

Work Cited

Cohen, Lauren H., and Christopher J. Malloy. "The Power of Alumni Networks." *Harvard Business Review*, Harvard, October 2010, <https://hbr.org/2010/10/the-power-of-alumni-networks>. Accessed 23 January 2024.

This article talks about all of the benefits that alumni outreach provides. Things like how investments and the economy actually move through alumni networks. The article basically just stresses how much connections can do for people or companies. Having alumni connections can lead to better overall performance in the economy and stock market. The value of human networks is way greater than just online networking. "They understand what it means if a person belonged to a certain club or participated in a specific study program. They may know people who hired them previously. And so on. All this helps them better assess executives' potential as leaders and business owners."

"Advantage of an MBA Alumni Network | KU School of Business." *KU's online MBA program*, <https://onlinemba.ku.edu/experience-ku/mba-blog/the-importance-of-an-alumni-network>. Accessed 23 January 2024.

This article is about the University of Kansas and how their alumni network was put in place and how it works. It refers to the benefits that an alumni network can provide to the people that use one. Specifically it talks about the business side of things and how much it can help an organization. It also outlines multiple ideas for a database and what they can help with, mentoring, internships and school interaction.

Davies, Ed. "What is an alumni network and how can I benefit from one? < EF Academy Blog < EF Academy Blog." *EF Education First*, <https://www.ef.com/wwen/blog/efacademyblog/what-is-an-alumni-network/>. Accessed 24 January 2024.

This source is also about the benefits of an alumni network, it also details the way an alumni network works and who runs it. For example, an alumni coordinator will be doing most of the outreach and planning of events. "Support networks are hard to come by out there in the world and having a ready-made one full of people with shared experiences just waiting to connect is a luxury that few can afford to turn down. When you can, join your school's alumni network."

"What is an Alumni Network? | Crummer Graduate." *Crummer Graduate School of Business*, <https://crummer.rollins.edu/resources/what-is-an-alumni-network/>. Accessed 24 January 2024.

This is about the benefits for alumni and how they can give back to the community and their school. These networks also allow for lots of interconnectivity between alumni and the school. "As an alum, you can attend and host alumni events of all types. Some alumni events are fundraisers for the school or other nonprofits, while others are just get-togethers with other fellow alumni. Some alumni associations will

even host tailgate parties for football games and sophisticated afterparties following concerts presented by the school of music. Many alumni events are hosted to give back to the school as well. Alumni are often in charge of one or more scholarship funds and host fundraising events in order to offer as much scholarship money as possible to current students. No matter the event, alumni gatherings are a great place to network and stay connected with the friends and colleagues you made while you were pursuing your education.”

“Over half of students rank college applications as their most stressful academic experience, survey finds.” *Higher Ed Dive*, 25 August 2023, <https://www.highereddive.com/news/over-half-of-students-rank-college-applications-as-their-most-stressful-aca/691808/>. Accessed 25 January 2024.

This article uses more statistics than the others. I thought that it would be useful for compiling data for my database. It explains that there is a big percentage of High School students that are very stressed out by the college application process. The article's main idea reinforces the need for the database I am creating. “The poll collected views from students aged 16 to 22. It found that more than three-quarters of students agreed that completing college applications felt like “such a decisive moment” in their lives. More than 60% of students reported that college application advice had overwhelmed them, and nearly half said they felt pressured to apply to colleges they weren’t interested in attending.”

Cagande, Consuelo Corazon. “College Application Stress: What Parents and Teens Should Know.” *Children's Hospital of Philadelphia*, 19 September 2023, <https://www.chop.edu/news/health-tip/college-application-stress-what-parents-and-teens-should-know>. Accessed 25 January 2024.

This article by CHOP explains how the college process can be stressful for more than just the student applying, even the parents are affected.

It also details how parents can make the process easier for their child with things like brainstorming on essays, taking walks and making more structure for their students. I think that this article does a good job of highlighting how much structure and information can do for a student struggling with the application process. “The college application process is stressful simply due to all of the unknowns. Teens might not know what their goals or aspirations are, much less what or where they want to study. For those who do, there’s still the stress of not knowing whether they will be accepted, whether they picked the right school or the right major and overall, not knowing what the future holds.”

“2022 College Hopes & Worries Press Release.” *The Princeton Review*, 16 March 2022, <https://www.princetonreview.com/press/college-hopes-worries-press-release-2022>. Accessed 25 January 2024.

This publication by The Princeton Review says that “76%” of students experience stress during the college application process. Given that my capstone was created out of empathy towards the immense stress felt by students while applying, this article is great for showing why they are so stressed. Specifically, how the financial aid they get influences them. “ ‘Asked what their biggest concern was about their applications, the plurality (39%) of respondents overall chose the answer, ‘Level of debt to pay for the degree.’ (That has been the answer chosen by the plurality of respondents for nine years, since 2013.) This year, 28% of respondents chose the answer, ‘Will get into first-choice college, but won’t be

able to afford to attend,' while 24% selected the answer, 'Won't get into first-choice college.' Twenty years ago, in 2003, the *majority* (52%) of respondents chose the answer, 'Won't get into first-choice college,' while the *lowest* percentage (6%) choose the answer, 'Level of debt to pay for the degree.'”

Cyrus. “Stress Less During College Application Season | Harvard.” *Harvard College*, <https://college.harvard.edu/student-life/student-stories/stress-less-during-college-application-season>. Accessed 25 January 2024.

This source is about advice for people applying to Harvard and what would be the best way to approach things, to give you a higher chance of submitting a good application. One of the biggest things was looking for help around you, asking questions and such. “You have a lot of resources around you and should definitely utilize them. Hopefully, you have a lot of adults around to support you, but if not, there are a lot of other people that can give really great advice. Whether that's an older sibling or just someone you know that has been through the application process, don't be afraid to send a message asking for help. I've helped my little brother and family friends as they've applied to college and I know a lot of my peers would love to answer any questions about applying to college”

Barnard, Brennan. *YouTube: Home*, 9 November 2017, <https://www.forbes.com/sites/brennanbarnard/2018/11/14/college-admission-helplessness-and-choice/?sh=a78e0092d491>. Accessed 25 January 2024.

This article by Forbes describes the competition created in American High Schools during the application process. The author, Mr. Barnard, describes the competition as a sort of gauntlet of stressful events and peer pressure one after the other. “College admission exacerbates the stress young people feel by feeding competition among classmates. From comparing test scores to obsessing about class rank, schools create a Hunger Games environment where students are clamoring for a coveted spot at a selective college or university.” Without this competition the process would be considerably less stressful for students, and knowing answers to your questions is exactly how we can maximize acceptances.

Tergiman, Chloe, et al. “Reducing college admissions stress.” *CEPR*, 31 August 2022, <https://cepr.org/voxeu/columns/reducing-college-admissions-stress>. Accessed 25 January 2024.

The main idea of this article is comparing college admissions processes around the world, and it says that overwhelmingly most processes are extremely labor intensive and somewhat unfair to those who have less money. “In the US, the setting is quite different: college admission rules differ by college and are far from transparent. If tests used as part of the admissions procedure, like the SATs or ACTs, become less precise, colleges may increase the weight of other measures (such as extra-curricular activities) in the admissions process. This may have the perverse effect that the overall process would become noisier without substantially reducing effort. Moreover, to the extent that extra-curricular activities are more widely available to higher socioeconomic groups, they would put disadvantaged applicants at a further disadvantage.