

From Stressed Out to Stand Out: The Foundation Series

All drops release on Sundays <https://www.youtube.com/@StressedOut2StandOut>

Week	Date	Lesson Title
1	May 24, 2026	The Big Picture of College Admissions
2	May 31, 2026	Identity & Self-Awareness
3	Jun 7, 2026	Your Story: What Has Shaped You
4	Jun 14, 2026	Well-Being, Stress & Sustainable Success
5	Jun 21, 2026	Interests, Curiosity & Exploration
6	Jun 28, 2026	Connecting Interests to Majors & Careers
7	Jul 5, 2026	Purpose, Impact & Contribution
8	Jul 12, 2026	College Fit + Demonstrated Interest
9	Jul 19, 2026	Types of Colleges & Pathways
10	Jul 26, 2026	Test-Optional Strategy
11	Aug 2, 2026	Building a Balanced College List
12	Aug 9, 2026	Understanding the Cost of College
13	Aug 16, 2026	Financial Aid, FAFSA & Paying Strategically
14	Aug 23, 2026	Application Ecosystem
15	Aug 30, 2026	Strategic Application Timing (ED/EA/REA/RD/Rolling)
16	Sep 6, 2026	Activities List
17	Sep 13, 2026	Personal Statement: Telling Your Story
18	Sep 20, 2026	Writing & Revising the Personal Statement
19	Sep 27, 2026	AI in Essays
20	Oct 4, 2026	Supplemental Essays
21	Oct 11, 2026	Letters of Recommendation: Your Story Through Others
22	Oct 18, 2026	Letters of Recommendation: Building Strong Advocacy
23	Oct 25, 2026	The Final Push: Refining & Submitting
24	Nov 1, 2026	Living Well in the Wait
B1	Nov 22, 2026	Holiday Family Conversations About College
B2	Nov 29, 2026	The Night the News Arrives
B3	Dec 6, 2026	Mid-December Reset for Students Still Waiting
E1	Jan 17, 2027	When the News Arrives
E2	Jan 24, 2027	Deferral and Waitlist: What Comes Next
E3	Jan 31, 2027	Decoding Your Financial Aid Award Letter
E4	Feb 7, 2027	Comparing Offers: Beyond the Price Tag
E5	Feb 14, 2027	Admitted Student Day: What to Actually Look For
E6	Feb 21, 2027	The Decision: The Live with It for a Week Strategy
E7	Feb 28, 2027	Bonus — For Students Who Didn't Land Where They Thought