

ECFS COLLEGE OFFICE DIGEST

Dear Form VI Parents/Guardians,

With immense pride and excitement for the Class of 2026, we are nearing the end of their college application process. By now, students have received all of their admissions decisions and that is something worth celebrating. For students weighing their college options, April will be a busy month! We encourage students to attend **Admitted Student Days** over the next few weeks to help them make the most informed decision. **Please be sure to alert the high school office of any anticipated absences; students should also be in touch with their teachers to follow up on any work that was missed.** As always, students should also meet with us, their counselors, with any questions or concerns as it pertains to their college process. As we've done in previous years, we reserved the week after Spring Recess just for seniors to help them process their decisions, to provide encouragement and support, and we are pleased that many students have come by.

Parents/Guardians, you can best support your child now by reminding them how proud you are of all that they have accomplished. We have re-posted some advice from last month's Digest, from Form VI Psychologist, Dr. Ben Harris, for your convenience.

Lastly, we are thrilled to announce our second annual **College Decision Day Celebration** for seniors from all three "hilltop" schools: Fieldston, Riverdale and Horace Mann. Students will gather at Horace Mann on the afternoon of May 4 to celebrate the end of the college application process. We have ordered special t-shirts for the seniors and there will be food trucks, photos and more, in honor of their hard work. We're excited to come together for this memorable event and celebrate the Class of 2026.

Best,
The College Office

Advice from Form VI Psychologist, Dr. Ben Harris



Q: What are some helpful ways parents can support their children as they receive their remaining admissions decisions?

A: Without your kids, I would encourage you to imagine/visualize all of the scenarios (accept/deny/waitlist) for each school and try to pay attention to any thoughts/feelings you have that come up as you imagine the different scenarios. This should help you anticipate any reactions you might have that while legitimate, may not be useful to your student.

In addition, remind yourself that even though it can feel otherwise, any decision--positive, negative, or WL, the decision is not a referendum on either your student's academic career, nor your parenting.

With your students, I would make a plan about how/when/where/with whom they are going to open up an admissions emails. I would remind the kids that they did everything that was in their control to put themselves in a position to be considered for these places.

Q: Do you have tips for students on how to manage their emotional wellbeing as they receive admissions decisions that may not always align with their hopes or expectations?

A: I would make a plan ahead of time about which of your friends you will share the news with and which you won't. Other than taking some time to anticipate reactions, consider walking, exercise, doing something you enjoy, watching tv--I would stay away from social media as algorithms will feed you college content. Hang out with friends. Basically: be kind to yourself. It really does work out in the end; I realize how hollow and banal that can sound, but it really does.

Dr. Harris can be reached at bharris@ecfs.org.

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HOW THE WAITLIST WORKS

One of the potential outcomes in Regular Decision is an offer to join the waitlist. A waitlist offer simply means that the college needs to monitor their enrollment in the early weeks of April/May before making a final decision. Should there be space available in the freshman class, the college(s) will review applicants who indicated they wish to remain on the waitlist. A few important points about the waitlist:

- The waitlist is often an enrollment strategy for a college/university to fulfill their institutional priorities and balance the incoming class. The college may need more artists, engineers, humanists, or students with specific social identifiers, and use their waitlist to fill their freshman class.
- **Waitlists are not ranked**, and you will likely have to notify the college(s) that you wish to accept the waitlist in the applicant portal.
- If you are on a waitlist, it is important that you continue to demonstrate interest in that college or university. You can follow-up with a short email to the admission office--**unless they have requested not to receive additional materials**--stating your continued interest, and it helps if you tell the institution you would enroll if admitted (**only do so if this is true**).
- When a college uses their waitlist, they generally start to notify applicants after May 1st. This will vary at every single institution. Some colleges can notify students in late April, and others may not begin to notify students until early June. If a college will not use their waitlist (or closes their waitlist), they will email all applicants with an update.
- **There is no way to predict the extent to which a college will admit from their waitlist.** Each college/university closely monitors how many students have enrolled throughout the month of April.
- If a college uses their waitlist, the number of students admitted can vary greatly. Some colleges may take as few as 10 students from their waitlist while others may take over 100 students.
- Waitlist offers are generally made via phone or email from the admission office or an admission representative. If admitted from the waitlist, it is highly unlikely that you will have time to revisit the college. A college may give you as little as 24 hours or up to a week (at most) to accept or decline their offer of admission from the waitlist.
- It is perfectly acceptable to remain on multiple waitlists. Even if you remain on the waitlist at one or more institutions, you may enroll at (only) one university by May 1.
- **Please note that may only enroll at one college or university by May 1. It is unethical to enroll at two different institutions and doing so may place your admission (at all of your schools) in jeopardy.**
- If you are admitted from the waitlist, you will likely forfeit your enrollment deposit at the school where you enrolled (and need to pay a new enrollment deposit), especially if it is after May 1st or shortly thereafter.



While students may look forward to the possibility of being admitted from a waitlist, it is important that they fully embrace the options that they *do* have right now. Remind your child why they applied to their list of colleges in the first place: it is because there are compelling offerings/aspects of **all** of the colleges to which they chose to apply. Attending Admitted Student Days, joining social media groups for admitted students, speaking with students at a particular institution, can all help students be excited and proud of all of their options. Your support, encouragement and optimism goes a long way, too!

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COLLEGE AFFORDABILITY

We encourage students to apply for outside scholarships as much as possible to help offset the high costs of attendance. As referenced in last month's digest, please keep in mind some important information regarding scholarships below, along with links to some extensive scholarship databases. As always, **beware of scholarship scams**.

- Some may require minimum qualifications i.e. GPA, SAT/ACT score. Students should pay close attention to this before applying.
- If a counselor and/or teacher recommendations are required, and you want us to submit a recommendation that has already been complete, students must provide at least 2-3 business days for us to fulfill this request.
- If you require a brand-new recommendation, you must give your recommender at least two-weeks notice.
- There are hundreds, if not thousands of scholarships out there. Utilize filters for the best results i.e. "scholarships for women in STEM," "scholarships for graphic designers," "scholarships for first-generation," "scholarships for leaders in community service," etc.
- For your reference, below are two reputable scholarship search engines:

fastweb

 **BigFuture**

 **College Money Method**

Webinars for Form VI families have concluded for this year. Any family who needs assistance interpreting their financial aid award should contact their child's counselor.

Should you wish to reference any of the previous College Money Method, you may access it here:

[College Money Method website](#) (password: ecfscmm)

Then, scroll down to the desired webinar and select, "Access Workshop Recordings & Resources."