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THE CREO CRUNCH

“There is going to be failure along the way. It's in those moments that you are either going to allow that to bring you down and you're going to settle or you're going to use that failure as an opportunity to learn and to grow.”

”

[PODCAST EPISODE 156 LINK](#)



College Application Season

August 1st marked the beginning of this year's college application season. Our high school seniors will be facing a time consuming school year where they will juggle college applications with their school work and extracurricular activities. They will be challenged and stretched mentally and emotionally and it is critical that school staff and families work together to support them.



College News

Updates! Updates! Updates! Colleges have been sharing changes or updates made to their applications for this cycle. Examples of these changes could be testing policy, deadlines, essay prompts, short response prompts, etc. Applicants must research admissions pages to ensure that they are completing all required application items.



What should seniors be doing this time of year?

COUNSELORS

Applying to college can be confusing and time consuming. Without guidance, seniors can become easily overwhelmed. As counselors, we can assist seniors by ensuring our programming includes college application components such as those listed below.

- Developing the college list
- Building the Academic Resume
- Drafting and finalizing the personal statement
- Developing required short responses
- Determining if a student should attempt the SAT/ACT again
- Tracking deadlines
- Requesting letters of recommendation
- How to work through a denial for admission
- Evaluating college acceptances



PARENTS

This is it! This is the year your high school senior begins a journey that will take them into their freshman year of college. While you may be tempted to run the process for your child, consider taking on a supportive role. This is an opportunity for your child to take the lead and learn valuable life lessons. Allow your child to take the lead and travel along with them on this journey as a passenger. Consider the following as you reflect on how you can best support your child in this role.

- Meet with your child's counselor. Specifically, the individual who will be guiding them through the process at school. This will give you an idea of the types of supports your child will receive at school.
- Encourage your child to track deadlines in a planner, either on paper or digital. Allow them the flexibility to use what works best for them.
- Designate a day or days in the week where you will discuss college applications with your child and stick to that schedule as much as possible.
- Resist the urge to edit your child's work. What is submitted should be a reflection of your child's original voice.



**Visit these RESOURCES
with your Senior.**

 @rgveducator

[BigFuture](#)

[College Express](#)

[Selecting a College Major](#)

[FairTest List of Test Optional Schools](#)

[College Data](#)

[College Scorecard](#)

[How to Choose a College](#)

[Colleges That Change Lives](#)