

Episode 133-Stephanie Mitchell

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SPEAKERS

Stephanie Mitchell, Moira McCullough

M Moira McCullough 00:00

Welcome to the College Scoops podcast. I'm your host, Moira McCullough. And today we are talking with Stephanie Mitchell, about transitioning from high school to college specifically for students with learning differences.

S Stephanie Mitchell 00:10

When we're thinking about college we're always with the first thing that we think about is academics, right? Because that's why we're going is to learn more. However, to be able to go through the process of living on a college campus, so much more needs to go into their daily lives.

M Moira McCullough 00:34

This is the College Scoops podcast and I'm your host, Moira McCullough, we focus on everything college related from the admissions process to where to eat, stay and explore on and run campuses. Our guests include founders, educators, authors and experts in the college space. Join us as these experts share their knowledge, experiences and lessons learned to help you have stress free and formative and tasty college journeys. Whether it's your first or last child going to college, or you're just interested in going to a college town for a game or meal, we've got you covered. If you haven't already, please subscribe to the College Scoops podcast to get the inside scoop, send everything college related, and leave us a review. Thanks to all of our sponsors partners in the entire College Scoops Ambassador team for helping us bring valuable content to our community. If you would like to support college scoops as a sponsor, please head over to Patreon at patreon.com/college-scoops and sign up as a sustaining listener, insider or Deluxe sponsor. We have exclusive benefits for our members and even a College Scoops care package. Stephanie Mitchell is an independent educational consultant and owner of Grapevine Educational Consulting. Her specialty lies in aiding students with learning differences in finding appropriate post secondary options through a comprehensive and individualized process. Stephanie holds a bachelor's in art history from Siena College, and a

master's in Italian Renaissance art history from Syracuse University. After early experiences in general education and working in other industries, she decided to return to her calling in education. She worked for 15 years as a decoding and one on one remediation teacher at Winston Preparatory School in New York and Connecticut. Notably, she was a proud member of the leadership team that started Winston's Connecticut campus. During her tenure, she successfully placed students in colleges as well as comprehensive support, transition and gap year programs. Equally important to her professional experience. Stephanie is the proud mother of two boys who have learning hearing and attention deficits. She is passionate about applying her expertise and personal experience, tell parents of students who are embarking on their journey through the post secondary transition process. Welcome to the College Scoops podcast. Stephanie, thank you so much for joining us today.

S

Stephanie Mitchell 02:50

Thank you so much for having me. I'm excited to have this conversation.

M

Moira McCullough 02:54

We reached out - you're in Connecticut, your husband actually did a lot of work for a swim that I was very involved in. The Swim Across the Sound, which is a wonderful charity event for St. Vincent's Hospital.

S

Stephanie Mitchell 03:05

I know it's crazy. The more I do this work, the more I see how small the world is, and how many ways our lives can intersect. And you're a perfect example of that happening.

M

Moira McCullough 03:15

It was unbelievable. I'm like, wait a minute, I feel like I know you and I know your family. Tell your husband, he does a great job getting all those swimmers across from Port Jeff in New York, over to Bridgeport, Connecticut. So hopefully one of these times I might swim that again and have the opportunity to meet him. Especially post pandemic, it'll be really nice.

S

Stephanie Mitchell 03:31

Exactly.

M

Moira McCullough 03:32

So we invited you on today because you work with students and families, helping students with learning differences in high school and in college. And there's a lot of work that students can do, as they prepare to launch into their next adventure and get dropped off for college. We always are so focused on you know, getting into the college, and then we happily drive our kids

off to orientation and wave goodbye to them and say, good luck, you'll do fine. But I know from your perspective, you'd probably provide some advice and guidance to students and families about some work that you can do to help make that transition as smooth as possible.

S

Stephanie Mitchell 04:07

Yes, absolutely. I find that that quality to be the most remarkable about the whole college process is that somehow kids graduate in June, having had you know, no matter what their learning background or profile is, they've had a lot of support from family from teachers and whatnot. And then all of a sudden, two months and change later, they get dropped off at a college campus and they're supposed to miraculously be ready to live independently and fend for themselves. So I do a lot of talking about exactly what can be done not only through high school, but especially that summer before going to college and some immediate thoughts I have, especially for kids that I work with who might need accommodations. That's one of the first things that I would recommend that they take care of before getting to the campus that can take the accommodations office weeks to approve or not their request. So doing that ahead of time gives an ease of mind, lets them know exactly what they're going to be entitled to once they get to that college campus. Another thing that I talk a lot about is just, and this is great for any kid, having the student and their parents kind of go through that checklist in their mind of where their level of independence truly is, when we're thinking about college, we're always what's the first thing that we think about as academics, right, because that's why we're going is to learn more. However, to be able to go through the process of living on a college campus, so much more needs to go into their daily lives. So I think of that in terms of qualities and characteristics, like their ability to self advocate, being able to self monitor, work, create goals, and monitor your progress towards them, being able to understand your learning profile, whether or not you have a learning difference, or not understanding that you're a visual learner or a tactile learner, you need to learn it in a quiet space, or you do better in the buzz of the Student Center are things that are really great to know ahead of time.

M

Moira McCullough 06:07

And I would also say it's not the type of thing that you want to talk about as you're driving your student to campus orientation. So a lot of this, as you said, it's sometimes to destress the process and reducing anxiety for students is doing it in a timeframe, that's not critical. You know, it's when you have time, the beginning of the summer and the middle of the summer, or something where you can really just explore and kind of learn about more what's required when living independently. And as parents almost find out how much you really do support your student behind the scenes. And as a student, realizing, I never realized that you were helping me in that sense, I'm gonna have to do that on my own.

S

Stephanie Mitchell 06:42

That is the hardest question is for parents to take a step back and really see how much they're involved in their kids lives, whether they're following up on their child, followed up on an email, getting them to practice on time, if they're dependent on you, getting them to school, or getting them to practice, you're responsible for getting them there on time, they haven't had a lot of practice with doing that themselves. So just all of those things that we can look at their

daily lives and the aspects of their daily lives and figure out how much we're interjecting, I now have a high school freshman myself. So I'm asking myself these very questions as we speak, and then trying to find the ways to pull that back. And then you know, if further supports are needed, for whatever reason, whether it's simple instruction, and a little bit of practice before they head off, or something more in depth, you can get that in place before they head off. And then the last thing is the most obvious piece is are the independent living skills. So will they wake up on their own with an alarm clock? That seems like the most basic question, I can't tell you how many meetings I have with families, that everybody kind of stares at me like a deer in the headlights? When I asked that question. Do they take medication? If they do? Do they know what they take what it's for? And do they take it without somebody reminding them laundry? I know a lot of college campuses these days have laundry services, but not all of them do. And even if they do, there could still be an emergency situation, you don't always get the laundry back for a couple of days. What if you need to do something on your own. So those just basic everyday skills, we should take an inventory of them and just make sure that kids are as ready as possible. Going to college is one of the biggest transitions of our lifetimes. And we literally go from a really comfortable, familiar environment of our homes and our high schools to a completely unfamiliar school and community. So everything that they encounter when they first get to campus is novel, everything's new, even if they visited once or twice all of these smaller seeming things like life skills, and academic skills and all of those things. They seem like they're insignificant, but if we take away some of that novelty, we're just setting our kids up for a really more successful smooth transition.

M Moira McCullough 09:11

Absolutely. In terms of some things that you need to do. First, you mentioned in terms of accommodations, and making sure that's something that takes time. So that's really something that if you were saying look at that first contact that appropriate office, get the paperwork in and get that ball rolling so that you can start to explore some of the other avenues and self reflection in terms of life skills and some of the other areas that you can work on independently, right,

S Stephanie Mitchell 09:36

Correct. Yes. But there's more you know, getting to know your roommate. Again, less novelty, when you get to school is having an understanding of who they are and what makes them tick and maybe planning on your decorations for your room and who's going to bring what that's a great thing to take care of the summer before if a student sees a therapist and needs to continue with somebody on college campus. They have to figure out if their current therapist has the ability to meet with them virtually, which not everybody can just switch to teletherapy because of the laws in place, so you'd want to find somebody local, or somebody who can do teletherapy, so that they can get familiar with that person before they're needed in the fall,

M Moira McCullough 10:18

I think that's really important. Because a lot of times, you'll get that panic call whatever stage where the issue has come up, whatever it may be, and you're like, I need help right now. And I think the more pre planning you can do, reduces the anxiety that students have, and also that

parents have because the students then they need to self advocate. So in order to do that, and you mentioned something earlier, just even knowing the medication that you take, and being able to call that in for a new prescription, knowing when you're talking to a therapist, or talking to medical advisor at the school that you have the information that you need, because as we all know, there's appropriate paperwork that needs to be filled out. But really, parents now are not the first point of the call, students need to take ownership of that. And they have to fill out the paperwork in order to even allow the parents to receive a call or make a call.

S

Stephanie Mitchell 11:06

Absolutely. So you just hit on two of the biggest things that I always think about is one, once kids get to campus, their parents are obsolete, you can have your students sign of FERPA release, that allows some communication between the school and home. But 90%, even with the FERPA of the school communication happens directly with the students. Even if the student signs that release, the school is still not picking up the phone to call home and say, Hey, we think Stephanie's in trouble at school, we need to help you know, what can we do collectively to help her it doesn't really work like that. So that's the one thing to you know, raise everybody's awareness to and that responsibility that falls on the shoulders of the student. And the second thing that you touched on, which is directly linked to that is that need for solid self advocacy skills? And that comes from everything too. Am I feeling good? If I'm not, how do I go get medical help, or, you know, whatever other kind of help that you might need? To I have a question about this assignment that's on my syllabus, I've got to go see my professor during office hours, to having a roommate issue that a student would need to advocate for and know who they would advocate with in a situation like that. So to me self advocacy, after self awareness is probably one of the most important qualities that students need to develop before heading off to college.

M

Moira McCullough 12:36

I love the roommate analogy, just because I would throw out these crazy scenarios to my kids. And that, you know, you get the eye roll and like, that would never happen. And I'm like, let's just throw it out there. Because even those conversations, you know, you can inject some humor and to this role playing and situations that may come up that just gets students thinking about the future, kind of also, again, the unknown and uncertainty so that if a situation came up, where you have one of these scenarios, and obviously nothing that is dangerous, or not safe or anything like that, but throwing out scenarios, like a roommate studies late and you'd like to go to bed early and the light is on, how are you going to handle that ways to balance and communicate back and forth with a roommate, so that expectations are set and you kind of know your boundaries, I think it's a very healthy conversation to have.

S

Stephanie Mitchell 13:23

Absolutely. And I love that kind of role playing and, and kind of thinking about different scenarios, and they're always gonna think you're nuts until the day that it actually happens. And I can't tell you how many times I've had a student call me or email me halfway into freshman year, even later in college saying, Oh, my gosh, definitely this just happened you you told me something like this could happen. I knew what to do this, we had this conversation, not

that I'm happy that they encountered a potential obstacle, but still, like they don't think any of that could ever happen until it does. And even some of the unsafe things I actually would recommend speaking to, you know, what do you do? If your roommate is out drinking heavily every night? What do you do? If you find somebody unresponsive? What do you do if your roommate or somebody in your dorm is really really sick and can't get themselves to the infirmary? Even those scary things, you know, how can you decline going to a party that you know, is going to be a bad idea, helping to prepare for some of that I know they all think that going to a party is a great idea. But there are times that I think even their shackles might be up about a bad situation. And just knowing how to get out of those situations, even through hypothetical conversations is helpful.

M Moira McCullough 14:42

I think that's so important. And actually, sometimes we think to always prepare our daughters about the campus safety. But actually, I remember one of my roommates said, you know, we never prepare our sons for the same thing. So I spent a lot of time actually with my sons, talking to them about and getting into those very serious conversations, you know, in terms of what happens if you're at a party and, you know, a buddy system, the mention of a buddy system as well, you know, if you see somebody really drunk, how are you going to handle that? You need to have a friend, who are you going to address? Who are you going to call? Those are all very, very important that I think sometimes we prepare our daughters and not necessarily as sons or sons have to be prepared as well, what would happen given this scenario? Who are you going to call? And how are you going to handle it in a safe environment where you are protected as well,

S Stephanie Mitchell 15:31

Exactly - I'm also a mom of two boys. And we do a lot of thinking about that of this situations where their behavior could be misinterpreted, as well as situations where they can't imagine being vulnerable, but they could be just, you know, raising their awareness when they're gone. It's too late. Once they're on the campus, it's too late. So yes, you can counsel them through phone calls and text messages. And I'm sure a lot of that happens all throughout college. But for this kind of critical stuff that you really need their attention. And their participation in that conversation, using the time leading up to their departure for college is a great time to take care of that.

M Moira McCullough 16:08

So do you work then a lot with the students that you've worked with in the past, and we'd continue to work with in terms of again, addressing the paperwork aspect, what can be done ahead of time asking them some of these life situations working on role playing and skill development, about some of the things that they may encounter and how the pre planning will save them in terms of allowing them to hit the ground running and being more confident in who they are and living independently?

S Stephanie Mitchell 16:36

Absolutely, that's a big part of the work that I do. And one of the most important thing that I do with all of my students is help them create a learning profile. So it's, you know, an opportunity for us to together think about their strengths. They can be academic and non academic, their areas of challenge, what helps them to be successful when they're facing challenge. What are accommodations? You know, for those kids who would benefit from accommodations? What are the accommodations that would be helpful this information is I don't think that students today, no matter what their background, or learning profile, are really taught to think about themselves in this sort of reflective way, this is beneficial for anybody, whether you're trying to work out something with a roommate that might be seeing things differently from you, or trying to get what you need in a classroom, you have to be able to have that language and understanding of who you are students who get accommodations in college receive a letter that states the accommodations that have been approved for them, they have to present that letter every semester to every professor, have each one of their classes, to make them aware of the accommodations that they've been granted and then work out some of the details with the professor. If there are particularities to it, that's really hard to do, if you can't help explain to the professor, what would help you to be successful? And what are the things that you're really good at that might be able to be capitalized on in that class. So we do a lot of thinking of all of those kinds of things,

M Moira McCullough 18:09

Which is something that you think, Oh, I'm just doing it once. But it's something that they have to get comfortable with, and very good at, and they may not receive the response that they were hoping for, or a professor may not respond to it, which they need to know now I have to go in a second time. And if I'm not getting a response in an adequate manner, how do I then raise that to the next level?

S Stephanie Mitchell 18:30

So yes, I mean, when you know, another thing connected to that, that we talk a lot about is how the laws changed from high school to college. So for students with IEP S, or five oh fours, that plan looks completely different. But first of all, those two things don't exist at the college level, there's a separate section of 504, that covers accommodations in college, but it looks very, very different. And you could encounter a professor who says no, I'm not gonna give you that accommodation, I don't think it fits for my class, and the student has to know what they are entitled to, and who they would have to go to advocate with. That's really, really important. Instead of being stung, and walking out, you know, thinking I can't get what I need, they need to learn to go to the next level. And so we do work on that.

M Moira McCullough 19:17

So for instance, you know those particular offices and support systems in place at colleges, they're available during the summer pre freshman year, right so that students can the more work that they do ahead of time reaching out and finding if there's any gaps in what they've provided. And or being able to schedule those conversations before they arrive to campus on

day one just will help them not have to deal with all the minutiae of the paperwork in the first two weeks when they could be out doing what they really want to do, which is engaging in the community and meeting people.

S Stephanie Mitchell 19:49

Exactly. And not having to live with that anxiety or worry doesn't have to be anxiety with capital A are my accommodations gonna get approved. What does this look like? So yeah, And I encourage students to always look at the website of the webpage of the disability service office has a different name at every school and even have conversations with them. But you can get running on that the second you deposit with the school. So once you are an enrolled freshman, you can get started on the commendations, requests, and you know, having more in depth conversations with that department before arriving on campus.

M Moira McCullough 20:27

And I just had another wonderful guest who talked about the fact that there's some Disability Cultural Centers to at different schools. So every school is different. So just because they may have a limited apartment at one university or college, other colleges may have additional support systems in place that you can capitalize on and introduce yourself to.

S Stephanie Mitchell 20:47

Yes, and I was just thinking, you know, that's a great thing to do in the summer before college is once you have deposited, you know which school you're going to get as familiar as you can, with that school, go to the course catalog, see what you know, if you have an intended major in mind, get a sense of what are the required courses within that major, what are all the neat options that you have, once you're past those required courses, look at the core curriculum requirements for the school in general. And again, they're no surprises that you have to take two semesters of a language or a certain level of math, just kind of explore that. And then really importantly, you just mentioned another word that I love, which is community, you're not only applying to college to continue with your academic career, but you're planning to live in a very specific community. So what does that community have to offer you? What are the clubs and organizations, hopefully kids do a lot of that research while they're researching colleges, but I think it becomes so much more real and in depth and specific when you've actually decided on the school that you will be attending, right. And so that to do it again, with that specific school in mind and already anticipate where you might be able to get involved in that community?

M Moira McCullough 22:00

Well, you're so right, it's so different than checking the box and saying, yes, these do exist, versus I need them. And they are my partner in my journey through college. So how am I going to communicate and engage with them to make it work so that it's a partnership, and I get the

support that I need. Because at the end of the day, you're paying a lot of money, there is a support system there. And if it's not working for you make it work, I always like to say, ask the question 15 times, see when answer you get.

S Stephanie Mitchell 22:27

Yes to 15 different people, right?

M Moira McCullough 22:30

Go back to that same person a day or two later. And like, rephrase what you think you heard, or what they said, to just reconfirm that your understanding. And I think that's one of the things, it's almost like know, you chose that school for a reason. And now, they're committed to helping you not just have thrive in the classroom, but they want you to graduate. So to the extent that, you know, it is a true partnership, and there's a lot of people in place to help you navigate that each and every year, or each and every semester, make sure that you reach out for that.

S Stephanie Mitchell 23:00

It's so true. You know, the college process is one of those times where you're sort of assessing and vetting the school for its fit for yourself as much as they are you once you're there, the schools are generally very committed to helping their students succeed, they don't know that you might need something unless you let them know that I think a lot of schools will work really hard, it helps their bottom line and their numbers that they like to publish. But I think it benefits everyone when their students succeed. So if you're not happy with something, or comfortable with something, communicating that with the proper people can really open doors. And you know, here we go again, circling back to that self advocacy piece. This isn't quite working for me, what can we do to make it a little bit better?

M Moira McCullough 23:46

Oh, absolutely. And it's not gonna be easy, there's gonna be times when you know, you are going to get the door closed. But it's finding a way through it exactly in a way that you thrive from all different aspects, any other free resources that you would recommend to your families or students?

S Stephanie Mitchell 24:01

Well, in terms of thinking about, you know, students need some work, self guided ways of assessing some of these skills and readiness and so forth. Actually, Landmark College has a really great college bound assessment that's free online. That's a really great way. The first question on that assessment is, can you read 200 pages a week, and you know, every student panics, but it's true, that's about what you're going to be reading. So, you know, can you write a 10 page paper with multiple sources? Okay, that, you know, now I've got your attention. So

that's a great resource. There's the airstrip self determination scale, that's another free resource online, that helps with kind of assessing a student's ability to set goals. Self Advocacy is a little bit involved in that as well.

M Moira McCullough 24:49

Yes. And I would also say that's a great point to go back to your guidance counselor and the people who have supported you throughout high school and pick their brain and just say, you know, if you were me, is there anything else because they know Oh, you're the best in terms of they've worked with you, they've supported you throughout. So go back to the people who helped encourage you throughout your high school and ask based upon my learning style and profile, is there anything I'm missing? What else should I be doing? Because that would be a safe and supportive person to ask.

S Stephanie Mitchell 25:16

Absolutely. And if you don't have close relationships with your guidance counselor might be a favorite teacher, a coach, you know, someone who's seen you in action, seeing you as a member of the community, who can help you kind of think about the ways that you'll be successful and the ways that maybe you might want to look out for some, some help and support along the way,

M Moira McCullough 25:37

I love it. Because some people, you're always so hard on yourself, students, and we, in general, are always so hard on yourself. But sometimes we're hard on areas that others were very successful at. We may think we have strengths and weaknesses in different areas, where somebody else would say, you know, I think you're gonna be fine there. But why don't you focus on XYZ great advice. And to add for students, for parents, any last minute tips that you give to your parents of families that you work with,

S Stephanie Mitchell 26:03

Remember that you've given them all the tools to succeed, shift yourself, you know, start to begin yourself to shift into allowing your students your child's to take the responsibility on of managing themselves, their education and their lives, you can be a more passive participant and cheerleader from the sides, but trying to step back and let them do it. Even if they might fail. The first few times, they might fail with some of those things. That's okay. They will learn from those setbacks, and they will continue on it. And they will do so with the confidence that they were given the opportunity to try to navigate that on their own. So that's probably the biggest one is to get parents, and I'm speaking to myself as well to just try to step back, trust our children and let them begin to take the reins.

M Moira McCullough 26:56

I think that's great advice. I also said to my kids before the summer before I said, Why don't

I think that's great advice. I also said to my kids before the summer before I said, why don't you make your own doctor's appointment? Or dentist's appointment or something like that? And it was enlightening for them. They're like, this takes a long time. It's not as easy. I mean, do you know how long I spend on the hour on the phone with insurance I'm like, really. So I think that's also a really good exercise, shall we say for students to participate in before they leave for school?

S Stephanie Mitchell 27:22

It's so funny, I always think that there's such a shift in appreciation for parents when kids leave, you know, once we're not hovering over them anymore, and telling them what to do. But the more we give them these opportunities, even during high school, that will that shifts earlier on, because it raises their awareness of how many vowels we're juggling how much time it takes to help manage their lives. So I think that's really helpful, too, that that kind of opens those lines of communication, and that mutual respect between parents and their children.

M Moira McCullough 27:58

It's so true, we always love to ask our guests to last questions. What do you wish you knew, before attending college?

S Stephanie Mitchell 28:03

So many things! That was like such a huge discovery process, right, I would say to slow down and explore, you know, I went into college, for sure, I wasn't going to hear any ifs, ands and buts about it, I was going to be pre med and French double major. That was my path. All of my courses. My first semester were focused on that path. And I didn't love it as much as I thought. And my next semester, somebody suggested Why don't you just take this class or that class and, you know, explore some different things. I first of all explored one of my most favorite topics ever, which is art history, which I went on to have a master's in Italian Renaissance art history, but many other subjects and classes that I never would have taken or thought to take if I didn't have to go through that discovery. So I would say, you know, certainly explore. And secondly, just know that everybody around you, even if they look and seem confident or not, and they're just scared, and they're just as confused as you are. And you usually find those out later in college when you're laughing about you know, freshman orientation, or that first semester at college. And then someone says, Oh, my God, I had no idea what was going on. You're like, what you do everything. They're like, No. So I think that's, that's a big one. Like, you're all in this together. You know, you're all just learning and exploring.

M Moira McCullough 29:29

You sound like all of our student ambassadors. That's the first thing they always say, to help on our student q&a videos, like we're all in it together. You're not alone, and everyone's nervous. So take a deep breath and reach out, which is always really good advice to hear from a peer as well. We are all about food here at College skips. Is there a particular food on a college campus that you love or nearby in a surrounding community?

S

Stephanie Mitchell 29:52

Well, I always think that there's great character in pizza places around college campuses. But if I had to think of Have food on campus that communal through most schools. I'd have to say the ice cream bar. And hopefully if you went up frozen yogurt, right? Yeah, they have more toppings than anywhere. From healthy to junky. I love it. And I love the diversity and the options that presents. So that has to be my favorite one.

M

Moira McCullough 30:20

Okay, you, you and I would have met at college, I'm sure then we would have been hovering over the dessert bar.

S

Stephanie Mitchell 30:26

Yes, but not swimming across across the ocean.

M

Moira McCullough 30:30

Stephanie, thank you so much for sharing your insights and help and guidance. You've been a big supporter of college scoops sharing articles for our blog. So we're thrilled to have you on our podcast today.

S

Stephanie Mitchell 30:42

Oh, thank you so much for having me. This was such a fun conversation.

M

Moira McCullough 30:48

Thank you, Stephanie for taking the time to talk to us about the transition between high school and college and the different ways that both students and parents can prepare for it. It is important for students to have a sense of responsibility and independence coming into college, which can be taught to them early on at home. This way your student will be set up for success as they navigate this new chapter in their lives. You can find all of our show notes and links to the helpful resources mentioned throughout our conversation on our website at collegescoops.com/podcast You can learn more about Stephanie and Grapevine Educational Consulting on their website, Grapevine Educational Consulting. Please take a couple minutes to rate review and subscribe to College Scoops. Thank you for listening to our College Scoops podcast. Our entire College Scoops team strives to make the college journey a little bit easier, less stressful, fun and tasty by sharing all the inside scoops we have curated along the way. We would love to hear from you about topics to cover and your ideas and everything college related. Reach out to us at College.scoops.com or follow us on Instagram, Twitter and Facebook.

