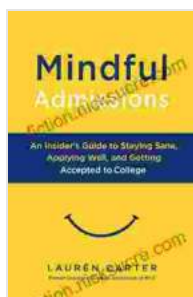# An Insider Guide To Staying Sane Applying Well And Getting Accepted To College

Applying to college can be a stressful process. You have to juggle classes, extracurricular activities, and standardized tests, all while trying to maintain a high GPA. On top of that, you have to write essays, fill out applications, and go on interviews. It's no wonder that many students feel overwhelmed during the college application process.

But it doesn't have to be this way. By following the tips in this guide, you can stay sane and get accepted to your dream school.

Mindful Admissions: An Insider's Guide to Staying Sane, Applying Well and Getting Accepted to College

by Laurén Carter

★★★★★ 5 out of 5

Language	: English
File size	: 1247 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Screen Reader	: Supported
Print length	: 234 pages

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1. Start early

The earlier you start the college application process, the less stressed you'll be. This will give you plenty of time to research schools, write essays, and

fill out applications. You'll also be able to take your SATs or ACTs multiple times, if necessary.

2. Do your research

Before you start applying to schools, take some time to research your options. Visit different campuses, talk to current students, and read about the different programs offered. This will help you narrow down your list of schools and find ones that are a good fit for you.

3. Get organized

The college application process can be a lot to keep track of. Make sure you stay organized by creating a to-do list and keeping track of your deadlines. You should also create a file system for your applications and essays.

4. Ask for help

Don't be afraid to ask for help from your friends, family, teachers, and counselors. They can provide you with support and guidance throughout the application process.

5. Take breaks

It's important to take breaks from the college application process. This will help you avoid burnout and keep your stress levels in check. Make sure you schedule some time for yourself each day to relax and do something you enjoy.

6. Be positive

Staying positive is key to getting through the college application process. Remember that you're not alone and that there are people who want you to succeed. Focus on the things you can control, and don't let the stress of the process get to you.

7. Celebrate your successes

As you complete each step of the college application process, take some time to celebrate your successes. This will help you stay motivated and keep your spirits up.

The college application process can be stressful, but it doesn't have to be. By following the tips in this guide, you can stay sane and get accepted to your dream school. Remember to start early, do your research, get organized, ask for help, take breaks, be positive, and celebrate your successes.
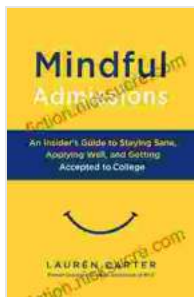
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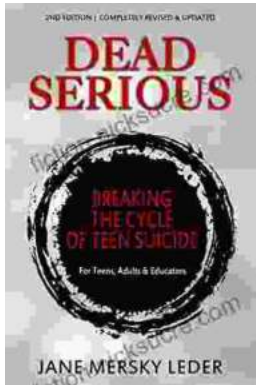
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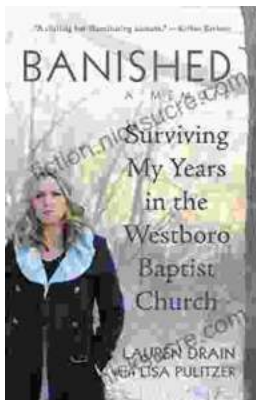|	
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