

Episode 65 - Kristina Dooley

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SPEAKERS

Kristina Dooley, Moira McCullough



Moira McCullough 00:00

Welcome to the College Scoops podcast. I'm your host, Moira McCullough. And today we are talking with Kristina Dooley, about how we can best support first generation college students.



Kristina Dooley 00:10

I think that the mentoring now we see a lot of colleges now where they're doing peer mentors, you know where they're matching people. first year students with upper class students who have who have walked in their shoes and can understand where those struggles are. And again, no stigma. You know, those questions. They're not dumb questions. They're not. For some students. That stuff is just, they've been through it with older siblings. They've seen this all happen so they know how it works.



Moira McCullough 00:44

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 round 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@patreon.com slash college scoops 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. Kristina Dooley is a certified Educational Planner and founder of Estrella consulting in Ohio based independent educational consulting firm. Kristina has more than 20 years of experience working with students from around the world navigating the complex college and search processes of first generation college students. She is a graduate of Hyrum College and Kent State University. In addition to her work with students, Kristina is an instructor for the University of California Irvine teaching, college consulting resources and as served as a faculty member of the ICA summer training institute for aspiring educational consultants. Kristina is the president of the independent educational consultants Association and sits on the board of the ICA foundation. She's also a member of the National Association for college admission counseling, the Ohio and International Association for college admissions, counseling, and the higher education consultants Association. In addition, Kristina is a member of the Hiram College Board of Visitors serves on the Leadership Council beyond type one, and is a volunteer member for college now greater Cleveland, Kristina and her husband Estrela co-founder Greg currently reside in Northeast Ohio. Kristina, thank you so much for coming on the College Scoops podcast today, thrilled to have you.



Kristina Dooley 03:10

I'm excited to be here. Thank you for having me more.



Moira McCullough 03:13

Well, you and I met a while back and I love talking because you lived overseas, you had your kids overseas, I've never been to South America. So we have that connection. We both love ice cream. So that's another connection. We could have a whole podcast just on you know living overseas, having kids over there and, and ice cream. And that would be one segment in and of itself. But it's a busy time of year. And I appreciate you taking time out of your day you have so much knowledge to impart and share with our audience. We were talking about you are President of the IECA organization, you run your own educational consulting firm, but we wanted to focus on first-generation college students and you shared with me that you are a first-generation student. Can you share all the help

with the challenges and strategies that we're working towards to help first-gen students apply to, attend, and really complete college and what we can do going forward to help those students? Can you just share a little bit about yourself? Yeah, absolutely. And I think people are often times surprised when I tell them that I was a first-gen student. I think because of the work that I do now. I think it's just surprising to people. But my story is I grew up in a very urban community right bordering outside of Cleveland. And my high school was a large public high school I had about 500 kids in my class. Fewer than half would go on to college at that point in time. And the story, I grew up and I had one sister. I grew up in a single parent home. Could the idea of college was something it wasn't something that was at the forefront of discussions but it was also in some ways assumed that I would go and do something my sister did not go. She was older than me, she did not go. And so I was the next one. And the expectation was that I do something. And so just randomly I was in an office, an aide at my high school during my study hall. And I was in the the guidance office at the time, the school counseling office, and we had four counselors for the whole school. And so one counselor for every 500 Kids basically, and because I sat in this counseling office, I would be be in charge of going and getting kids for appointments and all of that. Well, my space in the office was actually a little, almost like a converted closet that they had made into like a little workspace. Well, my senior year, they had a woman come from an organization that was at the time called Cleveland Scholarship Program. And it was actually the oldest continuously operating college access organization in the country. And this woman would come from Cleveland Scholarship Program, and her role was to come and meet with students in my school, to talk about college and to get them interested in pursuing higher education. Very rarely did students come in to meet with her and again, we were in this little converted closet space. So because of our close proximity, we spoke frequently, while I was waiting to go in grab kids from classes for their appointments, and as we were getting to talking, she said have you taken an AC T or an SCT? And I said, No, haven't done that. And she said, well, October's coming up, you should take the ACT. And I said, Okay, so she helped me get the paperwork ready. And I sat for my a ACT. And then, in further conversation, she said, well, have you gone on any visits? And I said, No, I haven't gone on any visits anywhere. And she said here's some schools that are within an hour drive, if you can on your mom's weekends off, if you could go visit some schools, that would be really good. She asked me what I was interested in studying. And she gave me a big book, like I always call it the big book of colleges, but I think it was probably that like a Fiske guide or something. I took it home. I never opened it. I just humored her along the way everything I did was just kind of other than actually sitting for the ACT. I don't know that I actually went through with anything else. But December came and she said, Have you visited any of those colleges? I said, No, I have that. And so and again, it's as my senior year. And so I talked to my mom and I said, Okay, there are two schools she recommended one was Hiram College, and one was Mount Union College, both again very close to my home. And so two weekends,

in December, I went out and visited those schools. And then a third weekend, I sat for a second actb at her her encouraged encouraging and driving home from Hiram, which is a small rural college, I should say there's about 45 minutes outside of Cleveland. It is a college that changes lives. It's part of the colleges that change lives organization, which I did not know at the time when I was looking, I knew very little about most colleges driving home, in this really rural part of Ohio, which is actually they're in quite a quite a large Amish population. I remember driving home and we'd have to slow down to pass the Amish buggies actually on the road. And again, being from an urban town totally foreign for me. But I remember looking at my mom on that ride home and I said that's where I'm going to go to college and keeping in mind the information we just received from the college included tuition on it called tuition price tags. And I think my mom at that point probably thought there is no way you're going to this college. Anyway, so with the help of my this woman from Cleveland Scholarship Program, she helped me fill out the FAFSA once January came because that was when the the process started. We worked through all of that I was probably her most most frequent customer in that closet. And I applied to three colleges. I was accepted to three - Hiram was one I was awarded a Merit Scholarship and received I had probably a zero EFC and received a good amount of financial aid. So I went to Hiram. And so for me as a first-gen student and I graduated from Hiram in four years, it's to say that it was a great success. And I was I'm still thrilled about my choice of where I went. I think they were incredibly supportive of first gen students, it was a teeny tiny school. So not easy to get lost. So yeah, so that's, that's my story. I know, that was long. No, but you know, it brings out a couple of points. One, I mean, you weren't in a situation where you took advantage of that opportunity of having somebody there who became your mentor and guided you through the process, and not many students have that opportunity at also one it you know, it just shows that that was an opportunity that you took advantage of and then also that you had a parent who was you know, supportive, and you mentioned the school to when you talk about the school here, I'm being very supportive of first-gen. What are some of the resources or tools when you say they were there, it was small schools that you had access to help. How else do colleges kind of help those first-gen students that students might not know exist? I think the resources that are available now to first gen students, I mean, it's evolved so much into actual formalized programming where it's intentional and less, less happen stance. And I say that because a place like Hiram, where I had maybe 1000, or 1200 students in the entire college, again, I mentioned it was hard to fall through the cracks, all of my faculty knew me, they all lived right around campus, I would have dinner in their homes, I felt like they remember distinctly being sick, you know, with the flu or something one year, and a woman called, called me from the health center, because my professor had said, You know, I think my student needs something. And she said, can we bring you some Gatorade over to your dorm, and something else, I mean, that was the kind of thing that happened at a teeny school like that. But now, even some larger institutions, I think, have done a

fantastic job of putting together some intentional programming to bring together first generation students to, in some ways reduce the stigma of being first gen. So it's almost like its own club, you know, you come in, they help you understand where to find answers, which I think is probably one of the reasons why in you know, first gen students for so many years didn't persist. And you asked, you know, you said the value of mentoring and continuing on to graduate. Colleges are hurting graduates, not first year students. And so they need to make sure that there's programming in place continuously. And so I think when a student doesn't know where to go, when they get a notice that their GPA is a little low, and potentially could put them in danger of losing a scholarship, and they don't know who to ask about that. They just don't. And so I think prepping students at the onset, before they even get onto the campus, which a lot of schools now do summer programming before students come to campus, to tell them about like, who to ask where to go, even if it's just triage and, you know, here's the first person and they will help you from there. And I think that that's helped with with students persisting. And the other thing too, is, again, going back to that lessening of the stigma of being a first gen student, or even being a student who's receiving a significant amount of aid, need based aid, building that community of those students to support and build one another up, I think, and hold each other up, hold each other responsible for maintaining grades, and all of that, I think is important, because oftentimes, first-generation students don't have that support from family. That's not something that's that and not because of lack of caring, it's more there's just a lack of understanding maybe of what that experience is like, if you're the first one going through it. Oh, absolutely. I mean, you think about even parents who have graduated from college, everyone needs some type of orientation and guidance as to how best to support your students. But those people know what it was like they went through it, they can ask the questions. And to your point, if you've been a parent who has not gone through the higher education process, I mean, there's a lot to know. And it's overwhelming. And where do you go for all that information? So one colleges are doing more to have that programming done beforehand, where they invite students to kind of set up the framework, the resources and tools that are available and the support systems and are there like mentors that are set up or Big Brother - Big Sister type programs that are in college to help those students to go to their peer groups if they have questions. Yes. And I think that actually is one of the biggest changes that we've seen, even both internally within the institutions, but also externally, when you think about organizations like the one that I am an alum. With Cleveland Scholarship Program, it's actually changed names since it's now called College Now Greater Cleveland, one of the biggest transformations that they've made since I was a student in their program is that they've added in a mentoring component, where the students not only get the support, looking for colleges applying and enrolling, but they are matched with an adult mentor, who essentially serves as a check check in for them where they're meeting with them frequently. I mean obviously now in this virtual space that makes it a little easier, but that

there's so much value in that mentoring piece that I and I've been so fortunate I have mentored three incredible young women since this program was instituted and watching the transformation and then during during their time in college, but also beyond that in two of them are already have graduated one is in school now. I just it amazes me, but I will say that there were times when they would reach out and say, Hey, I need help. I need something and I think oh my gosh, this isn't that Kristinia is the Savior. But what if they didn't have someone like me? What if they didn't have somebody to ask this? What they have packed up and gone home and just given up on that. And so I feel really fortunate, I feel like they, I feel fortunate that they were brought into my life. I mean, I'm sure I helped them in lots of ways. But I think that the mentoring now, we see a lot of colleges now where they're doing peer mentors, you know, where they're matching people, first year students with upper class students who have who have walked in their shoes and can understand where those struggles are. And again, no stigma, you know, those questions, they're not dumb questions, they're not. For some students, that stuff is just, they've been through it with older siblings, they've seen this all happen, so they know how it works. When you're the first, it, you know, it's intimidating to admit that you don't know something? Well, I think then we touch on quite a few points, because it's the one the college readiness going through and knowing what the expectations are, too. You mentioned, just the stigma, but then you mentioned to the lack of self esteem, and how college is difficult just to find your own community, you've been at a high school, everything you've been at home, it's for many students the first time living away from home. So just knowing how to advocate for yourself may sound simple, but it's really hard. And when you have a peer mentor program to ask your peers, it kind of is almost like a weight lifted off your shoulders to be able to ask those questions. So what are some of the other struggles that students have and in terms of trying to acclimate to school and ideas for helping them get through that? I think one of the things that comes up often is, we often put first-gen in the same bucket as students who don't have resources, financial resources, I don't think those are one in the same at all times. I mean, I know many first-gen students who've come from families with significant means and their parents have been able to be successful financially without having gone to college. But the reality is that oftentimes, first-gen students are students who need some financial resources. So one of the challenges is going to school and I think about one of my students, a first-gen student that I worked with moving into their residence hall, and seeing all of the technology that their roommate had, that they did not have, and immediately that feeling of, I'm a half not, you know, I'm this I'm not on, this isn't the this, I'm not on the same level. And so, I do love that there are some schools where they're helping students with that, where they're helping them with accessing things like technology, which we all know, the newest technology is expensive, you know. But even I hate to even think about this, because it's so it's so sad to me that there are students living on campuses who have food insecurity, you know, who they are, especially as they go on into upper class years, where

maybe they, they opt not to have a meal plan to because it's expensive, or if they're living off campus. And so I also, I've been really proud of some colleges that I've that I've heard him, you know, they're putting in food pantries for students. And, and again, I think the more we can encourage colleges to think that way, you know, to think about how they can support students, and also to make it so that again, there's not a stigma attached to that if and we saw this in the spring, you know, when schools went remote and a lot changed because of the pandemic last year, I think there's many schools shot into action to try to help students with funds and things like that, to make sure that they could land on their feet. But those are the things you know, when you can go to school, you can have received merit awards, and need based aid to cover all of that. But then once you actually land on campus, not having a car I think there's so many things that are just glaring, glaring instances where kids say, you know what, I don't belong here. And I hate that it really bugs me, because I feel like you do belong there. And that's, we just got to find out, we got to figure out a way for students to not feel that way. I don't I don't have the answer to that. I really don't. Well, I think yes, you do belong there academically. But in terms of with the finances, when you talk about a car you may need the car to get to a job. But you can even talk about the basics of the cost of admission. But then, as we talked earlier about what is involved in campus life and college life outside of the academics Well, part of that is getting involved in clubs and activities. Well, some of them require fees associated with it. And there's fees associated with if you did want to become a member of Greek life. Guess what, in order to rush, you're a female, you may need a certain attire or dress or to go to certain eating clubs. I mean, that in itself, I think students need to know beforehand and kind of almost How can colleges help them really get the full college experience? And I don't have the answer to that either in colleges but that's something that students actually should know about prior to maybe making that college choice, would you say? Yes. I think knowing you know, that there's support and like that example about, I've heard of several colleges over the last couple of years who've instituted almost like a lending closet for students to be able to come in and get a business suit, you know, for an interview. I think that kind of stuff. Again, looking to see are there things already at the college and I here's the thing, students won't know to look for that though. That's the thing is that the first time if you're a first-gen student, that's not what you're you're not, you don't have a checklist of Okay, do they have all of the things that are going to make me feel comfortable and feel like this is my place and support me along the way? No. So the colleges need to be intentional in terms of their messaging to those students, and they know who's first gen, they know which students coming in, fall into that category. And can again, intentionally say to them, here is what we offer here is, we want you to know that these resources exist before you even need them. Because we know that you will stumble at some point in time, but here's how we are going to support you in that. So again, I think that messaging, we can't expect the students to be looking for that in their search. You don't know what you should know unless you have somebody who's been through it

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a school, but supporting them to make sure they understand the process in terms of when do you apply? What kinds of things should you be looking for fast, you know, when should I be filling out the FAFSA, but then there is that mentoring component that continues on once they're in school. And again, it's a free program, You Strive and call the Common Act, actually, just this past year, I believe they started more aggressively promoting that information to students as they were completing their applications that they knew it existed, and students could sign up for that. So those are, I would say, I'm first Better Make Room and You Strive, I think those are all really good resources for first-gen students. And then alternatively, if you know if there's people listening that are wondering, how can they? How can they help, you know, how can you help in your own role, and become a mentor for one of these organizations? You know, I mentioned I mentor through college now. But there are lots of virtual mentoring opportunities that exist. And so whether that's, you know, mentoring, because you're in a certain profession, and you mentor a student who's interested in that profession, but offer offer your help, and in some ways, whether it's one of these organizations or one in your own community, there are these kinds of organizations all over the country, big in big communities, small communities, if there isn't one that exists start one. Alright, two points. Because as we're going through this, I'm like, okay, what organization am I going to do? I remember, I was tutoring in Newark. And as you said, you get more joy almost sometimes. And you hope that the students that you mentor get as much out of it, I felt like when I would walk away from these kindergarten, first grade students who, you know, you're just sitting there reading with them, you know, something so simple, and it takes no time, I actually felt like, I was doing a disservice, because I was felt like I was getting more joy out of it than I was giving them help. But it was a win win. So to your point, there's plenty of mentoring organizations, and I'll put those on on our blog post when we post this. But you also mentioned a great point in terms of, you know, support systems for students, but also for the parents, because FAFSA, anyone, I don't care if you filled it out once or three times. It's unbelievably stressful to go through that. I mean, for anyone who's applying, so I can't even imagine somebody who has not familiar with any of that. But there are support systems in place for parents as well. And do you know if there's support at the colleges, for parents, you have these organizations, for students, any particular colleges that have done a great job providing a resource for parents of those students? I actually can't like off the top of my head. I can't think of any but I that's brilliant. Because to your point, once they go, I think part of it is, you know, we think of things like HIPAA, and we think of all these privacy laws that once the kid turns 18. It's like how much access does the parent get to their information? But I think, boy, that would be helpful for parents, because we as we know, you don't fill out the FAFSA one. So you know that kind of stuff that needs to continue on, I think is really important to maintain relationships with parents, and I know, a lot of institutions have like parent councils especially a lot of the larger institution, state institutions have, like parent advisory councils that help with recruitment, and they

attended mission events and all of that. But I have I'm not familiar with any that are like this kind of a support network, I think it would be great. , It's one of those things that as you go through it, you think if only you had somebody who has been through that before, like a Kristinia to sit with me and say, Okay, here's the checklist. This is what I wish I knew. And I'm sharing this with you so that, as you said, we know from our kids students want their parents involved, they're proud of their accomplishments, and they want you want to be there in the event that they need you and to support you. And you may not know the answer. When my kids have called me at times, I'm like, I do not know the answer but you're at least asking me and together we'll figure it out. So I think that's always really helpful. So thank you for all that wonderful information. I just want to touch on one thing given the virtual environment too. Are there any tips that you have for students, especially now not that they don't have that connection in person on campus? Are there any tips or strategies or advice that you have for students to get them through one We can all be back in person. I think one of the things that's been a game changer for me, and I think it could easily be applied to college students. Right now living in this virtual world is setting an actual schedule for your day. Because we have the tendency when we're doing things in this virtual space, and we've got a little bit more flexibility of, you know, we don't have to get up, you know, and do things in the way that we used to, it's easy to just kind of, you know, get up, maybe jump on your zoom, you know, and then you do this, and then oh, yeah, by the time you look at your clock, it's four o'clock, you know, I think Scott said it being intentional about daily organization is, and I've said this to some of my students who are in school, even though if you're doing remote or hybrid in your dorm room, you know, still follow your schedule, eat at the same times, you know, exercise, you know, whatever those things are, set your schedule, use a calendar and do it that way, don't get into the mode of like, this overly flexible day because it just kind of feels it doesn't it just, I just feel like it's it will snowball into disorganization and clutter in your mind, you know, so, I think that's, I think that's really important. The second thing, the second piece of advice is leverage the opportunities that exist because we're in a virtual space. So a great example is if you're a college student right now, and you're considering a career in something, access to professionals in those in whatever it is, is so much easier right now in this space. Like if you've been thinking oh gosh, I'm really interested in maybe looking for an internship with you know, one with an accounting firm, again, LinkedIn and connect with somebody and ask if you can have a 10 minute chat with them over zoom. These virtual coffee meetups, again doesn't have to be an hour, it can be really quick, you have access to people that normally wouldn't get that opportunity. And people say yes, I mean, people would, you'd be surprised when you reach out to somebody. I'm a big fan of LinkedIn with with college students using that so I tell them just search on there, go in the search bar search the name of it, maybe you there's a firm you're targeting or maybe it's you want to do research and you want to find out if a faculty member at the institution is taking on new researchers.. The other thing and I cannot stress this enough with this virtual world, I

am actually sit on a board of an organization called State of Mind Hudson, which is a mental health awareness organization, our mental health and I say our because I truly believe it's impacting everyone. Everyone is suffering because of the current state of the world and we need to be more intentional and intentional about our time, me time, taking care of us. I just shared an article last week on my LinkedIn about the benefit of walking and like just taking a daily walk. I think for college students if you're holed up in your room, or maybe your only time you're getting out is maybe you have one in person class or maybe two but then you're heading back to your dorm. You know what take the long route plan in a space you know, change it up. Find good podcasts like College Scoops. Find good things to listen to one of my favorite podcasts is How I built This with Guy Roz. You have to you can any person in the world could find an episode of how I built this that they love. That's a great one just put it make it intentional though and say like this is my mental health time. And I have done that and it has been a game changer for me during this pandemic that in the morning I get up my very first agenda item of my day is a three mile walk with my my pup I have a Siberian Husky. He looks at me like come on, lady. It's time let's go he does not let me get out of it. He holds me accountable. I mean, and truly which is amazing. But I'm glad he does my guilty pleasure in addition to podcast I also love the today's show on Sirius XM. So I love Al Roker he brings my joy up in the morning So anyway, and mental health, take care of yourself. You can't you just let that go during this time. It really saddens me. No, but it's so important. And I think I was laughing as you were discussing a couple of things just because a my daughter came by my office the other day and she said you need to get up you've been sitting there I think that everyone like you said it's not wasted but you're also working so much because we don't have that routine of getting up and having that 20 minute walk or drive to work or to your class. So now you're sitting and you're so much more "productive" and you're working and all of a sudden 10 hours goes by and and you haven't stepped out. So to your point, the structure and it's not to say that it's lazy and unproductive. You're actually doing too much and when you talk about the walks, and in the morning, I didn't feel like but I get up, you feel so much better after your mental health break. And lastly, How I Built This - love it and I love the book. And then fourth, you mentioned about reaching out, I will make this plug my daughter's involved in a business fraternity. And she has this mentor that holds every two weeks. And I overheard this one conversation and I cannot believe how incredible it was. The commitment that this professional had with her walking her through a case study, and they have an assignment and he keeps them on track. But as you as we said, mentoring gives us a sense of feeling of accomplishment that we're helping somebody else. But also as a mentee, people welcome that and they love to help, and they're there to help now. So thank you for all those incredible key points of advice for not only students but parents as well. And last two questions, what do you wish you knew before you attended college?

K

Kristina Dooley 36:00

I wish I would have understood at that time, the power and value of networking and connection, connecting with people and connecting others. I joke with my husband all the time that you know when my time comes, I'd like for my headstone to say she was a connector, because when I was in college, I did not take advantage of that, to the extent that I should have, I still keep in touch with a lot of faculty that I had as an undergrad. And even when I went to graduate school, I just I didn't. I didn't practice what I preach to my students now. And I think part of that was access to people. Like I said, we didn't have things like LinkedIn, the networking just wasn't the same. But I wish I would have done more to do that. And to reach out to people to learn more about even things like careers, summer opportunities, enter, you know, internship type things, but also to just build my connection, you know, connections that way, and anyone that knows me now would say, you know, like, for example, with an IECA, I connect with that I try to connect with everybody if I can, you know, I love that. I love meeting people. And for me that that brings me personal joy when I can make those connections between people. But I, I wish I would have taken more advantage of that gone into faculty, you know, spent more time in faculty office hours, interacted with more of my peers who were not like me, which again, being in a small school, you think you'd know everyone, but I tell my students all the time, just because you go to a small school doesn't mean you know, everybody, I wish I would have taken the time to really meet some people who were from, you know, really different backgrounds than me my roommates were from very different backgrounds than me but similar enough that we got along. And so that's what I wish I would have known take advantage of step outside your comfort zone and and meet people and then when you meet somebody, if there's in your mind, you think oh, someone's I should really meet them introduce them. That's how I always feel I have like a running list of whenever I have conversations with people I feel like I always have follow up is connecting them to somebody else. Because I think it's just so valuable in our lives to meet people.

M

Moira McCullough 38:14

Well, you are doing everything that you said that you wish you had done now. So I want to personally thank you because you introduce me to so many people. So thank you for having that energy now because the switch went on. And now you're introducing people making up last time and you do a great job. And just so our audience can hear your favorite food or dessert place on a college campus.

K

Kristina Dooley 38:37

Hands down today though, which is an ice cream gelato ice cream place right down the

street from the College of Charleston. I lived in Buenos Aires for a few years. My children were born there. And my go-to desert when I lived in Buenos Aires was Fado ice cream. So imagine my surprise going to visit College of Charleston and walking down the street and seeing this Argentine ice cream shop from my past. It was you know, the skies opened up and there was a beam of light pulling me in and it's delicious. I can't even I mean right now I'm really just I feel like I need to hop on a plane to Charleston to get some of this ice cream. So if you go there, you have to try the place later. And the owners actually were from Argentina, which I loved as well. I bought it because it was so lovely. And my children were with me. So they got to experience it, too. So yeah, definitely, definitely that.

M Moira McCullough 39:40

I hope I actually make it to the college campus if I actually go there because I'll just be stuck in the icce cream parlour.

K Kristina Dooley 39:46

Well, it's little teeny tiny shop but don't miss it. Don't miss it.

M Moira McCullough 39:49

I will not. Kristina, thank you so much for joining us today. Really appreciate it. It was great. Thank you Moira. Thank you, Kristina for joining us today to share your insights and advice helping first-generation students and parents navigate not only the college admissions process, but also sharing the tools and resources that are available now at colleges. Colleges have intentional and formalized programs in place to help students before they arrive on campus, and organizations and peer mentor programs to assist students during their college years. Students should take advantage of reaching out to professionals to ask for their advice. People are willing to share their story experiences and lessons learned. Do not forget to create a schedule and stick to it. Take care of yourself. Everyone needs a mental health break. And make sure to structure your day to allow yourself downtime as that is more important now than ever before. You can find all of our show notes and links to the helpful resources mentioned throughout our conversation on our website at college Scripps comm slash podcast. You can learn more about Kristina and Estrela Consulting on their website at Estrellaconsulting.com. 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

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