

Monthly Newsletter

October 2025



Clinician Spotlight:
Lindsay Caopbianco,
M.Ed, LPC

Lindsay Capobianco is a Licensed Professional Counselor. Lindsay believes that therapy is most effective when both the therapist and client are equally invested in the healing process. Her approach to solution-focused therapy emphasizes preparation, predictability, and practicality—key elements that empower clients to face challenges with confidence and clarity. She helps individuals focus on what they can control, developing the mindset and action plans needed to solve problems and reach meaningful goals.

With over 16 years of experience, Lindsay has dedicated much of her career to helping high school students navigate the transition to college through self-reflection and self-advocacy. She has guided countless students in articulating their goals and stories through college essays, personal statements, appeal letters, and resumes, while also assisting with professional and military biographies. Recognizing that the path to higher education often brings emotional hurdles, Lindsay has also supported students and families coping with divorce, loss, and shifting expectations.

Over time, Lindsay's counseling practice has evolved to include work with children, adults, couples, and families, addressing a wide range of emotional and relational challenges. Her mission is to help each client uncover and strengthen the tools they already possess to overcome obstacles and achieve personal growth. Lindsay views therapy as an investment in self-discovery—one that leads to empowerment, confidence, and lasting change.

From Stress to Success: Navigating College Applications Authentically

It's October, and if you are a senior in high school, you may be facing one of three scenarios: 1) You have already submitted your college admissions applications and are waiting. YAY for you! 2) You are in the process of completing your college admissions applications and all the items required for them. 3) You are not sure if college is right for you and deciding whether you should apply to college or for a job upon graduation. Each situation has a level of stress involved, which you may be trying to manage. The best approach to all three situations is to talk about your thoughts and feelings. Your thoughts and feelings can lead to formulating appropriate goals for yourself.

If you are in situation #2, you may be stressed about your admissions essay. What do you write about? How do you get started?

Another question: Should you use AI to help in creating your admissions essay? If you are already feeling stumped, the idea of using AI would be clutch. I mean, why not have something else do it for you? If it's available, why not use it?

Let's consider this instead: AI can be clutch, but then how many essays will have similar phrasing in them when using the AI machine? My favorite story to share, where AI fell on its sword, was when three separate applicants had the paired words, "Herculean effort" to explain a challenge they had to overcome. What are the odds that these two words would show up on three essays for the same application? Coincidence, maybe. Yet, it is enough to raise questions regarding the originality of the essay.

My question is: Why would you go to such lengths to have AI create something that you yourself would be the best source to create in the first place? YOU were there. You were the one feeling the feelings. You remember all the details. It was your unique experience. Why let AI take ownership of something significant of yours?

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We seem to neglect what college admissions counselors are actually looking for when reading admissions essays. It is the content. It is the customization of your statement to the college. Your identity matters. It is a large part of what they consider when admitting you into their campus community. Will you be a helpful peer? Will you encourage your classmates? Will you participate in school activities? Will you be learning from others different from you? Will you be happy? Will you learn and flourish within your major(s) of study? Will you help generate happiness for others?

Sure, AI can help you arrange these intentions with certain words that only you used to study for the SAT, but is it really coming from you? Admissions counselors can determine that, and in my opinion, it is too risky to have these qualities of you be overlooked because you used AI to write your essay, not yourself.

For situation #3, if you are intimidated at all by the college admissions process, talk about this with your parents and/or trusted advisor. Don't make a decision based on your fear or your avoidance.

The college admissions process, and all that comes with it from start to finish, is one that I have much knowledge and experience with for 16 + years. If you need any help pertaining to any of the three situations I have mentioned above, please consider seeking the help and guidance you may need. This shouldn't be more stressful than it already can be, and AI certainly should not have any part in it.

