

COLLEGE READY BLUEPRINT



www.finkcollegeconsulting.com

"Guiding the college journey with clarity and calm"



School Counselor

Yogi



Heidi Fink



Your All-Encompassing Path To Success

1. Academic Core: The Transcript

| Pillar | What to Focus On | The Calm Approach |
|--------------------------|--|---|
| Good Grades (GPA) | Consistency, mastery, and foundation for scholarships. | Focus on sustainable study habits and using mindfulness to manage test anxiety. |
| Rigorous Courses | Challenging yourself (AP/IB/Honors) to demonstrate college readiness. | Balance rigor with wellness. Ms. Fink determines the optimal " rigor ceiling " to prevent burnout. |
| Goal | Maximize GPA while maintaining a full schedule of the most rigorous courses available and appropriate for the student's profile. | Tune in to the School Counselor Yogi's YouTube Channel to maintain balance during the school year: 🌐 School Counsel... |

2. Leadership & Extracurricular Impact

| Pillar | Goal | The Calm Approach |
|------------------------------|---|---|
| Depth Over Breadth | Focus on 2–4 primary activities (the " spike ") for sustained commitment. | Follow authentic passions ; avoid the pressure to "do everything." |
| Meaningful Leadership | Demonstrate impact : Did you solve a problem, start an initiative, or mentor others? | Ms. Fink turns passive membership into impactful, story-worthy contributions for essays. |

3. Financial Aid & Preparation

| Pillar | When to Act | The Calm Approach |
|------------------------------|-------------------------|--|
| Cost Estimation | Freshman/Sophomore Year | Use Net Price Calculators early for realistic cost estimates. Knowledge is power, which reduces future financial anxiety. |
| Application Readiness | Senior Year (October) | Be prepared to file FAFSA/CSS Profile immediately. Awareness of deadlines and required documents is key. |
| Scholarships | Year-Round | Ms. Fink guides families on how to find and secure institutional, local, and external funding to ensure affordability . |

4. The Partnership: Guidance & Peace of Mind

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|--------------------------------|--|---|
| <p>School Counselor</p> | <p>Primary contact for scheduling, local resources, and transcript alignment. Meet regularly.</p> | <p>Treat them as a valued partner; go in with prepared questions to maximize efficiency.</p> |
| <p>Hiring Ms. Fink</p> | <p>Provides personalized, all-encompassing expertise in Essays, College List Building, Financial Strategy, and Wellness Coaching.</p> | <p>Ms. Fink manages the timeline and workload, ensuring all tasks are broken down into manageable, low-stress steps.</p> |

“The college journey is a marathon, not a sprint. By focusing on preparation, intention, and balance, we ensure that you are ready for college, and that college is a healthy and affordable next step.”

— Ms. Fink, School Counselor Yogi