

Baylor University
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For Immediate Release

Tackling Decision Fatigue When Choosing a College

WACO, Texas, Sept. 27, 2021 – Decision fatigue happens when you have difficulty making a good choice because of the amount of decisions you have to make – this certainly can happen during the college search.

Picking the right college can be daunting; there’s so much pressure. In the middle of all the traditional resources on how to choose a college successfully, let’s mix in something unconventional. How about pausing, taking a step back and creating space to breathe?

Decisions often become easier when we understand who we truly are. This understanding comes with getting perspective. If you want to try something new to tackle college decisions, here are some tips that may help put your mind at ease.

Here’s to being yourself, being OK with that and having peace about your decisions.

List out your interests and passions

Brainstorm your favorite subjects and topics to learn about. Write down anything you’re passionate about from politics to humanities to food.

Find out what motivates you

Think about what drives your performance in school and what keeps you determined to do your best. What makes you persevere when things get tough?

Start exploring now – be adventurous

Get involved in your community and at your school. Do research on anything and everything that is remotely interesting to you.

Ask a lot of questions

Ask your teachers, mentors and other adults all your questions. They have been where you are before, and they may offer advice or help point you in a direction.

Talk with family and close friends

Your family and friends know you better than you know yourself sometimes. Talk with them and ask them about your strengths and weakness. They are more observant than you may realize.

Pray about it

Ask God for guidance and direction. He is faithful to give you peace and help. Know that God takes care of you and you can cast every worry you have on him.

Be confident

You are unique and have distinct interests and desires. Be confident in your singularity. If you're going to be you, you might as well do so confidently.

Don't be afraid to try new things and take risks

Don't be afraid to put yourself out there. You won't know what you like and don't like if you don't try it. Take every opportunity you can to experience anything new.

Know that it's OK to change your mind

What interests you now may not interest you two years down the road. The important thing is to remember that it's never too late to go a different direction.

Go with the decision you have peace about

After brainstorming, introspecting, researching, talking with people you trust and sparing no effort to do new things, make the decision you feel most confident and peaceful about.

You don't have to be intimidated by choosing the right college. Take the pressure off by understanding yourself more.

At [Baylor](#), we encourage our students to explore their passions, grow in their abilities and challenge their ideas. Baylor's community provides [support](#) so that as our students grow and become who they are, they can feel confident and at peace about their direction in life.

For more information on Baylor, who we are and how to apply, click [here](#).

About Baylor University

Baylor University's mission is to educate men and women for worldwide leadership and service by integrating academic excellence and Christian commitment within a caring community. As a private Christian university and nationally ranked research institution, Baylor provides a vibrant campus community for more than 19,000 students by blending interdisciplinary research with an international reputation for educational excellence and commitment to teaching and scholarship.

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Subject Line: **Navigating decision fatigue**

Hello Ms. Stokes,

I have written a tips article for College Searchers that offers advice on how to choose a college when experiencing decision fatigue. It restores positivity and confidence in students' abilities to choose a college by highlighting the importance of being themselves.

I think this article would be a perfect fit for your blog because it gives a different take on how to go about searching for a college. Though unconventional, this article encourages students to take a step back and try to understand themselves better through introspection, research, brainstorming and openly exploring the world around them.

You can also use this article on your social media outlets by posting a condensed version and only using the bulleted list.

I'm looking forward to hearing your feedback. I will reach out within four days if I have not yet heard back from you. Don't hesitate to ask if you need anything else from me.

Sincerely,

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