

00:00 Hello everyone, thank you for checking out this workshop.  
00:03 We'll be talking  
00:04 about the holistic admission review process.  
00:07 But just to start, we just wanted to do some introductions.  
00:11 My name is Brian Denzak,  
00:12 and I'm an Assistant Director of Undergraduate Admission  
00:15 at Suffolk University.  
00:17 I'll now pass it over to my colleague to introduce herself.  
00:20 Hello everyone, my name is Aya AL-Namee,  
00:23 I am the Assistant Director of Admissions  
00:25 and also the Coordinator for Access  
00:28 and Inclusion at Suffolk.  
00:29 I'm very excited to be with you all today.  
00:32 Brian, I'll give it back to you.  
00:34 Okay, great.  
00:35 Just to start, what exactly is holistic admission?  
00:39 What does it mean?  
00:41 Essentially, it's a process where an admission decision  
00:43 is made with a consideration of multiple elements  
00:46 of an applicant.  
00:47 So if you kind of think of it as each applicant is a puzzle  
00:50 all of the different components that make up  
00:52 an application are the pieces to that puzzle  
00:56 that let us know who you are as an applicant  
00:58 and how you might fit into the university  
01:02 or college that you're applying to.  
01:05 So kind of breaking down those different elements  
01:07 or different pieces of that puzzle,  
01:10 we talk about holistic admission.  
01:12 One of those pieces is involvement.  
01:15 Colleges and universities would like to know  
01:18 about you as a student, as an applicant.  
01:21 What are you interested in?  
01:22 What are you passionate about?  
01:24 It's also an opportunity to find out more  
01:27 about you behind the test score, behind the transcript.  
01:31 And such things can be like what clubs  
01:34 and organizations you're involved in,  
01:36 what part-time jobs do you have outside of the classroom?  
01:40 What are the family responsibilities that you have  
01:43 that you do outside of a classroom as well,  
01:47 and any sports and activities that you're involved into.  
01:49 Those are all those pieces of involvement that colleges  
01:53 and universities look into to figure out  
01:55 what your interests and hobbies are.  
01:58 Also just to note, it is good  
01:59 that if you are in any clubs that use acronyms,  
02:03 definitely make sure that you spell those programs out  
02:07 or those clubs out instead of using the acronyms  
02:11 when you're filling out your application.  
02:15 So then the next kind of piece of that puzzle  
02:17 when it comes to holistic admissions  
02:19 of what we review is the letters of recommendation.

02:23 In general, most colleges and universities require  
02:26 at least two to three recommendations  
02:28 from people who know you really well.  
02:31 They can be your guidance counselor or college advisor.  
02:36 They could be teachers, they could be coaches, mentors,  
02:41 somebody who really knows you  
02:43 and can really testify at who you are as a person.  
02:47 Again, it's another opportunity for where colleges  
02:51 and universities to find out more about you  
02:55 than what just test scores or transcripts can say.  
03:00 Again, it can be a variety of different people.  
03:03 They could also be, if you're involved in plays  
03:06 or debate club, they could be your advisor  
03:08 for those programs as well.  
03:09 There's a whole range of different people who are available  
03:14 who would make great candidates  
03:15 to write a letter of recommendation for you.  
03:19 And most colleges and universities do like  
03:21 at least one letter to come from a teacher,  
03:23 'cause they do wanna know,  
03:25 have at least some idea of what you're like  
03:28 in the classroom and who you are as a student.  
03:31 But again, you have a whole range  
03:32 of different opportunities of different types  
03:35 of people who would be good fits to write  
03:38 a recommendation letter for you.  
03:40 The next part when it comes to what makes up  
03:44 that holistic admission is the personal statement  
03:47 or the personal essay.  
03:49 It's an essay that's written during the admission process  
03:51 that shows the admission committee  
03:53 more about yourself as an applicant.  
03:56 Again, it conveys something that your transcript  
04:00 and test scores cannot convey to us.  
04:03 The personal statement provides colleges  
04:05 and universities, insight into your personality  
04:08 and ideas to how you will contribute  
04:10 to the school community,  
04:12 evidence of your writing skills,  
04:15 explanation of any extenuating circumstances  
04:19 and a better understanding of why you're applying  
04:22 to that particular school.  
04:24 This essay is really an opportunity  
04:26 to really kind of sell yourself as an applicant,  
04:29 as a potential member of that school community.  
04:32 Definitely, take the time to write a really good essay,  
04:35 proofread it, make sure it's good to go  
04:37 before you submit it in your application.  
04:40 'Cause I think sometimes students can find the essay  
04:42 to be a really daunting task,  
04:45 but it's really a great opportunity to really use  
04:48 that space to let us know who you are.  
04:51 Again, I've said this a couple times,  
04:53 but is that opportunity to really tell us something

04:57 about yourself that maybe the rest  
04:58 of your application may not convey  
05:01 to the admission counselor who's reading it  
05:04 and to give us more , then what?  
05:07 Again, your test score  
05:08 or what a transcript could say about you.  
05:11 Now I'm gonna hand it over to my colleague to continue on  
05:15 with the next part of that holistic admission process.  
05:19 Interviews can be part of the puzzle for you  
05:22 as you're applying to different institutions.  
05:25 They're offered usually by mid-size to smaller schools  
05:29 as part of the official experience.  
05:31 As the universities you're applying to become larger,  
05:34 Sometimes it's harder for them to interview everyone,  
05:37 but some institutions will  
05:38 still offer information interviews  
05:40 which means that you can go  
05:42 and ask them questions about their institution,  
05:44 which can also be part of that holistic review process  
05:48 and something that where you can advocate for yourself.  
05:51 In terms of interviews,  
05:52 these are usually explained on the institution's websites.  
05:55 It gives you an idea of what to expect  
05:57 and what they're expecting of you.  
05:59 But the idea behind them is to provide a different angle  
06:03 about yourself that maybe is not mentioned  
06:06 in your essays or is not mentioned as part  
06:08 of the application that you have submitted to them.  
06:10 It allows them to see your personality traits,  
06:13 it allows them to see how you interact  
06:15 as an individual, your thought process.  
06:18 In terms of preparing for them,  
06:20 I would say that you really should know the institution  
06:23 that you are going to be interviewing with  
06:25 making sure that they have the program  
06:26 that you're interested in  
06:27 and you have done your research,  
06:29 because it's kind of a both way interview, right?  
06:32 They're trying to get to know you  
06:33 but you're also trying to get to know them  
06:35 and the institution that they are representing.  
06:38 In terms of interview skills,  
06:40 I think that's something that we all can be practicing  
06:43 if we have the opportunity to.  
06:45 There are a lot of different resources online  
06:47 where you can kind of record yourself  
06:49 and hear yourself, answer questions live.  
06:51 I highly recommend that you can do some practice  
06:54 and making sure that your interview skills are  
06:56 in a good shape before heading in,  
06:58 and going especially if the interview is an official part  
07:01 of your application process.  
07:05 If you use your network, talk to your friends,  
07:07 talk to your family members, see if someone else can

07:09 also help you practice just to make sure  
07:11 that you are ready for that.  
07:14 Most importantly, be yourself.  
07:15 That's really the whole idea  
07:16 of the interview is to get to know who you are.  
07:19 So being authentic and being...  
07:23 not kind of putting up a front  
07:24 but really just understanding who you are  
07:26 and how you want to convey that to the admissions personnel  
07:29 I think is very important.  
07:31 And follow up is good.  
07:32 If you're able to send out an email  
07:35 or a letter in the mail just say,  
07:36 "Thank you so much for interviewing me  
07:38 "and I look forward to hearing back."  
07:40 I think that also shows your thoughtfulness  
07:43 and also gives a good idea about you as an individual  
07:46 to the institution that's interviewing you.  
07:49 Next, we will talk about demonstrated interest,  
07:52 and demonstrated interest basically means your interest  
07:56 in a specific institution  
07:58 and how you can convey that to an institution.  
08:01 I would say that piece of the puzzle  
08:04 also depends on where you are applying.  
08:05 Some institutions use that a lot,  
08:07 some institutions don't use that at all.  
08:09 So understanding and working  
08:11 with your admissions counselor  
08:12 to understand demonstrated interest is very important.  
08:15 There are a lot of different levels to that.  
08:17 It can be as simple as emailing somebody.  
08:20 If it's a small institution,  
08:21 emailing your admissions counselor can count  
08:23 as part of demonstrated interest  
08:25 and it can go to up to applying early decision  
08:28 which is a binding process,  
08:30 and you are basically saying  
08:31 that this is the number one institution for you,  
08:34 if they offer you admission, you will be attending.  
08:37 So understanding that level of variance  
08:39 in demonstrated interest is good  
08:42 if you can work with your school counselor  
08:45 and you can work with your admissions counselor  
08:47 to understand that for your school is very important.  
08:50 And then next after you understand is taking action, right?  
08:53 So if it is visiting campus, you can try.  
08:55 If you can visit campus in person??  
08:58 If you can visit campus virtually.  
09:00 If it is setting up an interview with an alum  
09:02 or setting up an informational interview  
09:04 with an admissions counselor,  
09:05 attending college fairs, attending high school visits.  
09:09 A lot of us visit your high schools.  
09:10 Those are also smaller pieces

09:12 of that demonstrated interest aspect of your application.  
09:16 You're basically showing that you have thought  
09:17 about the institution before hitting submit  
09:19 on your application.  
09:21 That's always a good indicator about you  
09:23 as someone who's thoughtful who has put  
09:25 some thought behind the process before just hitting submit  
09:28 but it also allows you to understand  
09:30 what these different institutions have to offer to you.  
09:34 Lastly, I'm sure you will have more questions  
09:38 and you want to know more about the application process  
09:41 specifically at Suffolk university.  
09:44 So if you are interested here  
09:45 we've provided contact information directly  
09:48 to our undergraduate admissions office  
09:50 and we will help you there  
09:52 in all aspects of your application.  
09:54 And then we also included our welcome center information.  
09:57 That's if you're hoping to come visit and schedule a tour,  
09:59 we would love to see you on our campus.  
10:02 Thank you so much for joining us today  
10:03 and hopefully we will work with you in the future.