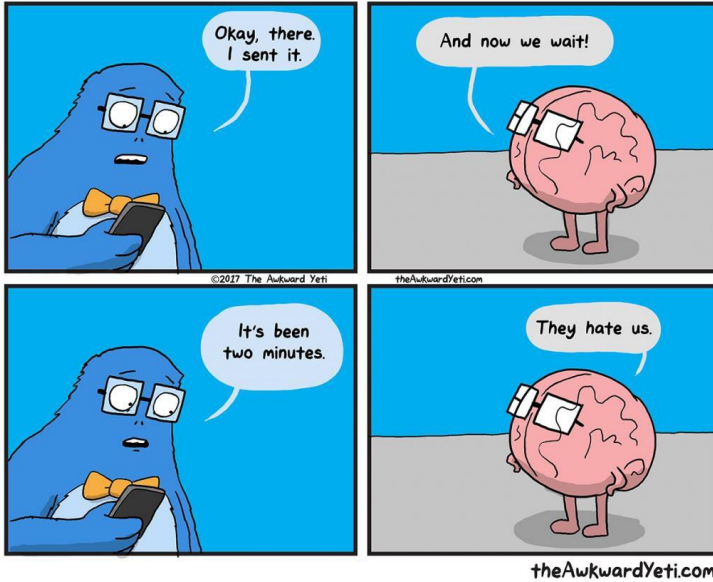




Need Help Sessions: The Waiting Game...



theAwkwardYeti.com

COLLEGE DECISION STATUS: PENDING (ETERNALLY)

[Advice from people who really aren't qualified to give it](#) (edited for length)

Shoshana Medved and Charlotte Nicks
November 18, 2020

Hey Seniors,

So, you submitted your early applications. It seems like you just made a massive step forward in life, but it feels like nothing has changed at the same time. America is used to instant results. Waiting a couple of days for the result of the election was nerve-wracking for pretty much everyone. Now imagine paying a considerable fee, waiting 50 or more days, and finally your decision comes ... only to be rejected, deferred or waitlisted.

Look, we get it. During COVID-19, the entire world feels like that spinning rainbow wheel of death on your computer. Life is in a constant "pending" state, and we know that pending college decisions aren't helping. Yet no matter how hard you try to stop that wheel from spinning, you're going to need to face the inevitable: furiously clicking your keyboard won't do anything to help. So instead, you just have to take a deep breath and simply wait.

A LIST OF THINGS THAT ARE CERTAIN:

- Your fundamental, unquestionable, inalienable worth is constant.
- Your worth doesn't go up if you're accepted.
- Your worth won't go down if you're rejected.
- All the things in your life you love will still be there whatever decision you get.
- The people in your life that love you will NOT love you less if you don't get in, or more if you do.
- Your efforts do not go to waste no matter what the result is.

A LIST OF THINGS THAT ARE NOT CERTAIN:

- Whether or not you get accepted (and that's 100% okay).

So, try not to be certain about the one thing you can't know at this point. Don't tell yourself that you're for sure getting in, or that you're for sure getting rejected. Prepare yourself for any outcome.

Know that there are many, many other things you can be certain of in this uncertain time. You can still take control of your own mindset.

Sincerely,

Two seniors who are just as overwhelmed as you

...seriously, is there anything I can do to shorten the wait?



Maybe...

- For starters, double/triple/quadruple-check your application trackers (by school) and confirm that nothing is missing.
- No application tracker? Monitor your email (don't forget your spam/trash folder) for requests for missing application materials.

Incomplete applications aren't reviewed.

No problems identified in either place...

- Click [here](#) for typical admission decision release dates - you want them to take all the time they need to make their decision.
- School(s) not listed? It's likely they make decisions on a rolling basis and you will hear from them anytime between now and May 1st.

Bottom line? Be in the present. Focus on what you can impact now - loved ones, classes & other commitments, hobbies & interests (current & ones you could start). Recharge. Reassess. Explore. Spend time thinking about what matters to future you. This work will come in handy whatever you decide to do after high school!

Important information for college applications:

SPCPA School Code: 242 284

Counselor: Alison Green
(greena@spcpa.org)

School Information:
16 W 5th St
St Paul, MN 55102
(651) 290-2225

Does it feel like waiting to know what the future holds for you is...

Zapping your motivation

Upsetting your equilibrium

Dampening your mood

Making you question absolutely everything

_(fill in the blank) ?

No worries! THANK YOU NOTES to the rescuuuuue!



Huh?

[Research confirms](#) that people chronically underestimate the power of expressing gratitude and overestimate how awkward or time consuming it will be. **"Saying thanks improves the writer's happiness and the well-being of another person as well,"** says study co-author Amit Kumar, an assistant professor of marketing at the University of Texas at Austin's McCombs School of Business. "If both parties are benefitting from this, I think that's the type of action we should be pursuing more often in our everyday lives."

Thank you notes don't require fancy cards or stationery. They don't need to be long or perfectly worded. Sharing your sincere appreciation is what makes them so powerful. Start with a memory – I just wanted to let you know what a difference you made when you.... This tangible confirmation that you were thinking of them and valued the impact they had on your life will make your recipients day, week maybe even year – this is powerful stuff! No wonder writing thank you notes makes the sender feel great as well. Writing thank you notes is like pulling on our own personal superhero cape.

So, where to begin???

- 1) **Recommendation writers!** They are as anxious to hear how things are going as you are and will completely understand if results are still pending.
- 2) **Teachers, coaches and other mentors** (current and former), **family members, friends and classmates.** The list of possibilities is endless. Just because it's been a long time since you've seen them, stepped into their classroom, lived next door, taken the same bus, spent time at their house, played on the same team, worked on the same show, doesn't mean they've forgotten you. A quick note will mean more to them than you can imagine.
- 3) **Write yourself a thank you note and put it aside for a day when future you need to read it.** Remind yourself of times when you bounced back from disappointment, faced adversity, put someone else's needs above your own, tried your best even when afraid you might fail, spread joy, and/or simply made yourself proud. You are a work in progress. Remind future you of how far you've come and how much you hope to accomplish.

