

## **The College Journal**

Choosing a college is an exciting and complex time. A million different things will be going through your head during this time; it's important to keep them documented. Your college journal should be a place where you write about all the questions, ideas, feelings, impulses that you are having about choosing a school. Also, the journal is a place to record your impressions of a college while you are visiting it – so that you record info while it's still fresh in your head!

### **Day to Day journaling:**

You can write in your journal anytime that a new idea or feeling emerges for you. As you research online, browse through brochures, or as you hear about schools from other people, jot down these ideas in your journal and come back to them later. The journal is the place to record any hesitation or eagerness you have about a specific school as well as what you want generally from a school in relation to environment, academics, social scene, living arrangements, and programs such as study abroad, clubs, and other specific needs you may have for a school.

### **College visits:**

Your journal is essential when visiting schools. When you are at the school, take the time to ask questions about housing, scholarships, programs, admission requirements, financial aid and write down the answers to these questions. In addition, you should write down your “gut” feeling about the school: what did it feel like? Describe the environment, talk to students who are attending, eat the food, visit the library and write down your reactions to all of this.

### **Sharing the journal:**

The journal is your private place to reflect; however, Peter or Kim will ask you to reflect with them about what you've written in the journal. These discussions will be beneficial in allowing us to help you find the perfect school for you.