

THE

Personal Growth Student's Guide to College Search



Find a college that fits your drive to make a difference in your community and the world

As a personal growth student, you're interested in finding a college that will support your drive to expand your mind and help solve the world's greatest challenges. You're not sure about your career path yet, but you know that whatever you study will help you become a better person. Trying new things, meeting new people, and learning different perspectives is important to you, but you should also consider how to turn your altruistic drive into a rewarding career.

WHAT YOU SHOULD LOOK FOR IN A COLLEGE:



MEANINGFUL CURRICULUM:

Look for programs with social/racial/environmental justice built into their core curriculum, providing a well-rounded educational experience that will also satisfy your altruistic motives.



COMMUNITY SERVICE EXPERIENCES:

If you're interested in personal growth, you should look for colleges that offer opportunities for you to see the world while making a difference. At Saint Rose, students get involved in lowernine.org projects in New Orleans or humanitarian efforts in Guatemala.



SERVICE-LEARNING OPPORTUNITIES:

Maybe you're a life-long volunteer or maybe you're new to giving back. Look for colleges that make it easy for you to get involved in the community. See if they offer courses that center around community service and count toward your college degree, helping you make the most of your investment.

BONUS BULLET



SPIRITUAL LIFE PRESENCE:

Colleges with built-up spiritual life programs typically have a mission to give back and help others. Additionally, these programs often invite important speakers to campus that elicit thoughtful conversations and provoke action.



OTHER THINGS TO CONSIDER:

Location: Do you want to stay close to home or go somewhere out of state?

Affordability: The Net Price Calculator can estimate how much financial aid you'll receive.

Academics: Are there any industries that interest you? Do any majors stand out?

Livability: Is the campus the right size? Do you like the surrounding community?

HOW YOU SHOULD SEARCH FOR A COLLEGE:

Research a college's mission and values: Do they resonate with yours? Could you see yourself living out their founding values and beliefs? This information should be available on the college's website, but also demonstrated on their social media platforms, so make sure to follow their accounts!

Participate in a volunteer opportunity: See if you can get involved before you even apply. Each year, Saint Rose celebrates Reach Out Saint Rose Day, where hundreds of community members are welcome to participate in local community service projects.

Feel the vibe: Look for colleges that offer the opportunity for you to test-drive the student experience so you can get a feel for the community. At Saint Rose, we have a "Knight for a Day" visit, where students can shadow a student in their major of interest and attend classes.

OTHER COLLEGE SEARCH TIPS:



MEET WITH YOUR SCHOOL COUNSELOR:

They know you best and can help you with the admissions process from start to finish.



RESEARCH ONLINE:

See if your school has a subscription to online search and match databases.



CHECK YOUR MAIL:

You'll get a ton of mail from colleges — keep only the content that interests you!



VISIT CAMPUSES:

This will help you narrow down the colleges that interest you the most.

SAINT ROSE STATS:



Students from 39 states and 70 countries



Service trips to Washington D.C., New Orleans, San Francisco, or Guatemala



Reach Out Saint Rose engages 700+ community members in a day of community service.

COVID-19 DISCLAIMER:

The COVID-19 pandemic might limit visit opportunities and other aspects of the college search process. Despite these challenges, many colleges have made adjustments, and you should still be able to have a rewarding search experience. For example, Saint Rose now offers virtual visit opportunities. Learn more at www.strose.edu/visit.

Do you have any questions?

Contact us: admit@strose.edu

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College
of Saint
Rose