

Message from Kim

Dear Parent,

Happy New Year!

As we enter January, there is typically a lot of attention on resolutions, renewal, and refocusing.

While these can be important to our growth, the added pressure of just declaring the desire to change can be daunting for some people.

So if you are struggling with a list of "improvements" you would like to make, might I make a suggestion?

Instead of resolutions, **center yourself around one word for the year**. Even two or three if that's what you need.

Who knows? You might even like this approach so much (like me!) that you get one of the words tattooed as a constant reminder.

For 2023, my one-word mantra is **gratitude**. I am grateful for the opportunities my son (who is a senior in high school) has had as we look toward his future. I am thankful for this work that I get to share with other teenagers and the adults that care for them.

And most of all, I am grateful that I have learned to trust the process and am celebrating my son's accomplishments as well as his setbacks.

The one-word approach may not appeal to all, so if you are committed to a resolution, consider resolving to **celebrate** all parts of your teen's college process.

Will your child get into every school? Maybe. Will, where they go, be the place you had in mind? Maybe not. Will they have the capacity to be successful *no matter where they go*?

I BELIEVE they will. Allow them to tackle their future on their own using the confidence you have instilled in them.

Be proud of them for who they are. Sure, we can be disappointed at times, angry, and even hurt at others. As parents, we deeply feel their pain and disappointments and want to protect them, but we must teach them to experience and work through their own struggles.

We should strive to teach them to be resilient, pick themselves up, and lean on us for support along the way. As this generation's mental health challenges continue, we should be mindful of the importance of coping skills and how we model that for our children.

Believe in yourself, believe in your child, and believe in the process and the path unfolding - even if it is not exactly what you would have chosen for them. Believe that they can successfully navigate on their own.

UPCOMING AND NOTABLE EVENTS

The SAT is changing to an all-digital format starting with the March 2023 exam at INTERNATIONAL test sites.

In October 2023, the PSAT will be taken online.

By March 2024, the SAT exam will be digital for everyone. Accommodations will still be made for students who require paper and pencil testing.

The test will be shortened from three hours to two hours and 14 minutes, and will be stage-adaptive (like the GRE), where every student will take a baseline section for both math and verbal. The subsequent section will then adapt in only one of two ways - either easier than the baseline, or harder than the baseline.

Moving to a digital, adaptive format will be one of the most significant changes the test has undergone in its 100-year history.

The ACT, for now, will continue with traditional paper-and-pencil testing, and no announcements have been made for a fully digital version.

I will continue to keep you updated on testing changes [via our private Facebook group](#), email, and social media.

If you have questions or need personalized advice, please feel free to reach out to me by simply replying to this email.

GRADE LEVEL TIPS

Seniors:

You are in the final few months of high school. Your goal now is to stay focused and keep senioritis at bay. I see it in my own home - it is real!

Try to remind yourself that the last push through the second semester is short compared to the last 3.5 years!

Also, remember that **colleges can rescind an offer of admission** if you significantly drop your grades this semester. You have made it this far, keep it up for just a few more months!

You got this!

Juniors, Sophomores, and Freshmen:

Many of you are starting to consider your courses for next year, and **what you select matters**.

Some of you have a very scripted set of requirements because you are in an IB Diploma program, while others will have many choices ranging from college prep, honors, Advanced Placement, and dual enrollment, to name a few.

The courses you can select will be determined by what is offered by your school as well as any requirements your school has in place for enrollment in higher-level classes.

Your goal is to select the most rigorous schedule in which you can be successful. It is important not to overdo it academically, but it is also important not to underestimate what you can handle.

Every student is different, but there are a couple of key factors to try to keep in mind.

In general, colleges would like to see you take four years of all five core academic areas (no matter what your high school graduation requirements may be). This means throughout high school, you take math, science, English, history, and world language every year. There are exceptions to this rule, but use this as a general guidepost.

If you have any scheduling questions or concerns, [reach out to me](#) - I'm always here and happy to help.

COLLEGE OF THE MONTH

Texas Christian University, Fort Worth, TX

If you follow college football, you know that [Texas Christian University](#) (TCU) played for the National Championship game earlier this month.



What else should you know about the university?

Located in suburban Fort Worth, TX, on 302 acres, TCU is the biggest religious university associated with the Christian Church (Disciples of Christ). However, it is not overly religious and is open to students of any faith.

TCU's recent undergrad enrollment was 10,523 (fall of 2022), and the school has a strong sense of community and school spirit. While TCU is more selective than rivals Southern Methodist and Baylor, it has a reputation for being more accessible with smaller class sizes (50 percent enrolling fewer than 30 students), and professors who often take on the role of mentors.

The university's standout programs are business, nursing, biology, communication, education, and fine arts. The Anne Burnett Marion School of Medicine has recently broken ground and is expected to open summer of 2024.

TCU also offers an innovative dance program with a ballet major, a strong theatre internship program, and majors in ranch management. Globally-minded students can travel to 33 countries to study abroad in more than 250 programs, including 47 led by TCU faculty.

Top achievers may be invited to join the honors college and pursue individual research opportunities as part of their honors thesis senior year.

Fifty-two percent of the student body lives on campus, and 48% of undergrads are from Texas. In recent years TCU has been taking a lot more interest in diversity and inclusion efforts within everything from recruitment and admissions to first-year experience programs. Greek life is important at TCU; 18 percent of the men and 32 percent of the women join Greek organizations.

TCU fields 21 athletic programs, which compete in the Big 12 Conference. Nine TCU teams were nationally ranked in the 2019-20 season, with football, baseball, men's tennis, and men's and women's track and field performing particularly well.

For students looking for a mid-sized university in a major metropolitan area TCU is worth a serious look.

NEW ON THE BLOG

Juniors have recently taken their PSAT in the fall and will move on to taking the SAT or ACT in the spring.

Since colleges accept both tests, which test should your child take?

Click here to read our latest post: "[Should Your Child Take the SAT or ACT or Neither?](#)"

Find out how the two tests differ, how to determine which test is best suited for your child, and if testing is even necessary for getting into college.

As a reminder, I offer a FREE opportunity for your child to test drive the SAT and/or ACT online. This is a great way to see which test best suits your child. If you'd like more information, just reply to this email and let me know.

WHAT PARENTS ARE SAYING ABOUT US

"Kim was a huge help to our three children and honing in on their interests and colleges, which put my children at ease.

The application process is daunting, and she knows how to navigate and break it down into manageable parts so my kids did not feel overwhelmed."

~Jennifer Bell

HOW CAN WE HELP?

Working with Stodghill College Consulting, each high schooler showcases their unique skills and talents, discovers their own brilliant voice, and finds a college that will enable them to reach their full potential as young adults.



- [Book a free call](#) to discover how to simplify your child's college admissions process today.

- Follow us on [Instagram](#) for tips on how to minimize stress and maximize your child's opportunities at each phase of the admissions cycle.

- Join our [Facebook group](#) to ask additional questions and read articles and tips we provide each month.

If you found this newsletter helpful, feel free to forward it to a fellow parent.

Did a friend forward this to you? (That's a good friend!) [Visit this link to get the newsletter in your own inbox.](#)

Thank you for reading and sharing,

Be well,
Kim
Founder, Stodghill College Consulting

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