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Parent Starter Kit

A comprehensive guide for parents supporting their student through the college admissions process.



(Extended Edition)

A complete parents' guide to the college admissions process

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Parent Starter Kit

Start Here

If you're reading this, college is starting to feel real. Your student may be doing well, but the admissions process can be confusing, harried, or overwhelming. This guide focuses on what truly matters—and how families can move forward with confidence and less stress.

Understanding the College Admissions Process

College admissions is a holistic review of your child, how they think, how they've grown, and how they may contribute to a college community. Grades and test scores matter—but so do reflection, clarity, and communication

When Things Start to Feel Overwhelming

Most families feel fine, but pressures build as deadlines approach, essays feel harder than expected, and everything feels urgent. This is why the process needs structure and support.

Writing Essays Without Panic

Essay writing can be the most stressful part. Many students freeze at a blank page and lose confidence quickly. With guidance, students learn how to generate ideas, draft freely, and revise effectively. Editing is always easier than starting from nothing—and no student should do this alone.

Are We Behind?

It's common to worry when others seem “finished.” In reality, timelines vary widely. What matters isn't speed—it's direction. A clear plan replaces comparison with steady progress.

Interviews, Explained

Interviews aren't interrogations. They're conversations designed to help colleges get to know your child. With preparation, students approach them with confidence instead of anxiety.

What Your Student Actually Needs

Your student doesn't need reassurance—they need consistency, support, and experienced guidance. Parents deserve to know that the process is being handled, without having to manage every detail.

Next Steps

If you're looking for clarity, structure, and calm guidance, I'd be happy to help. Together, we can build a plan that fits your family and removes uncertainty.

You don't have to navigate this alone—and neither does your student.

Contact me to schedule a consultation and take the next step with confidence.



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A Welcome Note from Nathan Hurwitz

The college admissions process can be both exciting and daunting. It asks students to:

- Reflect on who they are
- Articulate their growth
- Manage deadlines
- Make significant life decisions.

It asks parents to provide:

- Encouragement
- Boundaries
- Emotional support
- Structure (without taking over)

This guide is designed to help you feel more confident, informed, and grounded throughout the journey.

What Working Together Looks Like

Parents often ask what support looks like in practice. My approach is structured, transparent, and designed to support both students and families.

Structure & Sessions

- Weekly or bi-weekly one-on-one meetings
- Clear short- and long-term goals
- A personalized admissions timeline

Writing & Strategy

- Guided personal statement development
- Supplemental essay strategy and revision
- Thoughtful, balanced college list development
- Interview preparation when appropriate



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Accountability & Progress

- Draft tracking and revision checkpoints
- Clear expectations for follow-through
- Steady progress without last-minute pressure

Parent Communication

- Periodic progress updates
- Clear boundaries that support student independence
- Reassurance that the process is moving forward

Parents often tell me the greatest benefit is not having to manage the process themselves—while knowing it's being handled thoughtfully and professionally.

Why Structure Matters

Most students are capable and motivated, but many lack a clear roadmap. Without experienced guidance, families often face rushed deadlines, essays written too late to revise, unclear application narratives, unnecessary stress at home, and missed opportunities to strengthen positioning or pursue scholarships.

This isn't about intelligence or effort. It's about navigating a complex system without a clear plan. Professional admissions coaching isn't about pushing students—it's about organizing the process, creating accountability, and reducing uncertainty before pressure mounts.

I look forward to working with you and supporting your family through this important transition.

Nathan Hurwitz



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2. The Admissions Landscape Today

College admissions has changed dramatically since you applied. The process is more competitive, more demanding, and far more stressful for students and families.

Today:

- Students apply to **more colleges than ever before**
- Applications include **multiple supplemental essays**, not just one
- Deadlines arrive faster and overlap more frequently
- Application volume at selective schools has surged
- **Writing quality now clearly separates applicants**
- Colleges place greater emphasis on **maturity, reflection, and personal insight**

As a result, many students feel overwhelmed and uncertain, while parents find themselves hovering—trying to prevent missed deadlines or mistakes. Too often, this leads to increased stress, tension at home, and a sense that everything feels urgent.

What Colleges Are Really Looking For

Beyond grades and test scores, colleges are evaluating:

- Authentic self-awareness and reflection
- Intellectual curiosity and engagement
- Clear interests and emerging direction
- Evidence of growth over time
- The ability to communicate thoughtfully and clearly

How This Guide Helps

This guide is designed to help parents understand what matters most in today's admissions process—and how to support their student effectively without adding pressure or becoming the project manager.

With the right structure and guidance, students can present themselves with confidence, parents can step back from daily stress, and the entire process becomes more manageable and productive.



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3. What Colleges Are Looking For

Colleges evaluate far more than grades and test scores. They try to understand how prepared a student is for college—and who they will be once they arrive on campus.

Academic Readiness

Admissions officers look for evidence that a student can handle college-level work, including:

- Challenging coursework appropriate to the student's school
- Overall GPA trends (a poor semester is common; growth over time matters more)
- Teacher recommendations that speak to effort, engagement, and character

Personal Qualities

Selective colleges are especially interested in how students think and grow. They value:

- Thoughtful reflection
- Resilience in the face of challenge
- Intellectual curiosity
- Initiative and follow-through
- Meaningful contribution to a school or community

The Essay: Insight, Not a Writing Test

The personal statement and supplemental essays are not just writing assignments. They give colleges insight into a student's:

- Thinking and perspective
- Maturity and self-awareness
- Values and priorities

Strong essays help admissions officers understand *who the student is*, not just what they've done.

Demonstrated Fit

Through supplemental questions, colleges are asking:

- Why is this school a good match for you?
- How will you engage and contribute on campus?
- What academic interests truly motivate you?



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These questions are about alignment—not perfection.

How I Help

With expert guidance and structure, students learn how to answer these questions with clarity, confidence, and authenticity—while parents gain reassurance that the application presents their student at their very best.



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4. The Student Application Experience

Even strong, capable students often find the application process challenging. Many experience:

- Uncertainty about what to write or how to begin
- Pressure to sound “impressive” rather than authentic
- Confusion about what colleges are actually looking for
- Perfectionism that leads to procrastination
- Difficulty managing time alongside schoolwork and activities

These struggles are common—and they are not a reflection of a student’s ability or motivation.

How Experienced Guidance Helps

Working with an experienced mentor gives students structure and perspective. With the right support, students learn to:

- Organize the process into manageable steps
- Reflect thoughtfully on their experiences
- Strengthen writing and communication skills
- Build confidence as the process unfolds
- Make informed, intentional decisions

The result is a calmer, more productive experience for students—and far less stress for families.



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5. The Parent's Application Experience

The college admissions process can be just as stressful for parents as it is for students.

Many parents find themselves:

- Unsure of the right role to play
- Concerned about how competitive admissions have become
- Unclear about what colleges truly prioritize
- Trying to support their student without micromanaging
- Anxious about deadlines and missed details

These concerns are completely normal—especially given how much the process has changed.

How This Guide Helps

This guide is designed to give parents clarity and confidence by helping you understand:

- Your role in the admissions process
- What to expect at each stage
- How to support your student effectively
- How to reduce stress at home
- When to step in—and when to step back

With the right information and structure, parents can support their students calmly and confidently without bearing the full weight of the process.



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6. Understanding the Writing Process

Strong college essays don't come from inspiration alone. They come from a clear, guided process that emphasizes:

- Thoughtful reflection
- Clear structure
- Purposeful revision
- Clarity of ideas

Your student will learn a step-by-step writing approach modeled on university-level instruction, including:

- Brainstorming and guided reflection
- Identifying meaningful themes
- Drafting with direction
- Revising to deepen insight and focus
- Polishing for clarity, tone, and impact

Most importantly, your student will not be writing alone. They will write with structure, feedback, and steady support—building both stronger essays and greater confidence.



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7. The Personal Statement

The personal statement is one of the most important—and misunderstood—parts of the application. It is:

- Not a résumé
- Not a performance
- Not a list of accomplishments

Instead, it is a carefully structured narrative that helps colleges understand:

- Who your student is beyond grades and scores
- How they think and reflect
- What they value
- How they have grown over time

How Parents Can Support the Process

Parents play an important role in supporting strong, authentic writing. The most helpful ways to do so include:

- Encouraging honesty and self-reflection
- Asking open-ended, curiosity-based questions
- Allowing the mentor to guide the structure and revision
- Avoiding directives like “you should write about...”

With the right balance of support and guidance, the personal statement becomes a genuine, confident expression of the student—not a forced performance.



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8. Supplemental Essays

Supplemental essays allow colleges to understand how your student fits with *their* campus. These prompts ask students to explore:

- Academic interests and intellectual curiosity
- Engagement with communities and activities
- Alignment with the college's values and culture
- Personal priorities and motivations

What Strong Supplemental Essays Require

Successful supplemental essays involve more than good writing. Students must learn to:

- Carefully analyze each prompt
- Understand what each college values
- Write with specificity rather than generalities
- Align their responses with the school's academic and campus culture

How I Support Students

With structured, school-specific guidance, students receive clear direction at every step—ensuring their supplemental essays are thoughtful, focused, and tailored to each college they apply to.



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9. College Admissions Timeline (Grades 10-12)

Sophomore Year to Early Junior Year (Spring-Fall)

Laying the Foundation

- Begin **SAT or ACT preparation** (diagnostic + skill building)
- Reflect on academic strengths, interests, and learning style
- Explore extracurricular activities with depth, not just breadth
- Start thinking about **what you want in a college** (size, location, academics, culture)
- Begin light **college research** to understand different types of schools
- Focus on strong grades and course rigor

Goal: Build skills, self-awareness, and momentum—without pressure.

Late Junior Year (Winter-Spring)

Clarifying Direction

- Continue or intensify SAT/ACT preparation; take first official exam(s)
- Narrow academic interests and possible majors
- Develop a preliminary **college list** (reach / target / likely)
- Begin documenting activities, leadership, and achievements
- Start informal **essay reflection**: meaningful experiences, challenges, growth
- Visit colleges (in person or virtual) when possible

Goal: Enter summer with clarity and a working plan.

Summer Before Senior Year

Strategic Preparation

- Finalize SAT/ACT testing (if needed)
- Draft the **personal statement** (early drafts, not final polish)
- Refine and balance the college list
- Research each school's supplemental essay prompts
- Plan application strategy: Early Decision, Early Action, Regular Decision
- Begin résumé/activity list polishing

Goal: Remove pressure from fall by doing the hardest thinking early.



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Fall of Senior Year

Execution Phase

- Finalize and polish personal statement
- Write and revise **supplemental essays**
- Submit Early Action / Early Decision applications
- Prepare for interviews (when offered)
- Request recommendation letters and transcripts
- Track deadlines carefully and submit applications on time

Goal: Submit strong, thoughtful applications without last-minute stress.

Winter of Senior Year

Completion & Follow-Up

- Submit remaining Regular Decision applications
- Complete interviews as needed
- Send mid-year grades if required
- Respond to additional requests from colleges
- Begin reviewing early results and adjusting expectations if necessary

Goal: Finish strong and stay organized while waiting.

Spring of Senior Year

Decision and Transition

- Review admissions decisions
- Navigate waitlists strategically (letters of continued interest)
- Compare financial aid and scholarship offers
- Revisit top-choice campuses (if possible)
- Make a final college decision by May 1
- Prepare for the transition to college life

Goal: Choose the best academic, social, and personal fit—with confidence



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10. How to Support Without Stressing

Parents play an important role in the college application process—but the *way* support is offered matters. The most effective support helps students stay confident and independent, rather than anxious or overwhelmed.

Helpful ways to support your student include:

- Asking open-ended, reflective questions rather than giving directives
- Avoiding detailed critique of essay drafts
- Focusing on growth and progress, not outcomes or comparisons
- Encouraging steady effort instead of perfection
- Maintaining a calm, reassuring presence
- Allowing your student to take ownership of their work
- Celebrating small milestones along the way

When parents provide steady encouragement without pressure, students are more confident, more motivated, and better able to present their best selves in the admissions process.



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11. Red Flags – When Your Student Needs Support

Most students experience some stress during the application process. However, certain patterns may signal that your student would benefit from additional guidance.

Be attentive if you notice:

- Ongoing avoidance of writing or application tasks
- Persistent anxiety or overwhelm
- A drop in academic motivation or engagement
- Excessive perfectionism that stalls progress
- Emotional withdrawal or frustration

These signs don't indicate failure—they indicate that the process may be exceeding what your student can manage alone.

If any of these arise, I encourage you to reach out. I can adjust my approach to provide additional structure, reassurance, and support—helping your student regain confidence and momentum.



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12. Parent-Student Communication Tools

How parents talk about the college process can either reduce stress or unintentionally increase it. Thoughtful, open-ended questions help students reflect, clarify their thinking, and feel supported.

Helpful prompts include:

- “What part of this feels confusing right now?”
- “What ideas are you exploring?”
- “What are you most proud of this year?”
- “What do you want colleges to understand about you?”

These questions invite reflection rather than pressure.

Phrases to Avoid

Some well-intentioned comments can increase anxiety or shut down conversation. Try to avoid:

- “Just write something brilliant.”
- “You have to get into ____.”
- “This has to be perfect.”

Replacing pressure with curiosity helps students stay open, confident, and engaged throughout the process.



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13. College List Strategy

A strong college list is balanced and intentional—not driven by rankings or panic.

Thoughtful lists typically include:

- **Reach schools** – where admission is more competitive
- **Match schools** – where the student’s profile aligns well
- **Likely schools** – where admission is very strong
- **Priority schools** – colleges the student is genuinely excited about

What to Consider

When evaluating colleges, it’s important to look beyond name recognition. Key factors include:

- Academic fit and course offerings
- Campus culture and social environment
- Size, location, and setting
- Cost, financial aid, and affordability
- Strength of programs related to the student’s interests

A well-built list gives students excellent options—and gives families peace of mind—by keeping choices realistic, meaningful, and aligned with the student’s goals.



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14. Application Platforms Overview

Most students apply to colleges using different application platforms. Each works a bit differently, but all require accuracy, consistency, and close attention to detail.

The Common Application

Used by hundreds of colleges, the Common App allows students to complete one main application that is sent to multiple schools. Each college may also require its own supplemental essays.

Why it matters: Errors or inconsistencies can be repeated across many applications if not managed carefully.

State University Application Systems

Many public universities use centralized state systems with their own formats, prompts, and requirements.

Why it matters: These systems often differ significantly from the Common App and require special attention to deadlines and details.

The Coalition Application

Used by a smaller group of colleges, the Coalition App has a different structure and emphasizes access and affordability.

Why it matters: Students must tailor content while keeping it consistent with other applications.

School-Specific Portals

Some colleges use their own application portals or require additional forms after submission.

Why it matters: Extra steps and deadlines can be easy to miss without a clear tracking system.



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What All Platforms Require

Across all platforms, strong applications depend on:

- Accurate, complete information
- Consistency across submissions
- Clear, well-written descriptions of activities and coursework

How I Help

I guide students step by step through each platform to ensure applications are accurate, consistent, and submitted on time—so parents don't have to manage the technical details themselves.



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15. Interview Preparation

When interviews are part of the admissions process, colleges are not testing students—they are getting to know them. Interviews help assess:

- Intellectual curiosity
- Clarity of thought
- Communication skills
- Maturity and self-awareness

How I Prepare Students

With structured preparation, interviews become conversations rather than sources of anxiety. Students receive:

- Mock interviews for practice and confidence
- Coaching on effective strategies
- Guidance on common questions
- Practical tips for engaging in natural conversation

The result is a student who feels prepared, authentic, and comfortable representing themselves.



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16. Scholarships and Financial Aid (An Overview)

Understanding financial aid is an important part of the college process, and it often feels just as complex as the applications themselves. Families should be familiar with:

- The **FAFSA**, which determines eligibility for federal aid
- The **CSS Profile**, required by some colleges for institutional aid
- The difference between **merit-based** and **need-based** aid
- How to organize and approach a scholarship search

How I Support Families

While I am not a financial aid officer, I help families understand the key requirements, timelines, and options—and guide students in conducting an effective, organized scholarship search. The goal is to reduce confusion, avoid missed opportunities, and help families make informed financial decisions with confidence.



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17. Month-by-Month Checklists

To keep the process organized and manageable, families receive clear, month-by-month checklists throughout our work together. These checklists are updated every four months and aligned with where your student is in the admissions cycle.

Each checklist outlines:

- What **parents** can do to support effectively
- What **students** should focus on that month
- Common **signs of stress or overwhelm** to watch for
- When and how to **reach out for additional support**

These checklists remove guesswork, keep everyone aligned, and ensure nothing important is missed—without turning the process into a source of stress.



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18. Decision Season Guide

Decision season can be exciting—and emotionally complex—for both students and parents. This guide helps families navigate the final stage of the process with clarity and confidence.

It covers:

- How to interpret admissions decisions
- Comparing and evaluating college offers
- Understanding financial aid and cost considerations
- Responding strategically to waitlists
- Supporting students through disappointment
- Making a final, well-reasoned college decision

The goal is to help families move from uncertainty to clarity—so the final choice feels thoughtful, informed, and right for your student.



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19. Waitlist Strategies

Being placed on a waitlist can feel uncertain, but it does not mean the process is over. With the right approach, students can remain active and professional candidates.

This section covers:

- How and when to submit letters of continued interest
- What types of updates are appropriate to share
- Clear guidelines for communicating with colleges
- Common mistakes and red flags to avoid

Thoughtful, well-timed communication can make a difference—and this guide helps families navigate waitlists calmly and strategically.



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20. Final Message to Parents

The college admissions process is about far more than applications and decisions. It is a period of meaningful growth—one that builds reflection, maturity, and self-understanding.

Through this process, students often emerge:

- More confident in who they are
- More self-aware and reflective
- Stronger, clearer writers
- More effective communicators

Thank you for your trust and partnership. Supporting your student through this important transition is a privilege, and I'm grateful to be part of your family's journey.

[Contact now to set up your initial consultation](#)
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