MINDFULNESS: PUTTING THE SOCIAL/EMOTIONAL PIECE BACK INTO COLLEGE COUNSELING

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MINDFULNESS + COLLEGE COUNSELING

- The world of college admissions today
- Our role
- Being MINDFUL of the admission process
- Tools you can utilize
Mindfulness Influences

- Educational Counseling degree, school counselor
- Yoga, meditation, running, books, goal-setting, motivation, journaling
- Disconnecting/unplugging
- Podcasts
  - Optimal Living Daily
  - The Minimalists
MINDFULNESS + WHY

- It is our role to help students take a step back and breathe
  - Make better decisions
  - Reduce anxiety and provide balance
  - Boost energy and mood
  - Encourage confidence
  - Help give context to the college process
  - Student-centered

- My definition of mindfulness: Finding anything that helps you clear your mind and be present
Mindfulness Activity

Let’s practice!

- Originally done at the start of a week long application boot camp prior to Senior year
Mindfulness Activities

- Breathing
  - (prior to exams, in large and small group settings)
- Draw your own college activity
- Checking in
  - What’s your weather?
  - Stretching
  - Journaling
  - Goal setting
    - Having them create a goal for themselves and recap what you just discussed before leaving
- This year I hope to achieve, one thing to clear your mind
BEYOND MINDFULNESS

- Help students understand their options
  - *Look beyond the schools that only accept 30% or less*
  - *Educate parents*
  - *Draw your own college activity*

- Give clear and consistent messages

- Confidence and encouragement
  - Positive/negative coping skills, *“free compliments”*
MINDFULNESS + DECISION MAKING

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MINDFULNESS INFLUENCES

- 15+ years of a meditation practice
- 1 year in Cognitive Behavioral Therapy
- 6 years as an Ignatian Educator
- 3 years at a Quiet School w/ Council
MINDFULNESS PRACTICES FOR JUNIORS

‘Me at College’ drawing
Collectively as a game in class
Personally as a reflection at home
(Reviewed as a senior)
MINDFULNESS PRACTICES IN THE PROCESS

- Two feet on the floor
- “When I said that your shoulders went...”
- More Stressed / Less Stressed / Same Stressed
- Basket of rocks on the table
Mindfulness Practices for Seniors

The Magic Wand / Coin Flip
(requires magic wand or coin)

The 24 Hour ‘Spell’*
(requires Post-it notes)

*perfect for athletes/artists
PREPPING WITH A PURPOSE

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SETTING GOALS & ESTABLISHING MEANING

Remove anxiety via planning
  What’s the goal, why?
  Establish baseline
Map out testing timeline – check in points
Storyboard like one’s transcripts or a job or home purchase – best/worst case
Realistic – making up for past faults
During Prep

- Empathy & presence
  - Whether self study, class, or tutor

- Review
  - Not all wrong answers are created equally, contractor for the brain

- Sherpa
  - They still do the work, I just provide guidance & efficiency, opening up a space: “do you see that foothold?”

- Vulnerability
  - My Feb ACT result
REFLECTION

- Test prep experience as a real-life introduction to adult level cost/benefit decisions

- Honing content, efficiency, accuracy – precision of “always vs. sometimes” compared to lap swim vs. training for a meet
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