

Newsletter helps teens think about college

By MARC PARRY, Staff writer

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Lynell Engelmyer is a private college counselor. You can hire her to help your kid pick colleges that suit them, write essays that impress their admissions officers, and figure out how to pay their tuition. But you'll have to pay about \$750 for all that hand-holding, a sum that puts the Niskayuna-based counselor's services out of reach for many families. So Engelmyer is trying something new to affect a broader audience.

The counselor has created a newsletter called "Moving Forward: What teens and parents need to know in the years leading to college."

Engelmyer isn't just talking about junior and senior year. She wants to reach kids as young as 13, because decisions made then can impact college applications later.

One example: foreign languages. Some students might stop taking them after two years because that's all their high school requires, Engelmyer said. But selective colleges can require three or four years.

Parents generally want a plan, Engelmyer said, while kids like to "put their heads in the sand" as long as possible.

"I realized it would be really nice if in eighth grade or ninth grade they had a better understanding of what they would need to get them to the kinds of colleges they were thinking of," she said.

Before starting her practice, Engelmyer, 40, worked in the admissions offices at Union College and Hartwick College. She was also director of financial aid at Lebanon Valley College.

The newsletter will be published eight times a year. The first issue is free; a year's subscription costs \$36. Visit <http://www.movingforwardnewsletter.com> for more information.