

The Stress of Applying to College



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Teens Can Dream is a company dedicated in helping teens, preteens and young adults gain inspiration and knowledge on how to navigate through this stressful, fast moving world. With short stories, audios, positive affirmations and books on multiple topics, as well as chat rooms and Q&A, we are confident there is something for everyone. Visit our site at:

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to see if we can help YOU
unlock your true potential.

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Warning: The information you are about to read can dramatically decrease your stress level and enhance many other areas of your life according to the level of your belief. So, if you truly want to decrease your stress, and go to the college that is best for you, read this article multiple times until you have it virtually memorized.



Ahhh, the stress of applying to colleges; I remember it well. Everyone during junior year seems to talk about it as they gear up for the SAT's and ACT's. Some, with older siblings having already gone through the trials and tribulations of applying to colleges, might even start talking about it earlier, because they remember all of the buzz around the house when their parents were working with the oldest child. I realize this can be a very stressful time in your life, but my hope is that this article will help put things into perspective. The fact is, as you go through life, there will be plenty of road blocks put in front of you which many will deem worthy of stressing over. I'm not try to diminish the fact that applying for college is not stressful, but I do want to put into perspective that some things in life may not warrant spending too much negative energy on. Although it may be difficult to understand this at a young age, it won't take long for you to completely understand what I mean.

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First, let's start off with diving into the truth; your truth! What I mean by that is, "what is it you truly **feel** you want to be or do with your life?" By design, I'm immediately following this question up with that fact that it's okay if you don't know that answer to that question. Lord knows I didn't know what I wanted to do. I was having such a fun time in high school that quite frankly, I didn't want to leave. Besides not really wanting to leave, I didn't have a clue of what I wanted to do after I was gone. Sometimes I think that's more stressful on people, the unknown, than it is for those who know what they want to do. For those who want to be doctors, they know they need to push for Med School. If you want to be an engineer, you know you have to seek a college with a good engineering school. Of course, if you want to be an attorney, then you've got to be focusing on a good law school. But, what about those who, like me at the time, don't know what they want to do? What do they focus on? Does it matter what school they go to? Does it matter what they major in? If you don't know what you want to be, does that mean you're destined to be less productive or earn less money than those who know what they want to do? The answer to that question is absolutely not! For the majority of people, it really doesn't matter where they go to school and for most

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of you reading this article, I will bet it won't matter where you go to school either. What matters most is **what you do** with your education. There are plenty of people on this planet who are very successful and many have no degrees. Some have two year degrees from junior colleges or four year degrees from colleges most people have never heard of. Don't get me wrong, getting a degree from Stanford, Harvard, Notre Dame or Princeton, among many others, can be very helpful in jump starting ones career right out of college and thereafter. My point is this; don't let the college you attend define who you are or what you're going to become. You have the power to be and do anything you desire regardless of the name of the school on your degree as long as you learn how to focus your thoughts in one direction.

Let's circle back to me. As I mentioned, I had no idea what I wanted to do in life. I was the number five child out of six and two out of the six of us seemed to take a lot more energy from my parents than the remaining four. So, that didn't leave a whole lot of time for my parents to focus on each of use individually to determine a college direction. In my case I decided to go to a local junior college. In fact, quite a few of my friends were doing the same thing, so it wasn't a big deal. Plus, for me, I was a year younger than most of my friends

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and truthfully I wasn't really ready to move away yet. I'm not sure I really understood that then, but when I transferred down to San Diego I realized it. The two years I spent living at home and going to the local college, gave me time to grow, mature and actually enjoy higher education. So after transferring to San Diego, I was able to handle living on my own, joining a fraternity and getting better grades each semester after the other. Ironically, some of my friends who went to four year college's right out of high school, ended up coming home within two years because they couldn't handle the freedom which caused them to fail out of school. The fact is, we don't always know the right thing to do and sometimes life has a way of working things out on our behalf. We just need to learn to let go a bit and allow things to fall into place.

When I was in my twenties I read an article I believe was from, Money Magazine, but don't don't quote me on that, and it was about millionaires. This article changed my life or at least changed my thought process. It stated that more than 60 percent of all millionaires were on average C students and many had no college degrees at all. I thought, "Are you kidding me?" "You mean I have a chance?" "I can do this?" "I thought you had to be very, very smart to become a millionaire." I have to tell you, this was fantastic news

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for me. For the most part I was a solid B student and I did have a four year degree. But, even still, I didn't feel I was smart enough to become a millionaire. I had it in my head that really huge success like that was for those who went to the big colleges such as Stanford, Harvard, Notre Dame and others like it. It was that article for me, and hopefully what this article does that for you, which opened my eyes and made me realize that whatever success I wanted in life was up to me. Whether one went to a big college or no college at all doesn't define them. What defines them is how they *look* at and *feel* about *themselves*.

Now, don't get me wrong, education is important and higher education is very important. But, your typical four year college is not for everyone. So, if you're one of those who has absolutely no desire to go to college or at least right now that's how you feel, you really should sit down with your parents, or counselor at school, and see what might be a better fit for you. Maybe you're into art and should really focus on a school that specializes in art. If you're into fashion, maybe it's a design school that is best for you. If you have a desire to go into the trades such as automotive, mechanical, construction or the many others out there, you should focus your attention in those areas and seek out the best solution for your goals. Keep in

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mind that although you may not decide to go to college, it doesn't mean you can't or shouldn't take some classes. Maybe there are some topics that do interest you and if that's the case, feel free to take classes at your local college on those subjects even as you're going to a trade school. As I mentioned, higher education is important. Learning is something that should never stop. Believe me; I've never met anyone who wishes they didn't have more knowledge in multiple areas. As important, learning how to think in one direction can take you to a higher thinking level than ever before.

So, let's get back to those of you who do want to go to college. I know the stress you're dealing with, not only from my own experience, but my daughter is a junior this year and we are just beginning the circus in our own family. Having said that, I guess you can say she benefits from having parents who understand there's more to life than the college you go to. Also, we aren't the helicopter type parents that so many of you teenagers have for parents today. For those of you who have parents with say, their own agenda, please do yourselves a favor. Make sure you sit down with your parents and explain to them what **your** interests are. In too many cases the parents want the kids to go to the school they went to because they want you to experience the fun they had. Unfortunately, what too

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few people realize is things change and schools change right along with it. You need to blaze your own path. You need to find the school that fits best with not only your personality, but also your major. Are you comfortable with 30,000 students on a huge campus with auditorium style classrooms, or are you better off at a small, more intimate school, where the teachers know you by name? You might want to look at the weather as well. Maybe you can't stand the cold, but visit a beautiful campus in New York during the fall. You think wow, this is beautiful and the weather is perfect. Well, just understand that it gets very cold during the long dark winters. So, if you're from California, Arizona, New Mexico or Florida, just do your research on the weather. Hey, maybe the change will be fun, and since it's only for four years, maybe you ought to look at it as an adventure! Who knows? Maybe you'll end up liking the cold weather you thought you hated.

Have you thought about choosing a school that some of your friends are going to, because you're a bit nervous about moving away all by yourself. Be very careful about doing this. In fact, think deeply on this and try to listen to your inner voice; your gut instinct. Even talk to some older teens you know who went off to college before you. In many cases, those friends you had in high school, and think are going to be your

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best friends in college, are not. Everyone grows and changes. It's not a bad thing. It's just life and it's better to think about these things before it's too late to do anything about them. Before you know it, you can't stand these friends you came to college with and now wish you had gone away to the college you dreamed about. At this point you may not be having as much fun as you would like and you want new friends. But, now that you're a sophomore or junior, you find it harder because most people already have good friends they met as freshman, so you find it hard to break into new groups. I realize you don't think this would happen to you with your tight group of friends from high school. But think about, no one ever thinks it's going to happen to them. If that were the case, they would have chosen a different college to begin with.

Well, how about those SAT's and ACT's? Have you been stressing on taking those or concerned about your scores? Do you fear you're not going to get into your dream school because your scores aren't high enough? As I mentioned at the beginning, you'll find life is going to give you plenty to stress about. I don't want you to take these tests lightly, but at the same time the goal should be not to overly stress about them either. As long as you put forth the effort of studying for a long enough duration, the results will come.

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Will they always be what you wished for? Maybe not; but, you have multiple test date options so use them to your advantage.

With time and knowledge comes wisdom. What you'll find later in life is most things tend to work out for the best. We don't get sent emails in advance from God or the universe telling us something like, "hey, don't worry about not getting into Stanford. It wasn't going to work out for you. I'm sending you to University of Michigan because you and your roommate are going to create a company and the both of you are going to make a lot of money and change the world with your great ideas." You might think, "I wish I did get an email like that because then I wouldn't worry so much." The truth is you wouldn't want to know everything in advance. What fun would that be? There would be no mystery to life; no adventure. We need to make mistakes, get taken off course, do things and experience things we don't like all so we can narrow down what we do like. At that point, we can focus our thoughts in one direction and create the life most people only dream of. It's not that you don't want your **reach** school because you should have high goals and strive for the best. But, you should also have some back up schools. Create a list of positive things you like with a handful of schools. Understand that

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life always seems to work out for the best. If you focus so much and so hard on a certain school for a certain reason, you might lose sight of what's truly best for you. What's best for you is finding the **right** school for you; the school that's going to help make you a better you. Are you positive without a shadow of a doubt that you know which school that is? Or is your mind tainted by **ideas** you have of that school or ideas others have planted in your mind? What if you didn't get into your reach school and the school you ended up at gave you your future spouse; future business partner; future best lifelong friend; future donor of a kidney you needed. Are you still going to complain about not getting into your first choice school? I don't think so. Sometimes there's a much bigger purpose for our lives and we don't know anything about it in advance. We just need to have faith and believe that everything works out for the best. I will tell you this; I don't recall ever having a discussion with someone else wishing they had gone to a different college. I'm sure there are some out there, but most have realized things worked out for the best.

Do you have concerns with the cost of college? It's not a secret that the cost of college is expensive and can be daunting. But don't allow the cost of college to change your mind or deter you from going. There are

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so many options at your disposal. In most cases, students don't pay what the **sticker** price is. There are grants, scholarships of various types, and student loan options. Maybe a junior college is a smart option to save on costs during the first two years. Think about; after you transfer and get your degree, it shows the name of the four year institution. What you did is save a truck load of money and potential loans. My point is this. Do your research ahead of time. Research all your options and talk to your college counselors. By focusing your thoughts in one direction, I promise you will find the choice that is right for you. Just don't give up because you don't have the money in hand right now. As I mentioned earlier, things tend to work out for the best. Just focus on what you want and move your thoughts in that direction.

To sum this article up, yes higher education is important. Is college for everyone? No, absolutely not. Does the college I go to define who I'm going to be and what I'm going to do? Absolutely not! Can I become productive and successful regardless of where I go to college or whether or not I go to college? Absolutely! Should I be steadfast in where I want to go and put all my eggs in one basket? No. Everyone should look at multiple options and know that things will work out for the best. Should I be stressed on how to pay for

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college? Not stressed. Do your research and you'll find the best options and the best colleges for you in your situation.

I'm going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are **affirming** that which you desire is actually already in your possession. You should say your affirmation multiple times a day; First thing in the morning, a couple times during the day and then especially at night just before falling asleep while lying in bed. This is the last thing you want to be thinking about prior to falling asleep because you won't have any conscious thoughts rattling around in your head and this enables the subconscious to begin the creating process from your last thoughts prior to sleep.

Affirmation

Thank you, God, for my perfect body. Thank you for my wonderful home. Thank you for my family. Thank you for my high school years coming to an end and I look forward to a wonderful college experience. It's exciting going through the process of applying to colleges and I thank you for opening the doors to the

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best options for me. It's incredible to know that my amazing experience is waiting for me and I look forward to the choice that is best for me. Thank you for opening my eyes and I'm excited for the right institution to open its doors to me. Thank you, thank you, thank you.

This affirmation is much shorter than what I use and it's modified to focus on allowing for the **right** college to come your way. But, it's a start and you can add things as you get it memorized. I've used certain words on purpose, because some of the words such as wonderful, amazing and exciting are words that generate feelings. When you say affirmations, you want to say them with feeling. If all one does is repeat the words, it won't work. You have to instill a sense of strong feelings with a belief of already having that which you desire. You're tricking your mind into thinking you already have been accepted to the perfect college for you, and you can only do that by feeling you have already received your acceptance letter.

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Note from the author: Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, [Thinking In One Direction](#), as well as constantly looking at our site, www.teenscandream.com. The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

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