

BEST PRACTICES FOR HIGH SCHOOL SENIORS



We are sharing our top 5 tips and strategies to help prepare seniors to make an informed college decision with the growing impact of college event cancellations and modifications across the country due to COVID-19 (coronavirus).

Top 5

Check out the college website

Are you unsure if the colleges you applied for are closing through the semester/quarter or canceling student visits? Stay up to date with any changes by visiting their website. You can also try calling their admissions or financial aid office as many are still working but may not be physically hosting students.

Consider virtual campus tours and events

Many colleges that have canceled in-person events or visits have provided several virtual resources for students. Check out their Instagram and/or Facebook, webinars, virtual college tours and any digital platforms.

Build your student support network

Reach out to local organizations or school clubs that you are associated with and ask if they have students or administrator contacts at the respective college campuses you are considering. If so, you can try scheduling a virtual meeting or even virtual tour to help you weigh the pros and cons of your final college selection!

Engage mentors and families

Keep your family and mentors updated to help you alleviate the stress of navigating your college admissions process. By working together, you can determine what changes will be necessary given the news.

Most importantly, stay calm

Try to find a balance and find ways to be kind to yourself for your mental, emotional and physical well-being. Consider downloading a free meditation app, such as Calm, read a new book or schedule virtual Google Hangouts with your friends!

Virtual Resources

College Greenlight

www.collegegreenlight.com/

Instagram: @collegegreenlight

Twitter: @cgreenlight

YouVisit

<https://www.youvisit.com/collegesearch/>

Twitter: @You_Visit

How to Make the Most of Virtual College Tours – US News Article

<https://www.usnews.com/education/best-colleges/articles/2019-07-30/how-to-make-the-most-of-virtual-college-tours>

College Navigator – National Center for Education Statistics

<https://nces.ed.gov/collegenavigator/>

Calm App

www.calm.com

Social Platforms

Follow your local school districts Twitter and/or Instagram handles for updated news.

Consider following the colleges you applied to via Instagram, Facebook or Twitter.

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Webinar Resources

Meal Planning

Schools and communities are finding ways to still support their students despite early closures. The resources below can help families and students see if their schools and communities are offering meals to members of their community.

- [List of Restaurants Offering Free Meals](#)
- [Locate Your Local Food Bank](#)

The Couch, The Kitchen Table, The Desk

A change in learning environments bring about new challenges, which can leave students feeling uneasy about how to achieve academic success out of the classroom. Check out the tools below to see how you can adjust to your new space.

- [Tips for New Distance Learners](#)
- [Free Online Study Tools](#)
- [Study Tips for Distance Learning](#)

Learning Tools

The virtual classroom has become the main space where students are now engaging with their academics. To assist students with connecting online, providers have offered their internet services.

- [Charter Communications](#)
- [Comcast Communications](#)

Institution Specific Updates

In addition to checking your individual school portals for updates, the following resources offer comprehensive updates including payment deadlines, links for virtual tours and more.

- [ACCEPT - Deposit Deadline](#)
- [Cappex Covid-19 Resource Center](#)
- [College Essay Guy - Virtual College Admission Events](#)
- [NACAC Net College Admission Status Update](#)

Additional Resources

- You may find yourself in virtual meetings with alumni or current college students, check out the following resource for questions you might like to ask.
- [College Raptor - Choosing a College](#)

Self-Care Tools

Practice Mindfulness

Headspace

[Headspace](#)

Greater Good Science Center

[Greater Good Science Center](#)

Exercise your Mind and Body

Yahoo

[10 Free Workout Apps](#)

Nike

[Nike App](#)

Meditation

Khan Academy

[Guided Meditation](#)

Personal Development

Duolingo

<https://www.duolingo.com/>

Talks at Google

<https://talksat.withgoogle.com/>

TED Talk

<https://www.ted.com/>

TGR EDU: Explore

<https://tgreduexplore.org/>

This is a list of resources provided by organizations and companies as listed on their website. Please contact the organization/company directly for more information.