

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.