

MCNEAL SAMS COLLEGE CONSULTING

NEWS AND NOTES

JUNIOR CHECKLIST

- ☐ **BUILDING:** It is time to begin building the list of schools to which you will apply next year. If you have not met with your college consultant, do so now!



- ☐ **RESEARCH:** Now that you have a list of schools, it is time to do some detailed and organized research. Not sure how to proceed? Contact your consultant.

- ☐ **SELECT:** It is time to begin thinking about your courses for next year. Your high school counselor is likely to be sharing information soon about the selection process. Ask your college consultant for insights on picking the right classes.

- ☐ **CONNECT:** Your high school counselor needs to hear from you too! Be sure to set up a time to touch base and update them on your college choice journey.

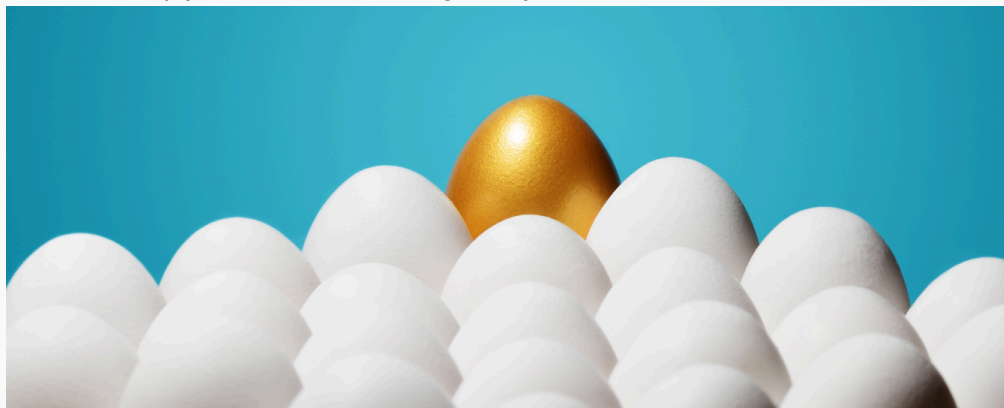
SO MANY OPTIONS ...DISCOVERING THE RIGHT ONES

When thinking about which colleges you might want to apply to, you're likely thinking about colleges that sound familiar to you. Perhaps you've heard them in the news, or know of them from college athletics, or are aware of them because you have friends who are alumni or current students. That's a fine starting point...but we encourage you to look more closely. The news cycle, and especially US News and World Report, isn't particularly expansive. You'll be looking at the same 30 or 50 schools that always make that rather unhelpful list and that, beyond "name brand," may not be right for you.

We are most interested in schools that are a good fit for you and colleges where we believe you can be happy and successful. As we work together and get to know you better, we will recommend colleges that you may not have heard of or don't know much about. We urge you to do your research and learn - and articulate to us - what you do and don't like about them so that we can help you to build and refine a list that is right for you. And we encourage you to keep an open mind.

If "researching colleges" sounds vague, please do this: create a list of important factors in your college education. It should include some specific academic points (a particular major, research opportunities, support services) and non-academic aspects (the food, affinity groups, social and political climate), and, of course, location and setting (urban, more than one flight from home, remote). We will help you group colleges into reach, target, and foundational.

There are gems of colleges in just about every category you can identify, and we are excited to help you discover what's right for you.



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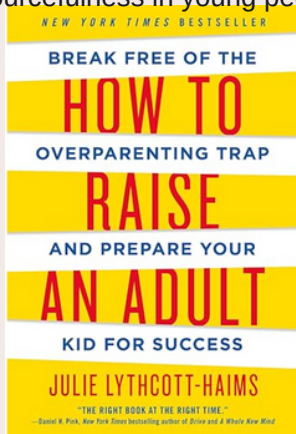
TALK AROUND TOWN

Some items we have found interesting recently:

Articles: [A recent study](#) suggests that writing notes by hand enhances memory, compared to typing. And David Brooks writes about the benefits of a liberal arts education in his [January 28 column](#), giving food for thought as students consider what they want from college.

Video: Many in the generation schooled during the pandemic have such limited in-person job experience, that employers often require business etiquette training for entry-level employees. To review good manners in the workplace, see [College Recruiter's YouTube](#)

Book: [How to Raise an Adult](#) by Julie Lythcott Haims is a favorite resource for fostering more independence and resourcefulness in young people.



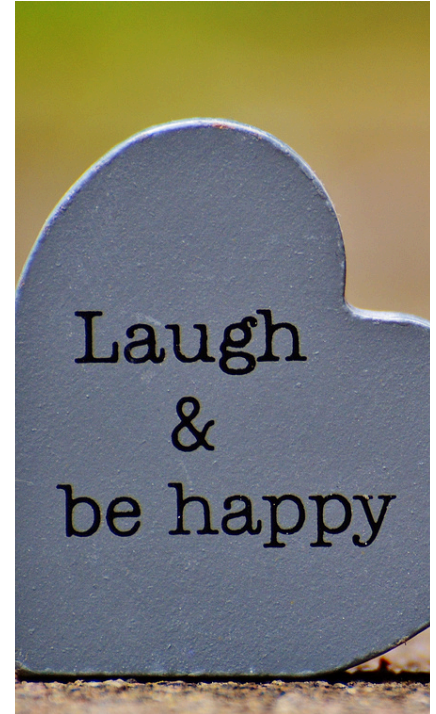
KINDNESS CORNER - FRIENDLY FEBRUARY

[Action for Happiness](#), a movement of people started in 2011 in the United Kingdom, is a group of individuals who are taking action to make a happier and kinder world together. Each month they publish a list of actions you can take each day to spread happiness to yourself and others. Their [February calendar](#) is filled with simple, yet impactful ways you can spread the love and smiles.

Some examples include:

- Send an encouraging note to someone who needs a boost
- Smile at the people you see and brighten their day
- Tell a loved one about the strengths you see in them

Take a moment to check out the monthly calendar and see how much happiness you spread!



SPOTLIGHT ON SUMMER

It may be the early days of winter but it is not too early to begin planning your summer. The summer after your junior year is the perfect time to explore a potential career, develop your leadership skills, hone your expertise in a favorite area, earn some money, or share your talents with others. Whatever you choose is okay: it is just important to make this summer productive. And, don't forget, you will be spending some time with your college consultant working on your applications, too!

Click on the images below to explore some fascinating options. Please note, the links below **are not exhaustive lists** of all the opportunities available.

Ask your consultant for suggestions that make sense for you.

RESEARCH



CAREER EXPLORATION



THE ARTS



VOLUNTEER

