

Episode 52 - Jen Hendricks

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SPEAKERS

Moira McCullough, Jen Hendricks



Moira McCullough 00:00

Welcome to the College Scoops podcast. I'm your host, Moira McCullough. And today we are talking with Jen Hendricks about how to find a college that is right cultural fit for your student.



Jen Hendricks 00:10

If you don't have your basic needs met, as in food, shelter, you don't feel secure, you are not going to make it to the next level, you're not going to go to higher thinking, you're not going to be able to reach higher goals. So I feel like that informs me so what I'm always thinking about are those basic needs that most people have and those comes really from their families.



Moira McCullough 00:40

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, informative 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 on everything college related. And leave us a review. And 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@patreon.com/collegescoops and sign up as a sustaining listener, insider or Deluxe sponsor. We have exclusive benefits for our members free ebooks and even a College Scoops care package. Jennifer Hendricks helps students find and apply to their best fit schools by using a three part process based on discovery, preparation and decision. With thousands of hours teaching writing, editing, researching and parenting. Jen draws a large repertoire of tools in helping students express themselves effectively to admissions representatives. Working with her students find clarity and purpose in navigating the college search and admissions process. Jen is also a parent of three teens and has undergone the college navigation process recently with their own twin daughters. This makes her especially sensitive and adept at helping parents who are on this adventure for the first time. Welcome to the College Scoops podcast. Jen, thank you so much for joining me today.

 Jen Hendricks 02:40
Thanks so much for having me.

 Moira McCullough 02:42
When we first talked boy, it was like memory lane going down. We both lived overseas working overseas have three kids, and you're from the east coast.

 Jen Hendricks 02:53
Yes.

 Moira McCullough 02:54
So you actually also worked at a school in London advising students on university admissions. So you have so much to impart to us today. So, welcome to the show. And please tell us a little bit about yourself.

 Jen Hendricks 03:07

Well, thank you. I'm actually an educational consultant, currently working here out of Austin, Texas, married to an entrepreneur and we're the parents of three sophomores. I have twins who are in college, one goes to SMU and the other is at University of Edinburgh in Scotland. And then I have a boy who is a sophomore in high school.

M Moira McCullough 03:27

Oh my gosh. So how is that I just have to ask you having the twins and SMU and University of Edinburgh That in itself going through the college admissions process with two as the first time around.

J Jen Hendricks 03:41

Right. So that was actually very challenging a lot of fun. I learned so much because they were in very different situations, they had very different needs. And there's always the challenge of time trying to figure out how we were going to do the visits. And then when it came to the actual application process, how are we going to break that down. The other thing I had to talk to them about was when they were going through the process, and it's very stressful for all of us, right as parents, they would often wait till the nighttime to come talk to me. And I don't know about you. But nighttime is when I'm starting to relax and unwind. And I really kind of just had to establish a lot of boundaries around it and create structure. And I think it went really well as a result of that. It's something I would advise for a lot of parents of twins.

M Moira McCullough 04:29

I should have done that in the beginning because as you said, I am fresh in the morning. And we know our kids are not necessarily fresh in the morning. So it's having that open dialogue to ask them, okay, what works best for you. And let's figure out a time where we're both 100% in it from a mental perspective and we're not tired because that's just they create more stress and not be productive.

J Jen Hendricks 04:52

Absolutely. And that's always the challenge when you have to apply at the same time is the amount of energy and amount of time You have the resources, you have yet to be very honest with yourself about that. And I actually hired an educational consultant for my daughter. So that also helped. So I kind of outsourced that piece. And for the other, she really wanted to work with me. And that was, it was about knowing myself and who I

could work with, we operate differently with our different children, of course, right. And some we can kind of clash with and others we work really well with. And with one of them, she was like, I'm good, I'm good with working with you, Mom and the other. The other, I felt we were almost too much alike. And I really thought she would benefit from having the consultant and it was a great, great decision, both from her perspective and your perspective. Yes, really good decision. Because I would say, Well, you know, ask her about it, or what does she think and then it kind of enabled us to get to do the fun stuff. I used to go on the college visits. And then the college visits were a bit challenging, of course, because Anna really wanted to go back to the UK. And Lily wanted to stay here. Obviously, we couldn't really go to the UK. And so you know, we had to sort of divide and conquer and figure all that out to make it work.

M Moira McCullough 06:11

So talk to me about going back to the UK, because when did you leave there you live there? And when did you leave? At what age were the kids when they left the UK because I'm trying to put that in perspective, like how and a new University of Edinburgh is for me,

J Jen Hendricks 06:26

Right? This is where it's fascinating to talk to students about what matters for them in terms of a culture of a school culture, which is one of the things I'm most interested in as an educational consultant, my most important job is to fit students with the right school for them. And that's not just academic, that's really cultural. I think in the end, because one of the biggest reasons students don't stay in school is because they don't feel comfortable. It's not the right environment. And I learned this through my own experiences. But also in working with my daughters. It was fascinating, because with Lily, we had just moved here and back to your question. So we basically moved here when they were juniors in high school, right? So they went from very small, warm, touchy feely private school, in London as IB school. And we came here to Austin, and they came to Westlake High School, which is a huge school, you know, football's a big thing, but a really different culture to have to navigate as a junior. So when it came time for college, Lily said to me, Mom, I just kind of figured this out, I think I'm ready to, to leave Texas, I really like it here. Whereas Anna very well with the transition. But what she realized was that she missed the culture of England so she wanted to go back. William came here in seventh grade.

M Moira McCullough 07:52

A couple things just we go back to we both were over there. Now, when I lived there, my kids were also young. But as a result of that, being overseas, you really become a family unit, all my kids are best friends. So it's so nice that you're such a close unit and you know each other so well that you can actually help kind of fine tune what's important and the criteria that each student needs when looking at a school and not being able to see it is so challenging, which is now what most kids are dealing with right now. But let's go back to the fit. When you and I were talking, we talked about the fit from a student perspective, but you brought in a lot about meeting with families, and learning about the family background, and the culture of that family. Talk to us a little bit about that, why it's so important, and why that's what you focus on a lot with your families.

J

Jen Hendricks 08:40

Yes, super important to me. Like I said before, a lot of students don't make it through their first year of college. And so I kind of felt like this is a problem, right? How can we solve this problem and making sure that they have they're in the right environment is really the solution to that problem, obviously, right? So what I usually do in the beginning, I just want to go back to something I learned actually in college, it really influences my approach. And that is I don't know if you remember, but I studied sociology, I think everyone should take sociology. And I studied this philosopher called Maslow remember Maslow's hierarchy of needs. And it's something that really informs my practice. And basically, just in a nutshell, he said that, if you don't have your basic needs met, as in food, shelter, you don't feel secure, you are not going to make it to the next level, you're not going to go to higher thinking, you're not going to be able to reach higher goals. So I feel like that informs me so what I'm always thinking about are those basic needs that most people have and those comes really from their families. So the first part of what I do is usually when a family comes to me they have these preconceived ideas have the right college, the colleges they want, sometimes they'll have a list they've created and it's often based on where their friends are going, what they hear about their schools. If you go to a private school, They tend to feed certain schools in or maybe a sibling went to a school. So they know the school, I'm just trying to determine at that point is that the right school for my client. So that sounds great. And I'm glad that y'all hear about this or that your brother went there. But let's, let's just talk about you, and what's important to you. And this is sort of the discovery phase where we start to sort of unpeel the onion to get to what's truly important. So usually, what I do is with a student, I have a lot of tools that I use. So you know, I use this card sorting activity, I use use science, but my favorite activity really is a values based inventory, where I start to ask them about what you really value, what are your core values, and a lot of them will say family, but it's actually quite revealing to me, because when they say that, I start to think, okay, fam is important to you. So how, how are you going to recreate that family wherever you're going? And then when it comes to

the parents, I have a questionnaire that I use, I asked them if they've gone to college themselves? What is their attitude about their child going to college? That's another question I always ask, because that sometimes will reveal a lot of their fears around it, their beliefs about college, a lot of them will want sort of what's the return on investment for, you know, some will use those words, which is very revealing to me. Others will say, Oh, I just want them to have a college experience and try new things and take new courses. That's very revealing. I might ask, are they from this country? Right? Are they from this state, there's a little bias ease within states, right? And stereotypes, how they've been through this process with another child, I asked that it's very important for me to identify right away, what are the parents attitudes and beliefs, because that will help me when I'm looking at the college list. And also just being respectful the family, you know, I'm not going to impose my values onto them. I'm just trying to determine what their values are. So we can work harmoniously together. Ultimately, I am working with the student. And I always tell the family that the reality is, I think you need to feel good about where your child is going to college.

M

Moira McCullough 12:12

Well, I also think that communication and that those questions that you're asking, I think as a parent, you learn a lot about not only yourself, but your student. And I know as a student, you learn a lot like I'll give an example, my son oldest was over in Sydney for his semester abroad last spring. So we know what happened. At one point, the school said that he could stay there, and we felt it was the right thing, that he would stay in Sydney, we never knew it would last until now. And I remember him. He called me up and he said, Mom, I know what you did. When you were young, you went abroad, you had a similar experience. I'm doing it in the way that I will thrive. But I'm scared now. I want to come home. And I know that may disappoint you because you could handle it. I know you would stay but I don't think that's me. And it was like you're across the world. And here you aren't, I felt so bad that he would have thought that. But he knew what I was thinking because I was like you should stay. But to your point. That's the kind of discussion and you learn a lot about your child and what is important to them.

J

Jen Hendricks 13:21

Yeah, I think it's important, it's hard for parents to let go at this stage, right? Very hard. I mean, the college process is very profound, brings up a lot of things brings up a lot of issues, it brings up conflicts, a lot of students start to find things out about themselves that they weren't really forced to ask these questions about themselves before, especially if they come from a bit of a sheltered background. And we as parents are always like in that kind of middle ground where we want them to be their own person, so to speak, obviously,

and we respect them as individuals, but then we also are holding on to our values, right? And and we just want to make sure that they maintain those values while they're becoming their own people. But the push pull

M

Moira McCullough 14:07

it is but I also have to say nowadays, I think when we went to it, but maybe then the same issues, my parents would say it was a lot for them to pay for college, and we chose private schools, not State University. So for my parents, that was a lot. And now I look at what college tuition is. And I think there is a balance because you want to get that input from parents and they are paying so much that a student also has to realize there has to be some type of coordination agreement, open dialogue to make sure that it works on all levels.

J

Jen Hendricks 14:38

Absolutely.

M

Moira McCullough 14:40

So culture again, then so you're you're asking all these questions. I just know that my son one of the things that he told me was that we are a foodie, we love to travel. So these wonderful schools that were in the 'quote unquote' middle of nowhere, my kids are like, I can't do that. That's too remote for me. So Those are some of the discussions that you have.

J

Jen Hendricks 15:03

Absolutely, yeah, that actually is a huge part of it. Once we go through the discovery, I take the information. And I start to create the list and introduce them not only to the majors, academic programs, which we've talked about based on an aptitudes, inventory, that sort of thing. But I'm also introducing them as much as I can to the environment of the schools. And there's different ways I do this, because right now, students can't go see colleges, it's very hard. We're doing a lot of research, online and virtually in other ways. And one of the things I want to say is that, you know, college visits have never been available to all students. And that's why I love what you're doing. Because it's wonderful to be able to provide as much as we can to those students who can't afford to travel can't go to see colleges. But the reality is, is that even when you go and you know this, because you go on colleges, tours all the time, admissions reps love to give us their most high

achieving most incredible students they have. And it can be very intimidating for students when they're on those tours, and even on the virtual tours, because they look at these students, and they're like, I have to have three majors and be part of this club. And so the virtual tours, and the actual admissions tours are always a little intimidating. So I try to really get at, again, the culture, what is the scoop? What is the college scoop? Right? What is the inside story, and the first thing we do is use the website and social media to try to look at the culture. And it's very interesting, you can really just look at a website and get a lot of information about the culture of a college and school and the environment. One of the things you can do, for example, is you can just look at the mission statement. Okay, I'm going to give you an example. If you look at the mission statement for Baylor versus Tufts, okay, I shouldn't say versus that doesn't turn right. You know, if I read you these two mission statements, and you can tell me, which is what?

M Moira McCullough 17:00
Perfect.

J Jen Hendricks 17:01
Okay, so here's the first mission statement is "to educate men and women for worldwide leadership and service by integrating academic excellence and Christian commitment within a caring community". And the second one, "a student centered research university dedicated to the creation application of knowledge, we are committed to providing transformative experiences for students and faculty to an inclusive and collaborative environment, where creative scholars generate bold ideas, innovate in the face of complex challenges and distinguish themselves as active citizens of the world". Baylor was the first one.

M Moira McCullough 17:37
Yes, right.

J Jen Hendricks 17:38
And Tufts was the second.

M Moira McCullough 17:39
I just love that, because I feel like it really shows the values really are coming right through

in those mission statements. If you look at the history, too, I love reading about the stories of the schools, you know how they started, you know, then we kind of go from there to the types of clubs and sports. And this is just to say that, when you go into missions, tours, they're always talking about the millions of clubs they have, right? But the reality is not everyone's doing the clubs, because this happened with my daughter. When she got to college. She's like, Yeah, I thought the clubs is going to be the thing. But no, it's the sororities. That's the thing here. That's the reality, right of the actual culture. So we look at types of sports like is it D one, D three, do they have sports, a lot of my students what football but they don't necessarily want to play it. So some schools don't have football, they have lacrosse, right? Or they have hockey, we look at Greek life, specifically with Greek life, you really want to look at the percentage of students that are involved in Greek life, if you want that, because if the school has a 40% or higher in Greek life, that's going to be a very big part of their environment and the social life. If you don't want to be in Greek life, and they have 40% or higher Greek life, then you have to have a plan of what are you going to do instead. And this is something I just learned about. I went to Sarah Lawrence College, I went to a really small progressive School, which didn't have Greek life. And Lily really wanted to participate in that. So I learned quite a bit about how all works. And I think it's just been wonderful for her. But I do see how for some students, it might be intimidating if they're on a campus, or what was being offered may not be their thing in The geographic area to north and south within Greek life. Because I also went to a university that was no greek life. So my daughter also decided to to rush and talk about an eye opening experience. But I will say it was so much different in the north than in the south because I don't think she would have joined a Greek life sorority in the south. I think where she is it works. Have you heard about Anchor It is the easiest way to make a podcast and it's free. You can use their own creation tools to record and edit your podcast right from your phone. Anchor will distribute your podcast for you. So it can be heard on Spotify, Apple podcast, iTunes, and many more. You can make money from your podcast with no minimum listenership. If it sounds easy it is because it is, here's how you do it, download the free anchor app, or go to anchor.fm to get started.



Jen Hendricks 20:33

And the other thing about Greek life is that different sororities have different hierarchical statuses at different campuses. So again, if say, a mom, that's important for her and her family, and the daughter wants to be a part of that, then that's going to actually be something I'm looking for when I create the college list must be of geography. That is important a factor to write I know a lot of students do not want to be in the cold. Or they'll say I just want to get out of Texas. Okay, I know you say that. But are you going to be comfortable when it gets dark at four o'clock? And it's freezing cold in upstate New York? There's just things like that, that students don't often think through?

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Moira McCullough 21:19

Because you're in Texas, you mentioned a majority of Texans stay in Texas, is that kind of the eye opening revelation that they have that? Oh, my gosh, from a not only a weather point of view, but you mentioned that in the beginning, I think culturally that is one state that there's so many other factions that are being connected.

J

Jen Hendricks 21:40

Yes, I totally agree. I think of you and I, you know, growing up in Connecticut, northeast area, it's much smaller areas. So people tend to go into the different states for colleges and universities, right? Because it's not that far. But I think for here, the geography it's so hard for for parents and families and hosts to imagine how far they're gonna have to travel outside the state. And they're like, Well, why wouldn't I just want to stay here? I mean, this is a great state. It's big enough as it is. It's got great offerings. But that was, yeah, that was really interesting. When I first started working here for me, I might introduce schools, they're just like, what? No, but I also look at in terms of helping students understand the environment. When you look at demographics, one of the questions I always ask is, do you like your situation? Now? Do you like your high school? Do you like the environment you're in? And a lot of them will say, Yes, I love it. So that helps me. So if they're in a school, like Westlake High School, which is very, very big, and they've learned to navigate that kind of system, then probably they're going to be okay, in a larger school, but then others will say, No, I want something totally different. I know I'm ready for something smaller. You know, coming from the northeast, I had this other student who comes from a high school where it's very diverse. And that was a deal breaker for him. When looking at colleges, we had a list when it came down to was the diversity on campus.

M

Moira McCullough 23:03

I mean, it's hard for 17-18 years old to pick a school. The world is your oyster. Yeah. But that also presents a whole nother level of where do I even begin? So I think fine tune it and bring it down to a more manageable level.

J

Jen Hendricks 23:16

Yeah, even for first generation students, it helps to find schools that have programs for first generation students. Are there others first generation students there that they can talk to you? Are there programs set up for them? that's also very important.

M**Moira McCullough 23:31**

So then you also I love this when we were talking about the culture shock, right? And then the culture shift, because we have dealt with that you and I in terms of where we've lived. relocation is hard, repatriation is hard. And there's an adjustment that was a cultural shift. But that brings it to what you're doing now to it's helping out students thinking that you may think that there's no difference, saying that I'm going from the east coast to the east coast school, but that's really hard to break in to a culture and the mindset, so you have to be prepared. And so how do you shift from one to the other to your point, even first generation, you look at going to school, or their support system networks, clubs, activities, mentors that people can reach out to to help them navigate.

J**Jen Hendricks 24:24**

Right, so there's kind of different stages. I'll just talk about our experience with it right? shifting into college. Now, before we went, we made sure we made a lot of connections, we connected with families and friends whose kids had been at the school, you know, you talk to other parents, through social media, there's Facebook pages you can sign up with right. And that really helps you understand what's going to be important terms even just like what to bring. We also made sure in the case of SMU we went to all the accepted students days, which really helped a lot when you can if possible, I recommend students go to the college Walton session, which right now we can't do so sorry. But you know, generally you could try to spend a night there before you attend, I tell parents is to just make sure they know where everything is to make them feel safe and secure, like doctors and stores. And the other thing is for students going into new culture, you and I talked about this, if you're really close to your family, they have to sort of establish when they're going to talk to their parents, because a lot of times they'll miss their families. And I want to, you know, reconnect.

M**Moira McCullough 25:34**

I'm intrigued by this with having a student overseas, especially given what's going on right now. So you set up certain timeframes for talking with her, you reach out to current families who go there, you set up kind of the support system ahead of time. And then she has a network of people that she can call upon, Should she needed, do they do a good job as well, with that?

J**Jen Hendricks 25:58**

You know, it's interesting, it's really helpful if your children are going abroad, to make sure

you have like a buddy system set up over there. For example, when Anna went back, during COVID, there was about 10 hours where we were out of touch with her. And it was really upsetting. We didn't know where she was when she arrived. And I realized how important it was for us to have had two or three contacts to call in the event that we because it's very different. They're they don't do as much outreach with families, so they don't do as much with families are parents and that that's another thing that's important to think about, if you want your child to go abroad is are you comfortable with the fact that they pretty much believe that your young adult is an adult, you're not going to get the connection you get here, like SMU is complete opposite where they do a lot of outreach to families, they always have parents weekend, things like that. Whereas in the UK, they don't do that as much. So it's good to set up like you said, the support system. In Anna's case, it was a mother I knew from her school in London, whose daughter goes there. So I have the daughter's number. I had the mom's number, and we talk a lot.

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Moira McCullough 27:07

Well, I would even say you have a situation where one of your daughters is overseas. I even said to my son, if you're going to California, where East Coast, that also has to be set up. As my daughter said, James, you want to go to California so far away from mom and dad. But do you realize what that means? You will not be coming home for October break for Thanksgiving, you will be there for those? Are you comfortable having Thanksgiving away from home?

J

Jen Hendricks 27:32

Yeah, those are the realities. And you brought up California that the other thing that's important to look at for culture is what percentage of students are from the state that go to that school, because often have to remind my students that the big public state universities have mandates whereby they have to accept a certain number of students from their state. And those are different from state to state. So that's really interesting. And I think very important, because when you go there, you mean be one of the only people let's say, UT right? As an example, you know, you're not from Texas, you're going to be in the minority. Are you excited about how's that make you feel?

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Moira McCullough 28:08

Right, which you might have plenty of offers to go stay for Thanksgiving. But we always say, look at it long term with your alumni group, and where you want to work, if that's where they're alumni is based, and you want to work. East Coast, you'll do it, but it just

may take longer to get that opportunity.

J Jen Hendricks 28:28

That's a good point. Yes. And a lot of students now are very practical that way, which I love. You know, they're thinking, Okay, where do I want to stay? Where do I want to live? Again, that has a lot to do with the culture and brings us all back to the idea of like you said before with Geography Now, are you used to a city? Do you need transportation? Do you want to walk everywhere? Do you like to drive in California, you know, depends on the campus, but you might need a car if you're out in the middle of nowhere.

M Moira McCullough 28:57

Or even I've said if you want to be in finance, that particular school, they have good program, but your opportunity to get a job will probably be localized or that particular area versus you're not going to be able to get a job easily in New York City, because they alums are not based in New York City. So you really do have to think a couple steps ahead.

J Jen Hendricks 29:23

Yeah, it's helpful. It's helpful. I mean, they do have a lot of good career fairs, though, and they do recruit quite a bit, but it's just easier if you can kind of stay there. The year after college. My brother did that. He went to Emory and he stayed in Atlanta the first couple years and it is nice and a lot of a lot of students really benefit from just staying they've, they've settled in, they know the environment. And it's nice when they can work there as well for a couple years. Absolutely.

M Moira McCullough 29:51

Or to know that no, I don't want to stay here. Well then. Just know that know that that may be harder for you. To leave that area, or to get a job. And so I just think having the open dialogue is really important because it brings up some, you may rearrange and shift your priorities and the criteria of where they fall in line. My daughter, it was funny, she said she only wanted south, I mean, she is cold, but the big school rah rah, certain programs meant more to her. And she was willing to put on an extra couple layers of clothing. What are some of the tips that you would give to students and families right now?



Jen Hendricks 30:32

I would say that there's a lot of things that you know, we can do, and parents can do to help their young adults navigate the different culture, like we talked about, you know, what you kind of do ahead of time, right? join the Facebook pages, go to the accepted students days, and that sort of thing. And then I think what happens is, once they get there, and they're starting to struggle with the culture, there are certain things you can do to really help them and with students, what I always remind them is that it's going to take time, it takes a full semester, before you really kind of adapt fully to the place. And just going in knowing that I think it helped a little bit, making sure that you know, it's not forever this feeling you're having that it feels so different. Just give it some time. Because usually, by the end of the first semester, you've hopefully figured it out. And during that time, you know, it's important to take care of yourself, I emphasize self care, it could be just doing the things you need to do for you like going to the gym or going for a walk. Or it could be eating certain things that you love, or just things that are going to make you feel good. One of the things I think will help students adjust is to definitely do community service with others join a club, try to get outside of yourself, because I think sometimes, I mean, I think most students feel very lonely with Facebook, or no sorry, with social media, they see how much fun everybody's having, and they're not having that much fun. And so they just sometimes I think, need to get away from that and go do something physically, like community service, like I said, even participating in the structured activities they have, which may seem really corny, and but I think it just getting out there and actually doing things helps making sure to remember, you know, why are there I think sometimes students really lose sight of why they're why they chose the college, what they loved about it when they first saw it. So I often try to bring that back. And also, you know, by the first semester, you know, what's going to change and what's, what's not going to change. So at that point, you started to have to really get into the academics. So I you know, like for me, I know, when I went to Sarah Lawrence, I would definitely went through culture shock, because I gone to a very big boarding school and I went to a much smaller school that was more urban. And I remember my first semester was really shocking to me, surprisingly, I didn't, I didn't anticipate it, I didn't think it was going to be hard. And the way that I managed it, because that's actually quite a commuter school, like a lot of students go back into the city on the weekends, which something was something I wasn't aware of. And so what I did was I really got into academics, I remembered while I was there, I wanted an intellectual college, I wanted to be with professors who cared about what they were teaching. And that's what I did, I just I'd made a couple little micro adjustments to my schedule, and I started getting into my studies. And I had a really great, great year, that first year in the end. So it's important to just again, just remember, why did you choose this school and rely on your teachers and your academics, and try to maybe remove yourself a little bit sometimes from the social pressures.

M Moira McCullough 33:50

That is so important, and I just I'll again, throw it back to the adjustment. People used to say, oh, living overseas was so much fun. No, it was really lonely at times. Why did we do this? I feel so disconnected. And at that time, there wasn't a lot of there was email, but not social media that we have now. So you even felt more lonely because you didn't get in mail any packages. So I think that's a very good advice to say you went over there for a reason. Go back to those reasons did the research, you had that gut feel? And that will help you through and nothing's ever great. The minute you arrive. I mean, we all know that because it doesn't exist. And if it does, it's an end at some point.

J Jen Hendricks 34:35

Yeah. And that's where real growth happens to is when you go through something, right. And it's important to let our our young adults go through it because they're going to come out the other side of it, and they're going to be that much stronger and more mature, because they've gone through it. So as parents, it's hard because we have to kind of sit back and let them struggle. It's hard to watch that.

M Moira McCullough 34:57

But we also say that with the overseas or even going into new neighborhood, the first year is hard work, you're putting in all the work. The second year, you're starting to reap some benefits of it. If you can get over that hump, the third year is gonna be fantastic. And that's what you should look at it from a college.

J Jen Hendricks 35:11

Get through the first semester. Don't make decisions too quickly.

M Moira McCullough 35:15

No, but be willing to know that everyone else is in the same shoes. And if you don't take a risk, you're never going to get the reward and benefit and richness of the experience that you would if you were more open to that. So. So what do you wish you knew before attending college?

J Jen Hendricks 35:32

I wish that I spent my summer's more effectively. Funny enough. I know this doesn't seem like it relates to college. But one of the things I'm really impressed with the students I work with right now, and something that actually helped them with is what to do in your with your summer. And I love that a lot of these students now are taking full advantage of their summers to work on internships, and start networking and learning skills. Like the Way education is shifting. Now we don't have to be in school to be learning something right? I just remember I wasn't very good about planning my summers I was over I submitted my need for a break. And the reality was I really didn't need that was time for a break. I was in college, I didn't feel like I probably did as much over the summers that I see a lot of these other students doing. So I think it's just really great. And I think it's great that they're pursuing interests and learning skills and networking, because it is going to really help them when they finish to have that resume. You know, when they start to look for a job like that they have these skills that they've worked on and done these internships. I did an internship but it wasn't. It wasn't really in the summer. It wasn't till much later. So yeah, that's something I really recommend.

M

Moira McCullough 36:53

Well, don't laugh, but that's what I kind of set up for my goals. Now, at this age, crazy, but I this summer, I was like, I'm going to do something and my kids actually encouraged me to try to new things that I hadn't done. And I thought that is such a it was such a great feeling. After the summer. I'm like I really enjoyed that I learned something new, I met new people, and I felt revived. So I think we can use that at any stage in life. Is there a favorite dessert or food place that you would recommend at any of the campuses or at one of your kids campuses?

J

Jen Hendricks 37:25

Bird Bakery in Dallas, that is very, very yummy place they have wonderful cupcakes. I was gonna say here in Austin, because we do have UT here are one of my favorite places is called Nothing But Bundt I think it's a chain. So you may be able to find in other college towns. But what I love about it is they make the most amazing Bundt cakes that they decorate and they're really fancy and fun. So they're really fun for like graduation parties. They'll make them really special for different events. And then they also have like mini Bundt cakes.

M

Moira McCullough 38:00

I love that so we'll have sweets wherever we go if we're in Dallas or Austin. Jen, thank you

so much for joining us and sharing your story and especially with the insight that you have with your daughters. It's really helpful to parents right now as they're navigating this crazy fall.



Jen Hendricks 38:15

Thanks for having me.



Moira McCullough 38:18

Thank you, Jen for joining us today to discuss finding the college culture that works best for you and how to transition from culture shock to culture shift. Create a timeframe and guidelines for working with your students on their college applications. Find a time where you both mentally ready and willing be open with your student as to what your expectations are and the ground rules are so there are no surprises. What are the basic needs your student is looking for and a college experience and community. Take a look at the school's mission statement to get a better feel for the college and the community. You can find all of our show notes and links to helpful resources mentioned throughout our conversation on our website at collegescoops.com slash podcast. You can learn more about Jen and her website Hendricks Education, LLC or on Facebook. Please take a couple of 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 insights groups 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 collegescoops.com or follow us on Instagram, Twitter and Facebook.