

Holy Cross Guidance Department

DEALING WITH THE STRESS OF COLLEGE APPLICATIONS



Don't Compare Yourself to Others

You all have different goals, so knowing your own capabilities and thinking realistically about your future can help you achieve yours. You are your own person, and you should be proud of everything you have done.

Be Open to More Than One College

Colleges choose applicants based on probability of success in their programs. Where you end up may very well be where you were meant to be. Stay open to the prospect of an exciting future that may look a bit different than what you originally envisioned.



*Self care
IS NOT
selfish*

Promote Self-Care!

Maintaining a healthy mind and body is vital to stress relief. One way to manage the constant ups and downs of application season is to practice self-care that is meaningful to you.

This can include staying organized, maintaining positive connections, staying active, nourishing your body, or meditating.

Meet with Your Counselor

Holy Cross Guidance has been here to assist you on this journey and will continue to do so. Meet with Miss Schoenberg to share successes, discuss defeats, and to look into any and all options that are available, including scholarships.



Redefine Your Expectations

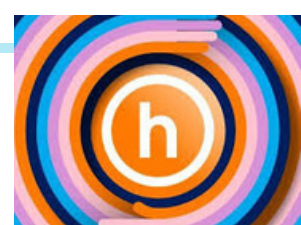
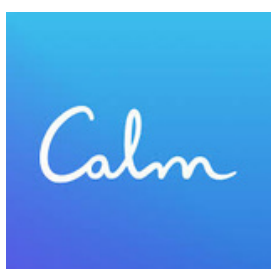
Practice thinking and believing that you are in control of your future, regardless of which school you attend. Developing the ability to step back and make important decisions based on current options is a critical skill.

Be Humble in Victory & Defeat

Humility doesn't mean hiding or minimizing your achievements, or apologizing for them. Be proud of your achievements and share them with those important to you! If a decision was not made in your favor, lean on those you feel comfortable sharing personal information with or speak with your counselor.



CLICKABLE APPS THAT CAN HELP DEAL WITH STRESS



VISIT MISS SCHOENBERG IN PERSON OR CONTACT HER THROUGH THE HCHSPA WEBSITE (CLICK ICON ON RIGHT).

