

[00:00:00.00]

- Welcome today to our Quick Tips:

[00:00:02.00]

What is Holistic Admission?

[00:00:04.02]

We are so excited that  
you're here to learn

[00:00:06.01]

a little bit more about the  
holistic admission approach

[00:00:09.09]

and all the things to keep in mind

[00:00:11.04]

as you're applying to college.

[00:00:13.02]

So first we wanted to begin  
with some introductions

[00:00:15.04]

that you can get to know  
us a little bit better.

[00:00:17.09]

So my name is Ellie Villa-Wilson

[00:00:19.06]

and I'm an assistant director

[00:00:20.08]

of Undergraduate  
Admission here at Suffolk.

[00:00:23.02]

And I work with first year students,

[00:00:25.05]

so high school students  
applying to Suffolk

[00:00:28.01]

from the Boston area,  
parts of greater Boston,

[00:00:31.00]

Texas, Puerto Rico, and  
the US Virgin Islands.

[00:00:33.05]

And I'm gonna pass it  
over to my colleague.

[00:00:36.02]

- Hi everybody.

[00:00:37.00]

My name's Olivia Harris,

[00:00:37.08]

I'm an Undergraduate Admission  
Counselor here at Suffolk.

[00:00:40.00]

I work with first-time  
freshmen from Florida,

[00:00:42.00]

Central Massachusetts, Pacific  
Northwest, Hawaii and Alaska.

[00:00:46.05]

Now that we have our  
introductions out of the way,

[00:00:48.04]

we're gonna start by giving a definition

[00:00:49.07]

of what is Holistic Admission.

[00:00:51.04]

This may be the first time  
you're hearing the term

[00:00:53.01]

and knowledge is power in  
this whole culture's process

[00:00:55.06]

so, definitely take note.

[00:00:57.05]

Holistic Admission is the way to describe

[00:01:00.03]

or view process utilized  
by an admission office

[00:01:03.00]

where applicants are considered  
based on a number of things.

[00:01:06.08]

So it's not just, you know  
your admission decision

[00:01:08.09]

is not just based on maybe  
a GPA or a test score,

[00:01:12.03]

it's really based on  
a multitude of factors

[00:01:14.05]

that are all included in your application.

[00:01:16.09]

I know this definition is large  
and maybe not as tangible.

[00:01:19.05]

So we're gonna take time to go

[00:01:20.06]

through all the different  
elements of what is reviewed

[00:01:23.03]

in a Holistic Admission approach.

[00:01:26.02]

So for starters,

[00:01:27.01]

one of the things that admission  
officers are gonna look at

[00:01:29.00]

is your involvement.

[00:01:30.03]

Of course, the baseline  
is we're gonna look at

[00:01:32.00]

how you did in high school,  
the level of courses you took,

[00:01:34.04]

but you are so much more  
than just grades and scores.

[00:01:37.02]

So like I said,

[00:01:38.01]  
one of those big things  
we look at, involvement.

[00:01:40.00]  
Involvement can be defined

[00:01:41.01]  
as anything you do outside the classroom.

[00:01:42.09]  
So any clubs, organizations  
that you're a part of,

[00:01:45.03]  
any part-time jobs that you have,

[00:01:46.09]  
any sports that you take part in.

[00:01:48.05]  
And then of course any family  
responsibilities you have

[00:01:50.06]  
as well, if you serve as a caretaker

[00:01:52.04]  
or maybe have a larger role at home.

[00:01:54.04]  
Students are always wondering  
what to put in the section

[00:01:57.01]  
and I really say anything  
that is important to you

[00:01:59.02]  
and that you think gives  
us a better window into

[00:02:01.05]  
who you are, definitely include it.

[00:02:04.02]  
Oftentimes we'll have students ask,

[00:02:05.09]  
should I include my music participation

[00:02:08.04]  
that I do outside the  
classroom if I'm not applying

[00:02:10.04]  
to get music major specifically?

[00:02:12.01]  
And the answer is yes.

[00:02:13.01]  
If it matters to you,

[00:02:14.01]  
and again, it shows us  
something about yourself,

[00:02:16.05]  
definitely throw it into your application.

[00:02:18.08]  
There is a specific area  
on the common application

[00:02:21.04]  
and really any other  
application you'll complete

[00:02:23.01]  
where you'll input your involvement.

[00:02:24.08]  
And one note, one hint really

[00:02:26.05]  
is when you are filling out those sections

[00:02:28.01]  
and you're putting in your involvement

[00:02:29.03]  
and your different roles,  
make sure to not use acronyms,

[00:02:32.03]  
definitely spell out the  
names of organizations,

[00:02:34.07]  
the titles of clubs,

[00:02:36.00]  
just so admission officers will  
have very clear idea exactly

[00:02:39.03]  
what you're talking about

[00:02:40.06]  
and what your involvement  
within these groups is.

[00:02:45.01]  
Another component that will be reviewed

[00:02:46.05]  
in the holistic admission...

[00:02:47.08]  
Holistic application  
admission review process,

[00:02:50.06]  
are your letters of recommendation.

[00:02:52.02]  
So, again, your letter of  
recommendation is something

[00:02:55.02]  
that in supplement to your  
grades really is another element

[00:02:59.00]  
that adds consistency to your application,

[00:03:01.05]  
it gives you credit,

[00:03:02.04]  
you know it's someone else  
speaking on your character.

[00:03:05.00]  
Most colleges and universities  
are gonna request maybe

[00:03:07.05]  
between two or three  
letters of recommendation

[00:03:09.03]  
to come with your application.

[00:03:10.08]  
And these can come from  
a number of people,

[00:03:12.04]  
but the most traditional people

[00:03:13.06]

that you may wanna ask  
would be teachers, coaches,

[00:03:17.00]

supervisors at work, guidance counselors,

[00:03:19.06]

anyone in those sorts of roles.

[00:03:21.05]

Again, their whole purpose in  
this letter is to really speak

[00:03:24.03]

on how they know you, reveal things

[00:03:26.09]

that won't necessarily be so  
obvious in your transcript.

[00:03:30.02]

You know, we'll see how  
you performed in school

[00:03:31.09]

through those grades but  
to get to know who you are

[00:03:34.06]

and really the core of your  
interest really is the letter

[00:03:38.04]

of recommendation opportunity.

[00:03:40.03]

Another hint for this  
element of the application,

[00:03:42.08]

when you are considering who to ask,

[00:03:44.09]

ask someone who knows you,

[00:03:45.09]

ask someone who can  
speak on behalf of you.

[00:03:49.00]

You definitely want someone who will speak

[00:03:50.06]

in a positive way but really  
someone that knows you

[00:03:53.02]  
and can showcase who you are  
to an admission counselor

[00:03:56.01]  
who may have never met you before.

[00:03:59.08]  
- Awesome, thanks Olivia.

[00:04:01.00]  
So now that we've talked a little bit

[00:04:02.02]  
about your involvement as  
well as your letters of rec,

[00:04:05.00]  
another important piece  
of your application

[00:04:06.09]  
is your essay also known  
as your personal statement?

[00:04:09.07]  
Your personal statement basically

[00:04:11.07]  
is a place during the  
application where you get

[00:04:14.07]  
to really show at the  
admissions committee who you are

[00:04:18.01]  
and more beyond that transcript,

[00:04:20.01]  
your grades and other  
pieces of your application.

[00:04:23.04]  
I think often just in human nature,

[00:04:25.07]  
we're taught don't talk about yourself,

[00:04:27.07]  
don't brag about yourself,



[00:04:29.01]  
but your essay is really  
that place to do those things

[00:04:31.09]  
and really to highlight who you are

[00:04:33.06]  
and show your authentic self.

[00:04:35.07]  
The personal statement  
really gives colleges

[00:04:37.09]  
and universities insight  
into your personality,

[00:04:40.05]  
your character, who you are as a person.

[00:04:43.04]  
An idea of what kind of  
addition you are going to be

[00:04:46.04]  
to that college campus and that community.

[00:04:49.04]  
As well as an idea of your writing skills.

[00:04:51.09]  
That's why it's so important  
to take your essay seriously.

[00:04:54.08]  
Make sure to proofread it,

[00:04:55.09]  
maybe have somebody else look it over

[00:04:57.07]  
for you before you're hitting submit,

[00:04:59.09]  
because it really is highlighting  
kinda where you stand

[00:05:03.00]  
in terms of your writing ability

[00:05:04.07]  
and you wanna make a

good first impression.

[00:05:07.01]

It also can be a place  
where you can explain

[00:05:09.00]

any circumstances that  
have impacted your ability

[00:05:12.02]

to succeed in high school  
or maybe have had an impact

[00:05:15.06]

on other parts of your  
application like your grades

[00:05:18.00]

or your test scores.

[00:05:19.03]

And then finally it does give admissions

[00:05:21.04]

a stronger understanding  
of why you're applying

[00:05:24.07]

to a particular school.

[00:05:25.08]

It's really your place to give  
kind of your pitch almost.

[00:05:28.08]

So, those are just some  
things to keep in mind.

[00:05:32.04]

We really encouraged students,

[00:05:33.08]

well, what I always tell  
students is there's not really

[00:05:36.01]

so much a right or wrong or in terms of

[00:05:37.09]

what you write about,

[00:05:39.04]

but whatever you do choose to write about,

[00:05:41.05]  
make sure it's an authentic  
representation of who you are

[00:05:44.09]  
and what you want to highlight or show

[00:05:47.02]  
to the admissions office.

[00:05:49.00]  
It's really your place to  
stand out as an individual

[00:05:52.02]  
and let your personality shine through.

[00:05:54.03]  
So have some fun with it.

[00:05:56.06]  
It's a great place to get creative

[00:05:58.04]  
and just make sure you're proofreading it

[00:06:00.04]  
over before you hit that submit button.

[00:06:04.03]  
Another way that...

[00:06:06.00]  
Another thing that is a part

[00:06:07.01]  
of the holistic admissions process,

[00:06:09.02]  
whether it is required or  
optional is interviews.

[00:06:12.04]  
Now, interviews are a great  
opportunity for you to meet

[00:06:16.07]  
with an admissions  
representative or even an alumn,

[00:06:19.06]  
it's different per college

[00:06:22.01]  
and kinda have the opportunity  
to make a connection

[00:06:25.01]  
and show off your unique  
personality traits

[00:06:28.04]  
and really start building  
that relationship

[00:06:31.01]  
with the gatekeepers of this process,

[00:06:33.07]  
the admissions representatives  
as well as any alumni

[00:06:37.07]  
that might make decisions in the process

[00:06:41.06]  
or play a part in making decisions.

[00:06:43.08]  
So when it comes to the interview,

[00:06:45.02]  
some colleges will require these...

[00:06:48.02]  
More selective institutions,

[00:06:50.02]  
it's not a ton of schools  
that require these.

[00:06:52.07]  
Many schools were offering them

[00:06:54.02]  
as an optional piece of the process.

[00:06:57.02]  
Just some tips when it comes  
to the interview itself.

[00:07:00.06]  
Once again, it's a way to kinda  
highlight your personality,

[00:07:03.05]  
gives you the opportunity

to maybe talk through parts

[00:07:05.05]

of your application or parts about you

[00:07:08.00]

as an applicant that  
you want to stand out.

[00:07:11.00]

Being and going through  
an interview can be

[00:07:14.04]

a little bit scary, maybe  
a little bit nerve wracking

[00:07:16.07]

which is why it's always good to practice.

[00:07:19.03]

So we encourage you to try  
sitting down with a parent

[00:07:22.00]

or a friend, a teacher, a  
counselor, and have them ask some

[00:07:26.04]

of their best college interview questions

[00:07:28.08]

just to help you feel  
comfortable and start thinking

[00:07:31.08]

about how you might answer  
some of these questions.

[00:07:34.06]

It's also good for you  
to prepare questions

[00:07:36.09]

to ask of the interviewer.

[00:07:38.07]

That shows that you're engaged,  
that you're interested.

[00:07:42.03]

And I do really think that  
it can make you stand out

[00:07:45.05]  
by having some questions  
prepared and also showing

[00:07:48.01]  
that you're taking the process seriously.

[00:07:51.01]  
It's also really important to be yourself.

[00:07:53.04]  
This is the biggest piece of  
advice that I can give you.

[00:07:56.05]  
You wanna be your best self,

[00:07:57.09]  
so make sure you're getting plenty

[00:07:59.02]  
of sleep the night before,  
having a good breakfast

[00:08:02.02]  
or lunch whenever your  
interview is happening,

[00:08:04.04]  
and make sure to dress nice as well.

[00:08:06.04]  
You know, first impressions  
can go a long way

[00:08:08.06]  
in this process.

[00:08:09.09]  
And this is really your opportunity

[00:08:11.05]  
to let your personality shine  
but also to be professional

[00:08:15.08]  
and put that best foot forward.

[00:08:17.06]  
And then finally, write a thank you letter

[00:08:20.00]  
or an email after the interview.

[00:08:22.00]

This is a great way to  
show that you're interested

[00:08:24.07]

in that particular school but also

[00:08:26.02]

that you're taking this process seriously.

[00:08:28.03]

And on the interviewer side,  
it means a lot to get a email

[00:08:32.01]

or a letter from an applicant  
or someone that we've met,

[00:08:36.00]

just saying how nice it  
was to have the opportunity

[00:08:38.09]

to meet us.

[00:08:39.07]

So, definitely keep that in mind.

[00:08:41.08]

There's some sample interview  
questions here on the side.

[00:08:44.02]

So, these are some things  
to kinda think about

[00:08:46.06]

if you are going to do  
one of these interviews.

[00:08:51.02]

And then finally demonstrated interest.

[00:08:53.03]

This might be a term  
that you've heard before.

[00:08:55.05]

And it can be different based  
on each college or university.

[00:09:00.00]

But demonstrated interest  
essentially means the actions

[00:09:03.08]  
that you're showing to  
really show and illustrate

[00:09:07.07]  
to the college how interested you are

[00:09:10.05]  
in that particular institution.

[00:09:12.07]  
It can also signal to the  
college and show the college

[00:09:16.06]  
which students are really  
serious about attending

[00:09:19.09]  
that particular college or university.

[00:09:22.08]  
So there are a lot of different ways

[00:09:24.02]  
that you can show demonstrated interest.

[00:09:26.01]  
A lot of times people think  
that it's just by applying

[00:09:29.02]  
but there are a lot of other  
things that you can consider.

[00:09:31.08]  
Such as applying for early  
decision or early action.

[00:09:34.08]  
So getting your application in early,

[00:09:37.04]  
kinda locking it in to show  
that you're very invested

[00:09:40.03]  
or interested in that particular school.

[00:09:42.08]  
Signing up for an interview.

[00:09:44.00]



Once again, not always  
required but another great way

[00:09:46.05]  
to show that you're interested  
in that particular school.

[00:09:49.06]  
Going on college tours.

[00:09:50.09]  
Probably one of the best  
ways not only to figure out

[00:09:53.06]  
if a school is the right place for you,

[00:09:56.00]  
but it also shows a level  
of interest and engagement

[00:09:59.01]  
by attending that visit.

[00:10:01.02]  
Going to college fairs  
and informational meetings

[00:10:04.01]  
that your high school might be  
hosting for various colleges.

[00:10:07.04]  
Attending open houses and  
other events that the college

[00:10:09.09]  
and university is putting on.

[00:10:11.09]  
Reaching out to recruiters.

[00:10:13.08]  
Figuring out who your  
admissions counselor is

[00:10:15.09]  
at the particular schools  
that you're interested in.

[00:10:18.09]  
Sending them an introductory  
email introducing yourself,

[00:10:21.08]  
talking about things that  
you're interested in,

[00:10:24.03]  
asking a few questions is  
a great way to kinda get

[00:10:26.08]  
that initial conversation  
and interest going.

[00:10:29.08]  
Signing up for college mailing lists.

[00:10:31.08]  
I know we ask a lot, our  
college has asked a lot for you

[00:10:35.01]  
to sign up for the mailing list.

[00:10:36.08]  
But it is a way to show  
demonstrated interest

[00:10:38.09]  
as well as to keep you looped in

[00:10:40.03]  
to all the important information about

[00:10:42.01]  
that particular school and deadlines.

[00:10:45.00]  
Writing the optional essay.

[00:10:46.06]  
So sometimes there's an optional essay

[00:10:48.06]  
or an optional statement as  
part of the application process.

[00:10:53.03]  
Optional means not required  
but obviously if you're taking

[00:10:57.00]  
that additional step you are  
showing a level of interest.

[00:11:00.04]

And then finally reaching  
out to professors

[00:11:02.06]  
of the college that you're interested in.

[00:11:05.02]  
A lot of times in admissions,  
we work very closely

[00:11:07.05]  
with professors or other  
departments on campus.

[00:11:10.04]  
And sometimes we'll hear  
from those departments

[00:11:12.05]  
about a certain student to keep in mind

[00:11:14.03]  
while we're reviewing an application.

[00:11:16.02]  
So these are just some examples,

[00:11:18.01]  
there are many other  
things that you can do.

[00:11:20.03]  
But just know that at some schools,

[00:11:21.09]  
demonstrated interest  
does go in and factor

[00:11:24.06]  
into your admissions decision.

[00:11:28.05]  
So finally, that's it that we have today

[00:11:30.08]  
for some quick tips.

[00:11:32.05]  
If you do have any  
additional questions for us,

[00:11:34.09]  
our contact information  
is here on the screen.

[00:11:38.00]

We also encourage you to  
come check out Suffolk

[00:11:40.03]

and sign up for a tour.

[00:11:41.04]

Once again, a great way to  
learn more about the university

[00:11:44.00]

but also show some demonstrated interest.

[00:11:47.03]

And then finally, we have  
admissions counselors here

[00:11:50.07]

at Suffolk assigned to  
various regions and areas.

[00:11:53.05]

So, check out who your  
admissions counselor is,

[00:11:55.07]

maybe shoot them an email  
introducing yourself.

[00:11:58.05]

And we hope to see you next  
time for more tips and tricks

[00:12:01.01]

about navigating in this process.

[00:12:02.05]

Have a wonderful day.

[00:12:03.06]