

Guideposts for speaking with your daughter about the college

process:

Mercy Counseling recommends you pick one day a week to speak with your daughter about college. Make it fun and have a favorite meal or snack while you talk. At the end of each conversation, recap and highlight what you might talk about the next week. Make it your goal to not talk about college "stuff" until the next week when you speak.

Week of September 6th -

- How are you feeling about the college process right now?
- Do you need teacher letters? If so, have you had a chance to ask them?
- Have you had a chance to turn your Consent to Release records in at the counseling office?
- Are you using the Common App? (not every student will use it)
- How is your Common App Essay coming? (if applicable)
- Are you prepared for the meeting with your counselor?
- How was your meeting with your counselor - did you talk about a timeline? (if your daughter already had the meeting before you meet)
- What goals do you have for applications this week?
- Do you know which of your schools are test optional or require a test? (if no)
Would it be helpful for me to help look up that information?
- How can I/we support you right now?

Week of September 13th -

- Check-in with the activities from the week before.
- How are you feeling about the process right now?
- How was your meeting with your counselor - did you talk about a timeline?
- Do you need the credit card to submit any applications?
- Do you need the credit card to order test scores?
- Check-in on the essay (unless it is done).
- Check-in on supplements (if schools have additional essays).
- What are your goals for the week?
- How is senior year going so far?
- How can I/we support you right now?

Week of September 20th -

- Check-in with the activities from the week before.
- Tell me one good thing from school this week (you share your good thing from the week too).
- How are those supplements coming? (if there are any)
- What are your goals for the week?
- How can I/we support you right now?

Week of September 27th -

- Check-in with the activities from the week before.
- Let's look at a timeline for submitting applications by Halloween (this is the goal to have them submitted by this date unless the counselor and student determine something else).
- How is the University of Michigan Supplement coming (if applying to U of M)?
- What are your goals for the week?
- How can I/we support you right now?

Week of October 4th -

- Check-in with the activities from the week before.
- How is your University of Michigan application coming (if applying there)?
- How are your other supplemental essays coming (if appropriate)?
- What are your goals for the week?
- How can I/we support you right now?

Week of October 11th -

- Check-in with activities from the week before.
- Are you ready to submit the University of Michigan application - the “goal” is submitted by the 25th (if applicable)?
- How are those supplements coming (if there are any)?
- What are your goals for the week?
- How can I/we support you right now?

Week of October 18th -

- Check-in with the activities from the week before.
- Do you need the credit card to submit any applications that may be due by November 1st?
- What are your goals for the week?
- How can I/we support you right now?

Week of October 25th -

- How can I/we support you right now?
- Are you on target to submit applications on Saturday the 31st?

After November 1

Develop a plan for what you will need to talk about. Your daughter may be done with applications. If there are some that are Regular Decision December/January Deadlines, then follow the weeks before to plan accordingly.

Sign up for Going Merry (link in Schoology) to start applying for scholarships. Apply for Merry Scholarships and those that come into the counseling office.

The goals for these meetings are to:

- ★ Share information
- ★ Support your senior through the process
- ★ Gain an understanding of where they are in the process
- ★ Fit the college process into life and not fit life into the college process

Expert tip: As a parent when you are feeling overwhelmed with the process, don't engage with your student. Be the calm in the storm of senior year. If there are answers you think you need, visit a school website or reach out to your Mercy counselor.