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University of Dayton

Office of Recruitment and Admission

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Balance the Head and the Heart

...A framework for understanding college “fit”

We want there to be a good fit between the student and the university or college of their choice. Fit is good for students, and fit is also good for universities in helping build their incoming class. Fit can be established a multitude of ways – we prefer to see it as a delicate balance between the “head and the heart.” Research, attending seasonal campus visits or events, talking to current students or alumni, and connecting with your university representative, working with your school counselor, and reflection can all help with this. We encourage students and families to have an open dialogue about how they conceptualize “fit” and define what it means.

“The Head” -- The logical criteria or elements that go into your decision making process.

- In or out of state? Public or private? Religious affiliation or no? Comprehensive or Liberal Arts? STEM or speciality school?
- Size – Big? Medium? Large?
- Academic needs and requirements – What kind of programs does each offer? How do they support “Undecided” students? Tracks or majors?
- Social and Extra-curricular offerings
- Advising
- Diversity
- Rankings (Princeton Review, US News and World Report)
- Professional Development/Focus on Career Services/Success Rates/Employment
- Financial Fit – affordability, financial aid availability

“The Heart” - The more personal side of the equation.

- Often described as the “gut feeling,” a sense of belonging or a feeling of comfortability. Sometimes this does not happen on the initial visit. Sometimes it does. Can you picture yourself there?
- What is your potential to grow/thrive and build relationships? Can you picture yourself adding value to that campus community?
- Retention Rates – provide a great frame of reference for knowing if the Head and the Heart are balanced in that campus community.



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Helpful Resources

...To help guide the College Search

Main UD Website: Go.udayton.edu

UD Admission: Go.udayton.edu/apply

Campus Visit: Go.udayton.edu/visit

Campus Visit – Virtual: Go.udayton.edu/virtual-visit

UD Financial Aid: Go.udayton.edu/affordability

Explore Our City: <https://udayton.edu/life/city-of-dayton.php>

College Navigator: <https://nces.ed.gov/collegenavigator/>

Federal Student Aid: studentaid.gov or studentloans.gov

FAFSA: fafsa.gov



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