



Firestarter

Text me: 321-345-9070

**WELCOME
STUDENTS & PARENTS**



**HARLAN WILL ANSWER
YOUR QUESTIONS LIVE
DURING THIS MORNING'S
KEYNOTE!**

Text him at:

321-345-9070

(your identity will be confidential)

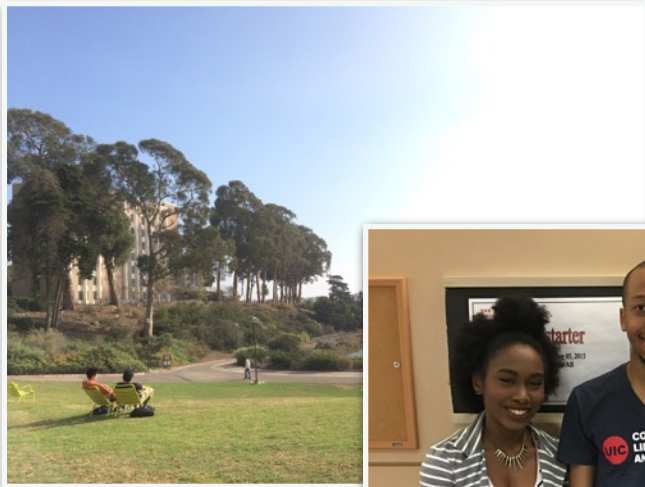


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WELCOME STUDENTS & PARENTS

I've visited over 500 schools...



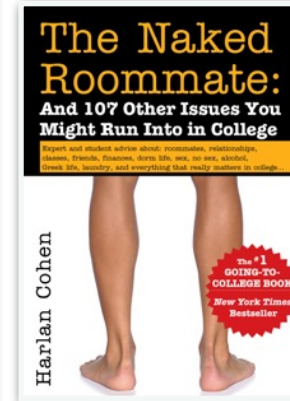


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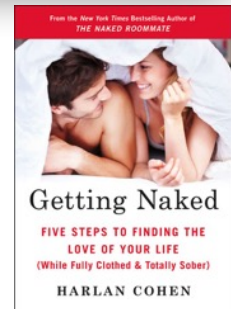
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I'm Harlan Cohen

I spend my time writing and researching...



BEST SELLERS - EDUCATION	
Best Sellers	
OVERVIEW	THIS MONTH
<p>PRINT & E-BOOKS Fiction Nonfiction</p> <p>HARDCOVER Fiction Nonfiction</p> <p>PAPERBACK Trade Fiction Mass-Market Fiction Nonfiction</p> <p>E-BOOKS Fiction Nonfiction</p> <p>ADVICE & MISC. Combined</p> <p>CHILDREN'S Picture Books Middle Grade Young Adult Series</p> <p>GRAPHIC BOOKS Hardcover Paperback Manga</p> <p>MONTHLY LISTS Animals Business Celebrities Crime Culture</p>	<p>June 2015</p> <p>EDUCATION</p> <ol style="list-style-type: none"> 1 MISSOULA, by Jon Krakauer. (Doubleday.) The author of "Into the Wild" discusses cases of acquaintance rape in Missoula, Mont., home of the University of Montana. Sunday Book Review Buy 2 VERY GOOD LIVES, by J. K. Rowling. (Little, Brown.) J.K. Rowling's Harvard commencement address on embracing failure and imagination. Buy 3 BETWEEN YOU & ME, by Mary Norris. (Norton.) A memoir of a career in the New Yorker's storied copy department, along with grammar advice. Sunday Book Review Buy 4 HOW TO READ LITERATURE LIKE A PROFESSOR, by Thomas C. Foster. (Harper Perennial.) An introduction to the hidden truths of literature that decodes literary basics, including symbols, themes and context. Buy 5 THE NAKED ROOMMATE, by Harlan Cohen. (Sourcebooks.) A primer of issues one might typically expect to encounter during college dormitory life. Buy





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This is my family...

I love my family... (AND I LOVE CHICAGO)





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WARNING! WARNING!





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College Planning is Missing...

College planning in high school is all about search and selection, but there's a third part. It's called TRANSITION.





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College Success is Not Magic

POOF!

This is
how it happens for
most high school
students...





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What's Your Plan?

DREAM BIG

BEWARE OF UNDER DREAMING

(under dreaming is the act of limiting your dreams because you don't want to get hurt or feel disappointed if you fail)

**What do you
want to happen
in college?**

“MAKE
YOUR
OWN
MAGIC”

A poster with a dark blue, crumpled paper background. The text "MAKE YOUR OWN MAGIC" is written in large, bold, white capital letters. The quote is enclosed in large, stylized white quotation marks.



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About Parents...

I call you the **MOST** loving, caring, and supportive parents facing new and unprecedented challenges.





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They Call You Names

HELICOPTER PARENTS



LAWN MOWER PARENTS



SNOWPLOW PARENTS





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You Know More...

**You see more,
hear more...
and that means
you need to know more...**

**Parents are first responders. You need to
know how to respond.**





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SIMPLE RULE #1

RULE #1

Get comfortable with the uncomfortable






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My College Experience

MY PROBLEM? NO ONE TOLD ME COLLEGE COULD BE UNCOMFORTABLE.

MyUW ▾LIBRARIESMAPNEWSABOUT UWAPPLYVISITGIVE

WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

ACADEMICSADMISSIONSCAMPUS LIFE
RESEARCHPUBLIC SERVICEATHLETICS





A wide-angle photograph of a lush green lawn at the University of Wisconsin-Madison. Numerous students are seen relaxing on the grass, some lying down and others sitting. In the background, there are large, historic brick buildings with many windows, and a prominent clock tower is visible on the right side. The sky is blue with scattered white clouds. The scene is framed by large, leafy trees in the foreground and background.

< COMMENCEMENT INFOINSPIRING GRADUATES

HIGH HONORS
UW students earn prestigious awards

>



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Get Comfortable with the Uncomfortable



IT CAN STORM IN COLLEGE
There will be... **SOCIAL,**
EMOTIONAL, PHYSICAL
FINANCIAL, and ACADEMIC
STORMS.



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Get Comfortable with the Uncomfortable

Expect this....



But be prepared to get comfortable with the uncomfortable!



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What I Learned

I transferred and it took me a good year to get comfortable with the uncomfortable...

I found my places

I found my people

I learned to be patient...





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The Five BIG Transitions

SEPPFA

**Social
Transition**

**Emotional
Transition**

**Physical
Transition**

**Financial
Transition**

**Academic
Transition**

Yes, the world's worst acronym



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THE 90/10 RULE

**90/10
RULE**

**Life is 90%
amazing**

**10% difficult
(or a bunch of BS)**

**The secret...
NEVER let the 10%
take up 100%
of your time!**



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Two Types of People

There are two types of people in the world:

People who fight the uncomfortable

These people are always looking to hate, hide, or attack. They blame anyone or anything for the things that make them uncomfortable.

These children are NOT happy and can be very difficult to communicate with.





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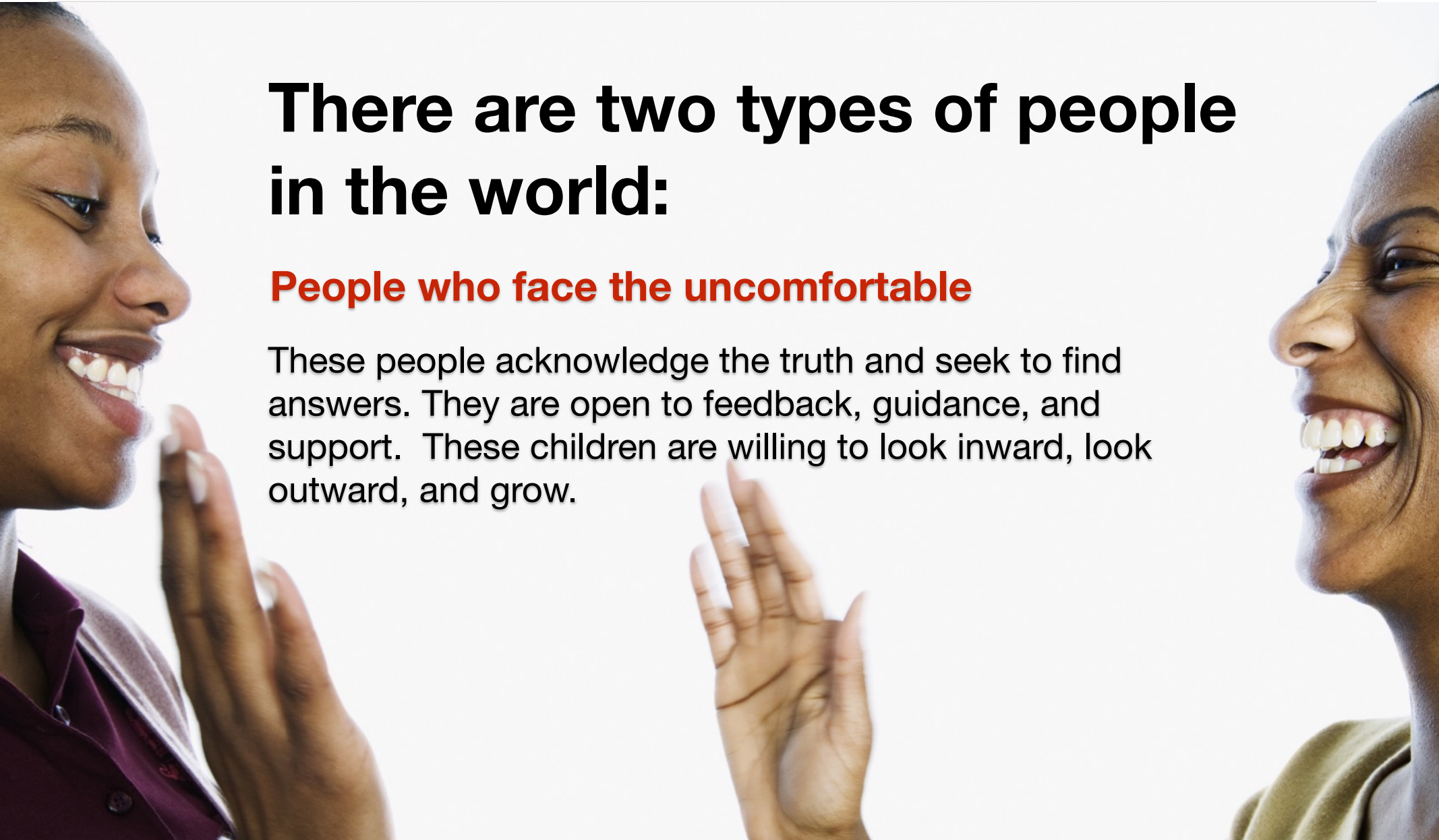
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Two Types of People

There are two types of people in the world:

People who face the uncomfortable

These people acknowledge the truth and seek to find answers. They are open to feedback, guidance, and support. These children are willing to look inward, look outward, and grow.





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Do They Know What's Coming?

If you don't know about the uncomfortable, you can't prepare for what's ahead. And this is what happens to millions of students.





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Here's What's Coming



**66.6 percent of surveyed freshmen
admitted feeling lonely or homesick
during their first year in college**

-Higher Education Research Institute UCLA



Do They Know What's Coming?

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

Percent (%)	Male	Female	Total
No, never	41.2	30.2	34.0
No, not last 12 months	19.6	19.8	19.7
Yes, last 2 weeks	13.8	18.1	16.6
Yes, last 30 days	7.2	9.9	9.0
Yes, in last 12 months	18.3	22.1	20.8
<i>Any time within the last 12 months</i>	39.3	50.0	46.4

Felt exhausted (not from physical activity)

Percent (%)	Male	Female	Total
No, never	18.5	8.2	11.9
No, not last 12 months	8.2	4.8	6.0
Yes, last 2 weeks	40.7	55.2	50.1
Yes, last 30 days	15.6	16.6	16.2
Yes, in last 12 months	17.0	15.2	15.8
<i>Any time within the last 12 months</i>	73.3	87.0	82.1

Felt overwhelmed by all you had to do

Percent (%)	Male	Female	Total
No, never	15.6	5.3	9.0
No, not last 12 months	7.4	3.1	4.6
Yes, last 2 weeks	39.8	57.7	51.4
Yes, last 30 days	15.9	16.9	16.5
Yes, in last 12 months	21.3	17.0	18.4
<i>Any time within the last 12 months</i>	77.0	91.6	86.4

Felt very lonely

Percent (%)	Male	Female	Total
No, never	28.9	18.7	22.3
No, not last 12 months	19.7	18.0	18.6
Yes, last 2 weeks	20.1	26.1	24.1
Yes, last 30 days	11.0	14.6	13.3
Yes, in last 12 months	20.2	22.6	21.7
<i>Any time within the last 12 months</i>	51.3	63.3	59.2



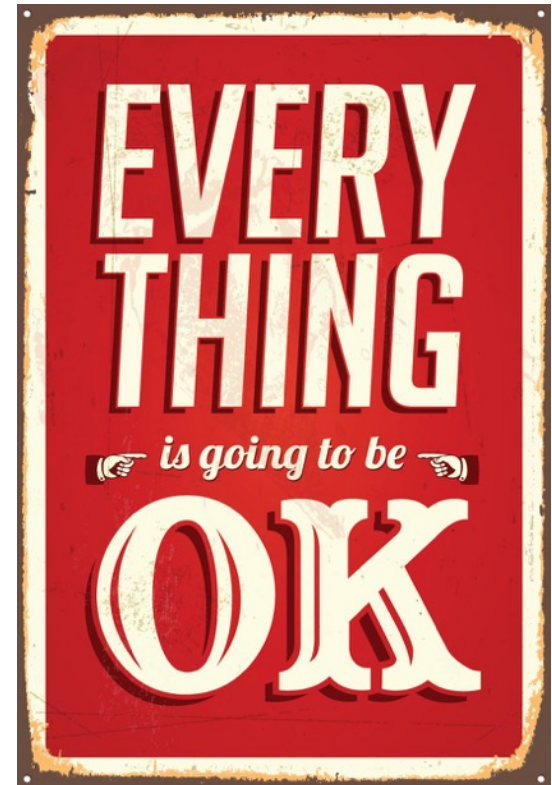
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Struggle Down the Hall...

Practice Uncomfortable in High School

Uncomfortable is NOT an emergency



It's part of life.



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Risk-Taking 101

Let me introduce you to the...

Universal Rejection Truth

The **URT** says that not everyone and everything will respond to you the way you want everyone and everything to respond.





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SIMPLE RULE #2

RULE #2

DON'T PANIC...

Think people, places, and patience





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People, Places, Patience



PEOPLE:

Find Your 5 people

PLACES:

Find Your 3 places



PATIENCE:

Give it a
couple
semesters





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Your Three Places

WHY THREE PLACES?

Commuter Student Resource Center

The **Commuter Student Resource Center** makes your day as a commuter student run more smoothly. The center provides a comfortable and friendly environment in Student Center East where commuters can go to relax between classes or to study. It has a lounge space, study spaces, kitchen, lockers, showers, a multipurpose room and lactation rooms. The staff can also provide information to commuter students on housing and transportation resources.

[Commuter Student Resource Center →](#)



Special interest housing

You can apply to live in **special interest communities**, sharing living space with students who have similar interests. Some communities are academic, where students share major or career goals—while others, like the health and fitness community, focus on a non-academic interest. Each community has a peer-mentor who guides resident students to success in and out of the classroom. Faculty-in-Residence are designated to work with special interest communities.

[More about special interest communities](#)

✳ **ALWAYS**
somewhere to go

✳ **ALWAYS**
something to do

✳ **ALWAYS**
have options



Project Oasis

The **Project Oasis program** provides places to interact, study and collaborate between classes. More than two dozen comfortable and supportive learning spaces have been created with attention to lighting, acoustics and ergonomics. Each oasis has contemporary furniture, and some even have artwork created by UIC art students and alumni. Oases come in all shapes and sizes and can be found in many campus buildings.

[More about Project Oasis](#)

SUGGESTIONS: Start identifying your places on campus today...



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Your Three Places

PLACES ARE LOCATIONS WHERE YOU CAN

✱ SWEAT

✱ PLAY

✱ PRAY

✱ LIVE

✱ LEARN

✱ LEAD

✱ WORK





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The People in Your Corner

5 PEOPLE... WHY?

- * Someone is always there
- * You will never be alone
- * You always have options

5



SUGGESTION: Start finding your people today....



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Three Types of People

People who volunteer to help
People you enlist to help
People you pay to help





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Practice Patience...

PATIENCE: How much do you need?

***~~Two weeks?~~**

***~~Two months?~~**

Two semesters? **DING DING DING*

But really it takes a good two years to find the best people and the best places.



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People, Places, Patience

It's easier to create a new life on campus when you have...



PLACES

PATIENCE



PEOPLE





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What's Your Story?

RULE #3 Tell Your Story



Tell the story as if it's already happened...



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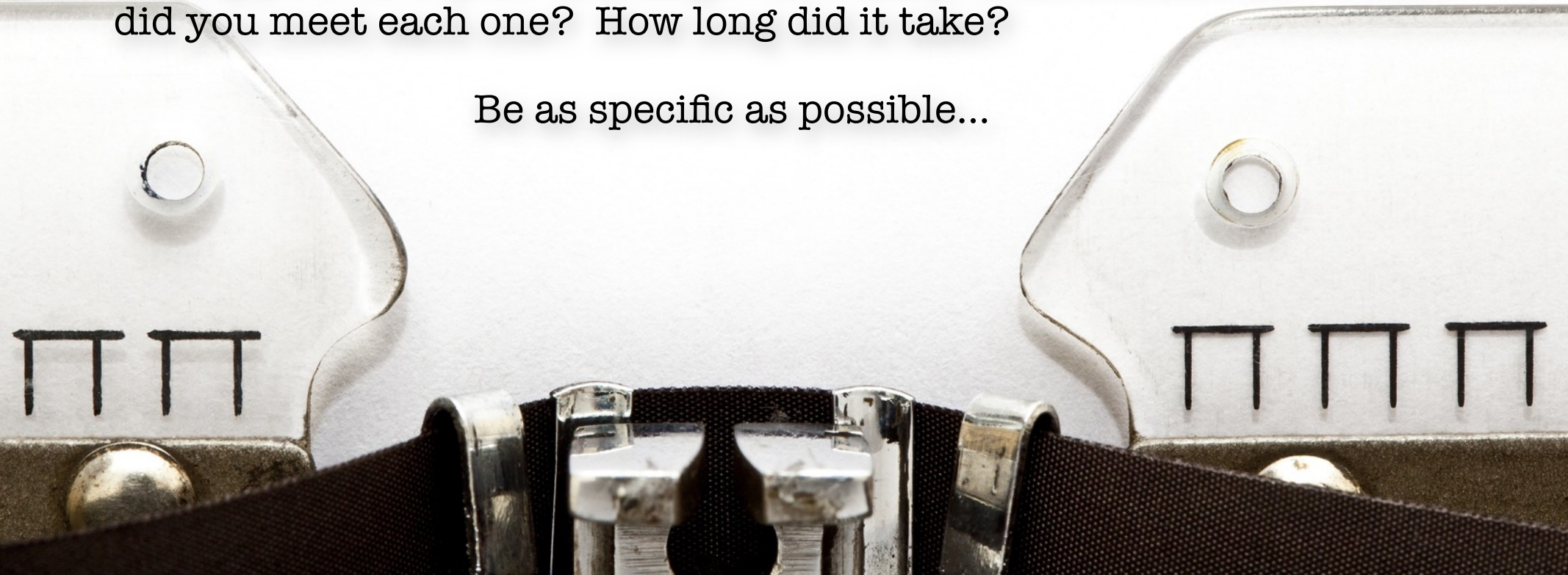
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Planning for Transition

What's your story?

It's the end of your first year in college and you are surrounded by five new friends. You met each one in different places on campus during your first year in college. How did you meet each one? Where did you meet each one? How long did it take?

Be as specific as possible...





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Your College Experience Has Started!

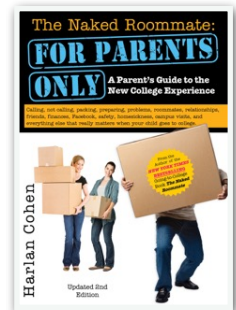
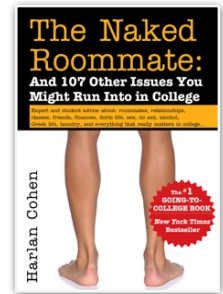


TEXT HARLAN YOUR QUESTIONS

Harlan will answer your questions
LIVE during today's event

*your identity will remain confidential

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/HelpMeHarlan
/NakedRoommate
/NakedRoommateForParents



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harlancohen



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www.HarlanCohen.com/event-handouts
www.NakedRoommateBootCamp.com