



support  
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### The ABCs of the College Years

The current landscape for college admissions can feel overwhelming, anxiety producing and scary. But it doesn't have to be that way! This Connect was a chance to bust some current myths, discuss trends, and help families make an informed and healthy plan to approach the college search.

Brooke Anderson, LCSW and a school-based therapist, led the presentation. She talked about helping your students find the college or university that best fit their needs.

Four factors shared for selecting a school were:

- Academic
- Social
- Cost
- Location

And if your students are athletic, sports also fits into that mix.

Acceptance rates, the net price calculator, and mental health concerns were also discussed as well as several resources with further tips and takeaways..

This zoom forum was held January 14, 2026.

Click on the link below to listen in.

[https://us02web.zoom.us/rec/share/LyQef9Bdc37qr4U3ID\\_aP5D6UZ64FeQmXbc8CpxPl7KpccM8DK11gNNd3yZqh12D.G3vmMj60Y377TFzh?startTime=1768440645000](https://us02web.zoom.us/rec/share/LyQef9Bdc37qr4U3ID_aP5D6UZ64FeQmXbc8CpxPl7KpccM8DK11gNNd3yZqh12D.G3vmMj60Y377TFzh?startTime=1768440645000)

Passcode: =PC?6Eam

**Enjoy!**

Email us at [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org) with questions or comments.

Look on our homepage to register for an upcoming Zoom Connect.

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**CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES**

*(Also known as the National Organization of Mothers of Twins Clubs)*