

# Trail Notes from PEAK

*July 2025 – A Few Thoughts for the Road Ahead*

## A Path with Purpose

Dear PEAK Families,

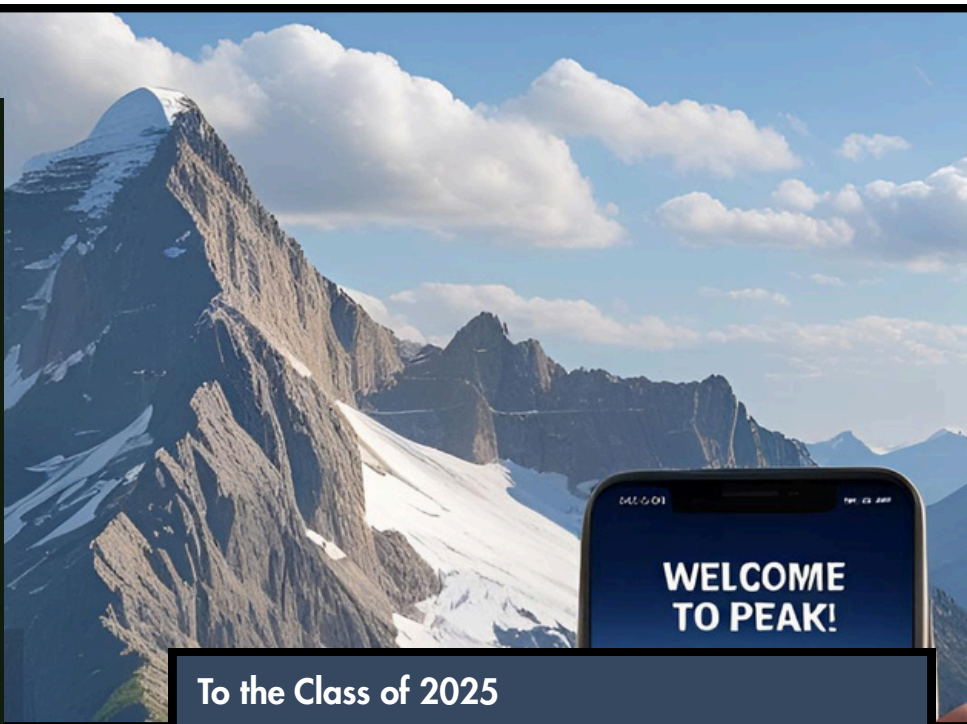
July signals a shift, not a pause but a pivot toward purpose. Whether your student is preparing for their first year of high school or finalizing college applications, this month offers an opportunity to realign with what matters most. It is a time to make thoughtful choices, revisit goals, and take meaningful steps forward.

Across the admissions landscape, colleges are reassessing what they value. Institutions are refining their priorities, reevaluating application models, and reshaping how they define student success. I see this as a powerful reminder that finding the right college is not about chasing trends. It is about discovering the environments where your student can truly thrive.

That is the heart of my work at PEAK. I help families identify schools that align not only with academic goals but also with values, personality, and long-term vision. Each student's path is different. My role is to provide structure, clarity, and encouragement throughout the journey, from the first exploratory conversation to the moment a final decision is made.

If your student's plans are evolving or you are feeling unsure about where to focus next, I invite you to connect. Together, we can chart a course that supports growth and reflects your family's unique goals.

Best wishes,  
Elizabeth



## To the Class of 2025

Congratulations on reaching this exciting milestone. I am so proud of the growth each student has shown, the determination they've demonstrated, and the thoughtful approach they've taken to every step of their journey. As you prepare for the road ahead, please know that I'm cheering them on with great admiration and a deep belief in their potential.

## Ready, Set, Go! Common App: Class of 2026!

The 2025–2026 Common Application cycle opens August 1, and PEAK is here to help you begin with clarity and confidence. While the essay prompts remain the same, the interface has been redesigned for more straightforward navigation, and new features have been added to help students share their stories.

PEAK seniors have been working diligently all summer on their essays, activity lists, and application materials. Their preparation reflects a strong sense of purpose, and they are well-positioned for a smooth and confident start as the application officially opens.

### What's New:

- A simplified dashboard with clearer menus and better mobile access
- A revised "Challenges & Circumstances" prompt (250 words)
- A longer "Additional Information" section (300 words)
- Expanded access to community colleges through the Common App

### Tips for Success from Elizabeth:

- I begin early with students to map out a strategy that aligns with their timeline, strengths, and goals
- I guide them through the whole writing process, from thoughtful brainstorming to careful editing, ensuring their essays reflect their authentic voice
- I help students shape activity lists that are intentional and reflective of who they are beyond the classroom
- I review every element of the application for clarity, cohesion, and purpose, so students can submit with confidence

The Common App continues to evolve, and with it, the opportunity for students to present their full selves. My role is to make sure every student I work with feels prepared, supported, and proud of the story they are telling.

To read the full blog post and explore additional tips, visit [Ready, Set, Go! Common App: Class of 2026!](#)

## Beyond the Headlines: What Recent NCAA Changes Mean for You

Recent court rulings are beginning to influence how colleges recruit and support student-athletes, particularly within Division I and II programs. As institutions respond to evolving legal and policy frameworks, many are reassessing the role of athletics in admissions, team communications, and student services. This changing landscape highlights the importance of strategy, preparation, and clear communication for those seeking to compete at the next level.

For many students, Division III programs offer an outstanding balance of competitive athletics and academic rigor. While these schools do not offer athletic scholarships, they often provide strong institutional support, close-knit teams, and meaningful opportunities to compete while focusing on long-term academic and career goals. Regardless of division, successful recruiting requires initiative. Student-athletes should focus on building thoughtful outreach plans, creating polished athletic résumés and video profiles, and cultivating strong coach relationships. At PEAK, I provide student-athletes and their families with the strategy, structure, and insight needed to approach the recruitment process with clarity, confidence, and a compelling sense of purpose.

With heartfelt thanks to the families who continue to partner with me, it's a privilege to support your students as they navigate this important chapter and grow into confident, capable applicants.

Beginning August 1, I will open a limited number of spaces for rising 9th through 12th-grade students. If you are ready to begin in the year ahead, I encourage you to please contact me directly at [elizabeth@peakeducationalconsulting.com](mailto:elizabeth@peakeducationalconsulting.com) or 239-776-9781.