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Life After the College Application Process

By Susan Orenstein, Ph.D.

ConnectEdu Contributor



It's your senior year and you've finally completed the grueling college application process. Your guidance counselor and well-meaning friends and family tell you to sit back and relax because your fate and happiness now rests in the hands of college admission officers. . . NOT!

Although I do agree that students deserve some R&R after turning in their college

application, I don't believe the message above will actually help students relax. These well-meaning words create a sense of helplessness, confusion and false expectations for both those who will and those who won't get accepted to their top choices.

Some students have their hearts set on getting into "Ideal U," as if college was the love of their life, their true soul mate. Often these students believe that once their wish has been granted everything will work out magically from that point forward, with no rainy days, boring professors, or irritating roommates.

Other students, who end up at "Backup U," may feel battered by the application process. They may experience decreased self-confidence, embarrassment or bitterness, perceiving a college rejection as something that can destroy their life.

During the application process most high school seniors are very focused on what colleges are looking for in applicants. Now is the time to begin asking yourself: What am I looking for? What are my ideas and dreams for the future? How do I enjoy spending my time outside of the classroom? Discovering your natural creative abilities and using this knowledge to your advantage (e.g. for choosing courses, study strategies, etc.) will make you feel empowered rather than overwhelmed.

Getting into college isn't like winning a trophy you can put on a shelf to show off. You'll be entering into a new phase of your life, so instead of taking a passive stance, recognize how exciting this new phase of your life will be and ask yourself -- regardless of which college you choose -- how can I sustain my energy, motivation, creativity, and enthusiasm? How can I build a college life that I can be truly excited about?

Susan Orenstein, Ph.D. is a licensed psychologist and certified Kolbe consultant in Cary, NC. who works with emerging adults to help them manage their mood, decrease destructive behaviors, identify future goals, overcome procrastination and improve relationships. She is the creator of The Ultimate Organizer for College Life, a resource to help students stay on track. You can learn more by visiting her website at www.orensteinsolutions.com.

Dr. Orenstein can be reached at sorenstein@nc.rr.com

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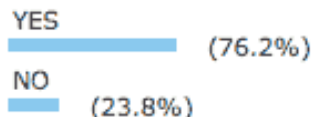
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