



# You didn't get into college...

## What to do next

### First, manage the initial **disappointment**



#### Acknowledge your feelings, and let yourself grieve (just a bit).

- College rejection letters feel awful and sometimes hurtful. Allow yourself a couple days to grieve the loss—cry, wallow, and even shred/burn your rejection letters.
- Just try not get stuck in “What ifs” - These can drive you crazy! And make sure you don't let yourself get wrapped up in feeling bad for *too long*. Grieve, but then *move forward*.



#### Try to remember: **It's not personal.**

- A college rejection is not a rejection of *who you are*. Your college app didn't 100% represent all the facets of who you are and what makes you great.

### ...and then make a plan to **move forward**



#### Still go to school, just a *different* one.

- **Take community college classes, and then transfer:** If you have your heart set on a four-year college, you can always just start taking general education classes at a local community college and then transfer to a four-year college later. This is pretty common: 1.4 million students change colleges each year. Plus, going this route could save you money!
- **Apply to rolling-admissions universities:** There are some colleges that accept applications throughout the summer or have “rolling admissions.” So it might not be too late to apply and still start a four-year college in the Fall.
- **Attend a trade/vocational school:** There are alternate paths to your career goals. For instance, if you want to become a lawyer, maybe you could attend a technical school to first become a paralegal, and then eventually apply to law school. Or maybe you want to instead focus on a non-academic trade, to become an electrician or police officer.



#### Take a gap year.

- **Think of this as an opportunity:** Use your gap year to take classes; learn a new skill or trade; volunteer, intern, or work; or travel.
- **Strengthen your application for the following year:** Speak to a counselor or college admissions officer if you need help figuring out what would help. Maybe improve your academic record by taking classes at a local community college or re-taking the SAT/ACT.