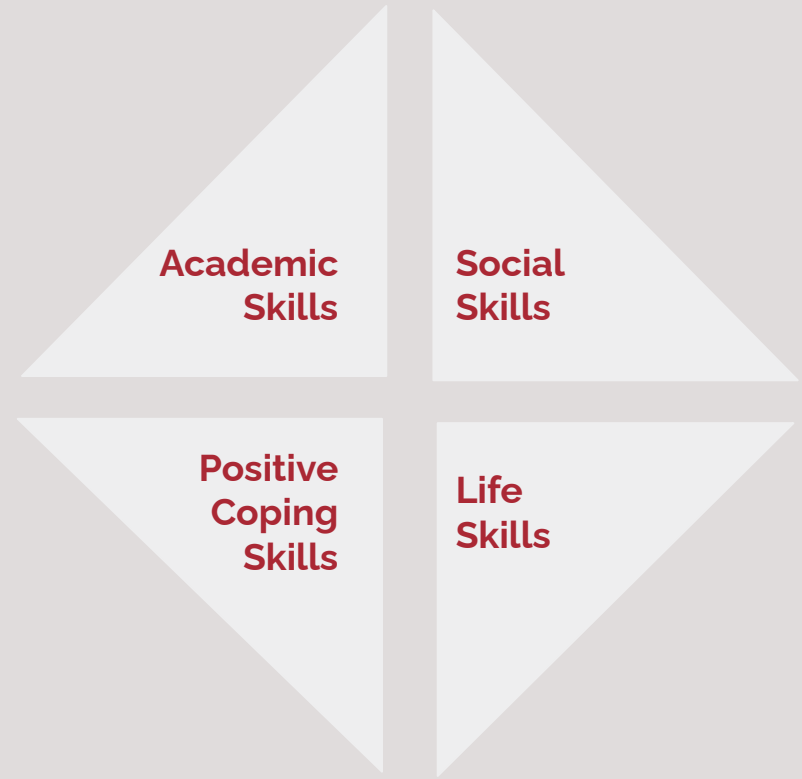
Over 4000 accredited colleges in the US

Over 3000 four-year colleges

BUT WAIT...REGARDLESS OF WHERE THEY GO... *ARE THEY READY?*

Think about each of these areas of readiness.

What are you currently doing in each of these areas to support your child to be ready for college (and life beyond)?



WHAT DOES READINESS LOOK LIKE?

ACADEMIC SKILLS

- Manage time, materials, and assignments
- Note taking skills, reading, writing skills
- Communicate directly with teachers
- Awareness of different post-secondary and career options
- Complex problem-solving skills

POSITIVE COPING SKILLS

- Ask for help when struggling - emotionally or academically
- Practice healthy stress reduction techniques
- Playtime, downtime, and family time (PDF)
- Avoid risky behaviors
- Learn from mistakes, growth mindset

SOCIAL SKILLS

- Manage emotions and behaviors
- Show understanding and empathy for others
- Build and maintain positive relationships
- Collaborate, work in teams, manage conflict
- Make ethical, constructive choices
- Be curious and open

LIFE SKILLS

- Do regular chores
- Manage money/balance bank account
- Plan a trip, use public transportation
- Work
- Schedule and keep appointments
- Self-care and balance (exercise, eating, sleep)

PROTECT PDF: PLAYTIME, DOWNTIME, FAMILY TIME

- Ensure enough time to **play**
- Allow time to **unwind, relax**, and consider **essential questions** involved in growing up: *Who am I? Am I normal? Do I belong?*
- Help teens to get enough **sleep**
- **25 minutes** of family time **5 x week**



STRATEGIES FOR FAMILIES

- Parent to *your* definition of success
- Support the full slate of readiness
- Avoid saying “just”
- Reflect on *your* stake in where they go to school
- Create “College Free Zones”
- Talk about “fit”

“Yeah, I’m going to college. But don’t ask me **WHERE.**”

Ask me WHY.”

FOCUS ON FIT:

Questions for students to consider

- What are you most **excited about learning**?
- What are your **interests** outside of academics that you want to cultivate?
- Are there specific **resources, supports, or types of classes** that would help you to be fully engaged?
- What types of **places or settings** do you imagine you will most enjoy? What **social scene** do you want?
- Is college **right** for you right now?



COMMITMENT

Choose 1 **commitment**

What is something you are committed to thinking about more deeply or doing differently after this workshop?

Share in the chat

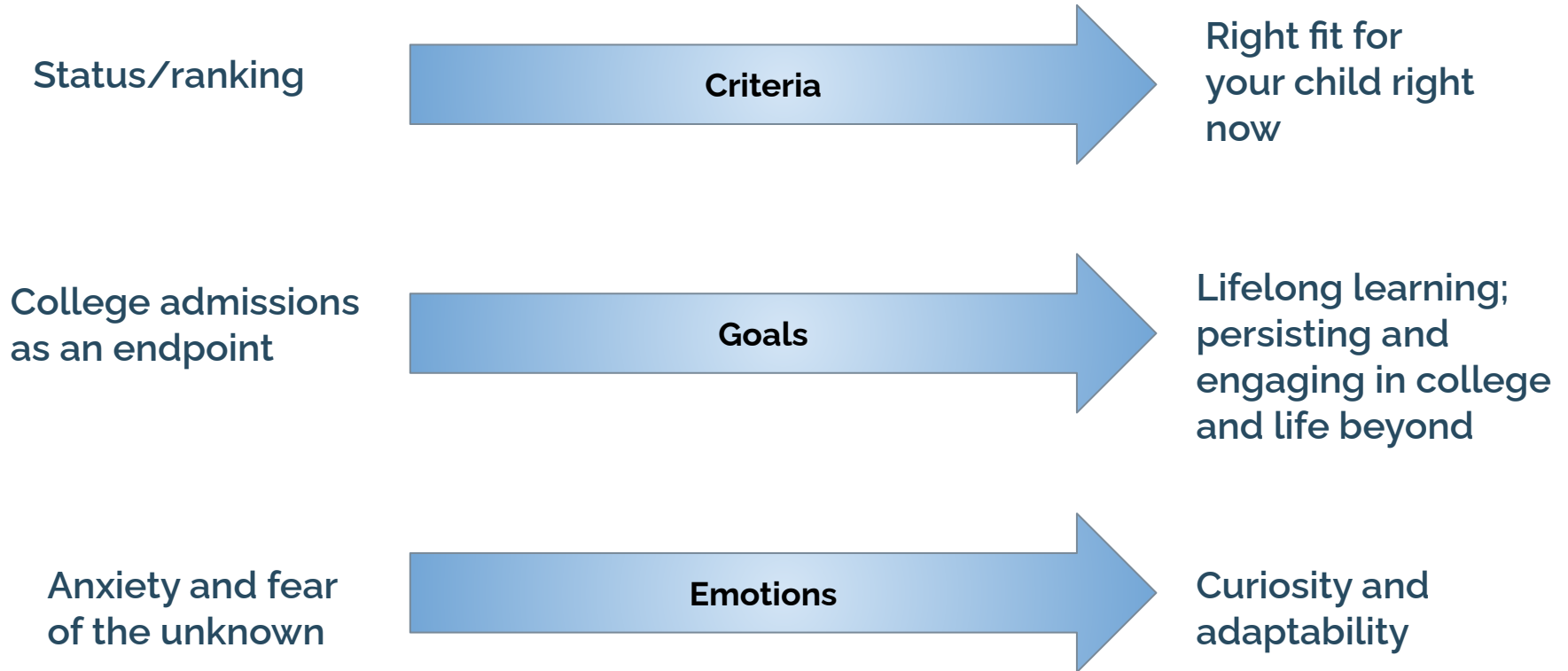


REFLECTION

*Parents - to what extent are these statements
less true for you now?*

- If my child goes to a highly selective college, they have a better shot at a happy life.
- Where my child goes to college is a reflection of who I am as a parent and who we are as a family.
- It is worth it for my kid to sacrifice their well-being to get into a particular college.

SHIFT YOUR PERSPECTIVE



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Q & A
