



College Counseling Reading Recommendations

College Search Process

College Match: A Blueprint for Choosing the Best School for You, by Steven R. Antonoff, Ph.D., 12th Edition, 2014. *This book does exactly what the title says: it steps you through a process, like a workbook, to help you set your criteria for a college fit for you. It has self-discovery exercises, guidance on building your college list, information on financial aid, advice on college essays and more.*

Colleges That Change Lives, by Loren Pope. Penguin Books, 2006.

(www.ctcl.org) *A wonderful source for students looking for less selective, but academically strong, excellent teaching liberal arts colleges. Each college is given a comprehensive review of 6-10 pages. These schools have tremendous reputations and are very successful in developing students into scholars and preparing them for graduate schools and careers.*

Colleges That Create Futures: 50 Schools That Launch Careers By Going Beyond the Classroom, by Robert Franek, Princeton Review, 2016. *An informative guide to extraordinary innovative programs, experiential learning opportunities and career development programs at 50 colleges and universities.*

Fiske Guide to Getting Into the Right College, by Edward B. Fiske and Bruce G. Hammond. Sourcebooks. (Fourth Edition, 2010) *This is a terrific guide to choosing schools to apply to and, eventually, to enroll in. It is a good resource to tell you about schools, help you decide what you are looking for, and guide you through the application process.*

The Other College Guide: A Road Map to the Right School for You, by Jane Sweetland, Paul Glastris, and the Staff of the *Washington Monthly*, 2015. *This book does a good job of stepping you through the college search process: defining your criteria for a good fit school and providing lots of information about college costs and value. It has “Best-bang-for-the-buck” ranked lists of colleges by region, a list of “Affordable Elites,” “Best-bang-for-the-buck HBCUs, and Best Community Colleges.*

Where You Go is Not Who You’ll Be: An Antidote to the College Admissions Mania, by Frank Bruni, Grand Central Publishing, 2015. *This book gives a new perspective on the often brutal competition and anxiety of the college admissions process. He assures us that not getting into an Ivy League or First-Tier school does not mean failure for life. On the contrary, he presents much evidence that success and happiness are to be had at many schools. Success has more to do with how you do college than where you go.*

Financial Aid

Graduate From College Debt-Free, by Bart Astor, Humanix Books, 2016. *This is a concise, clear explanation of the financial aid process. It is up to date, specific and a great how-to guide for the financial aid application process. I highly recommend it!*

Transition to College

Letting Go: A Parents' Guide to Understanding the College Years, by Karen Levin Coburn and Madge Lawrence Treeger, Harper, 2009. *Provides insight into the developing young adult mind and the critical process of separation from family and formation of identity that seniors and college students go through. This book gives support and guidance to parents as their children go through this process from the senior year through the college years.*

Making the Most of College: Students Speak Their Minds, by Richard Light, Harvard University Press, 2001. *This is a book about how to be successful in college. The suggestions, advice and strategies are solid and specific enough to be useful. It has in-depth explanations of how these strategies help and powerful anecdotes that will inspire.*

The Naked Roommate: And 107 Other Issues You Might Run Into in College, by Harlan Cohen, Sourcebooks, 2013. *This up-to-date, light-hearted, but thorough approach to all the important issues, large and small, is full of specific, practical advice on roommates and dorm life, involvement in clubs, Greek life, dating, sex, alcohol and drugs, money, and health as well as tips for success in the classroom.*

The Stressed Years of their Lives: Helping Your Kid Survive and Thrive During Their College Years, by B. Janet Hibbs, Ph.D., M.F.T. and Anthony Rostain, M.D., M.A. St. Martin's Press, 2019. *This book addresses the mental health challenges of the transitional years from adolescence to young adulthood. Rich in information about identifying and dealing with issues and provides many resources for parents.*

There is Life After College: What Parents and Students Should Know About Navigating School to Prepare for the Jobs of Tomorrow, by Jeffrey Selingo, HarperCollins, 2016. *This book does an excellent job of explaining how best to prepare for a career during your college years. Selingo has good insights on the job market for young college graduates and good advice on how to take advantage of the opportunities in order to build your resume from day one of college. An important read for college-goers and their parents.*